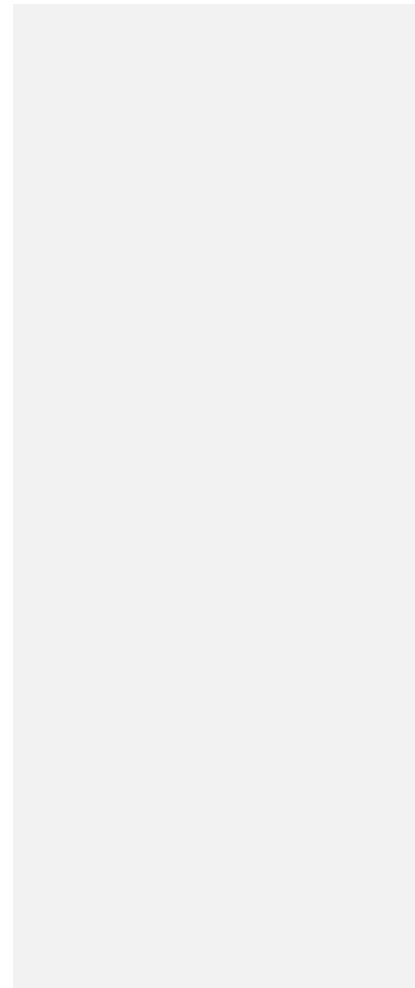


## School Health Improvement Plan (SHIP): SHIP #1: Playworks Youth Leadership Initiative

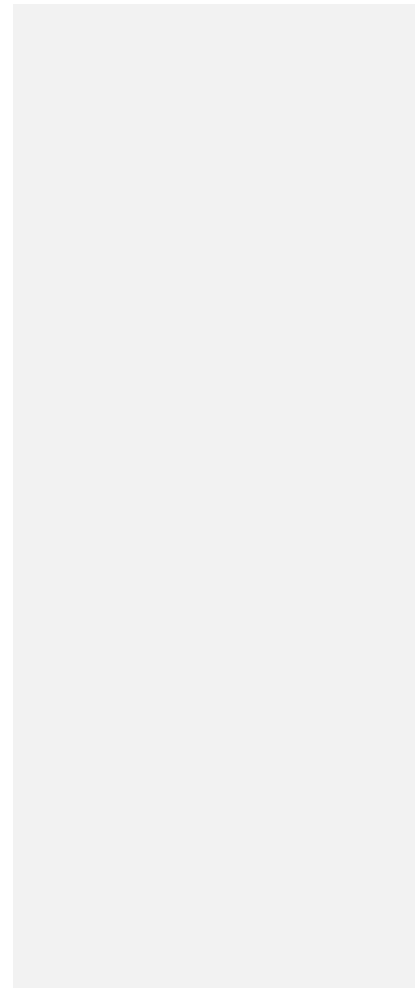
Date:

<b>Full School Name:</b> <b>Recess Team Coordinator:</b> <b>Name(s) of Recess Team Members:</b>				
<b>Priority Area:</b> Increasing MVPA (Moderate to Vigorous Physical Activity) in students at recess while also improving safety, decreasing behavioral incidents, and increasing inclusion.				
<b>SMART Objective #1 (desired change):</b> By May 30, 2016, Coronado Hills Elementary School will sustain a successful* Playworks Recess Program impacting all students in grades K- 5 by implementing a Youth Leadership Initiative led by 12 students in grades 3- 5.  <i>*Successful will be defined as a program that is accepted by students and staff and shows increased levels of physical activity, improved playground safety, decreased behavioral incidents, and increased inclusion of all students.</i>				
<b>Data: What data will you collect that will indicate the objective has been achieved?</b> <ul style="list-style-type: none"> <li>• SoFit one-day observational data collection by a Kaiser Permanente staff member</li> <li>• Number of behavioral referrals occurring at recess compared to baseline data from prior to program implementation</li> <li>• Number of safety violations and/or injuries occurring at recess compared to baseline data from prior to program implementation</li> <li>• Two student testimonials on how the Playworks Youth Leadership opportunity has positively impacted them/the school (include one question related to inclusion and/or playground culture)</li> </ul>				
Action steps to achieve SMART Objective	Timeline (By When)	Person(s) Responsible	Budget Needed	Date Action Step Completed
2015-2016 Recess Team meeting schedule is finalized and includes these dates and times: <ul style="list-style-type: none"> <li>• 2nd and 4th Friday 9:45 - 10:15</li> </ul> Recess Team will utilize supplemental pay grant funds of up to \$267 to compensate staff with supplemental pay for time spent in meetings.	8/18/15	Recess Team	\$267	
Meet with Office Manager to provide the following information, which will also be communicated to OM via	8/18/15	Jill Collins		8/26/15

<p>email from District Wellness Coordinator:</p> <ul style="list-style-type: none"> <li>• Recess Team budget (\$267), how budget can be used (supplemental pay, supplies, student incentives) and process for tracking budget</li> <li>• Procedure for submitting supplemental pay and/or requisition forms to Norma Uribe, Wellness Team Secretary</li> </ul>			\$	
<p>Finalize, in writing, what the Youth Leader Initiative will look like at our school to ensure successful implementation, including:</p> <ul style="list-style-type: none"> <li>• What needs/problems can Youth Leaders help solve?</li> <li>• What areas of the playground would most benefit from having a Youth Leader?</li> <li>• What roles/responsibilities would Youth Leaders have to make recess more fun and effective?</li> </ul> <p>Read through pages 23-29 of the Youth Leadership (YL) Packet to ensure our team understands what is required of a Youth Leadership Initiative.</p>	8/31/15	Melissa Tank Jocelyn Brookstein Marie McKenzie	\$	
<p>Implement plan to promote the Playworks Youth Leadership opportunity, recruit students, and educate stakeholders on the program and its benefits, in the following ways:</p> <p>Staff:</p> <ul style="list-style-type: none"> <li>• Describe the Youth Leadership Initiative at staff meeting or in email</li> <li>• Follow-up at Grade Level chair meeting reviewing Youth Leadership strategy</li> <li>• Teacher Referral Form (sample on page 24 of YL Packet)</li> </ul> <p>Parents:</p> <ul style="list-style-type: none"> <li>• Article in monthly newsletter</li> <li>• Posting on school's Facebook page</li> <li>• Acceptance letter to parents of chosen Youth Leaders (sample on page 26 of YL Packet)</li> </ul> <p>Students:</p> <ul style="list-style-type: none"> <li>• PA system morning announcement (Ex. on page 6 of YL Packet)</li> </ul>	9/4/15	Melissa Tank Jocelyn Brookstein Marie McKenzie	\$	



<ul style="list-style-type: none"> <li>• Provide info to teachers to present to their students (Ex. on pages 6-7 of YL Packet)</li> <li>• Postings: bulletin boards, signs, etc.</li> <li>• Youth Leader application (page 25 in the YL Packet)</li> </ul> <p>We will refer to our team's planning notes on page 8 of the YL Packet attached to this SHIP to guide this action step.</p>				
<p>Finalize Youth Leader support plan (referring to our planning notes on page 14 of the YL Packet attached to this SHIP). We will include in this plan:</p> <ul style="list-style-type: none"> <li>• Which recess team member will offer daily support</li> <li>• Incentive/reward system for Youth Leaders</li> <li>• Etc.</li> </ul>	8/31/15	Recess Team	\$	
<p>Finalize training plan for Youth Leaders (our team will answer questions on page 15 and refer to notes on page 23 of the YL packet to guide us in this action step).</p>	8/31/15	Recess Team	\$	
Train Youth Leaders	9/30/15	Recess Team	\$	
Begin implementation of Youth Leadership Initiative	10/1/15	Youth Leaders Recess Team	\$	
<p>Develop data collection methodology to collect data outlined above and data to measure input from students, staff and parents (such as a survey or input at a staff/PTO meeting) to gauge impact of the program (does the community/school think the effort is valuable, should it continue, etc.).</p>	12/18/15	Recess Team	\$	
<p>Recess Team will attend February 10<sup>th</sup>, 2016 advanced team training and then meet afterwards to take next steps for sustainability that includes:</p> <ul style="list-style-type: none"> <li>• Developing a Recess Handbook that includes all recess procedures</li> <li>• Using peer evaluation with the Playworks rubric (pages 33-38 in Recess Implementation packet)</li> </ul>	2/10/16	Recess Team	\$	
Obtain data collection results to measure impact	5/15/16	Recess Team	\$	
Analyze, document, and utilize assessment results and continue to improve Youth Leadership Initiative based on data collected and feedback/testimonials received	5/15/16	Recess Team	\$	
Write a minimum of one success story related to	5/15/16	Recess Team		



Playworks implementation utilizing data collected and analyzed (District Wellness Coordinator will provide recess teams with a template in late spring)			\$	
<b>BUDGET NEEDED FOR THIS OBJECTIVE:</b>			\$267	

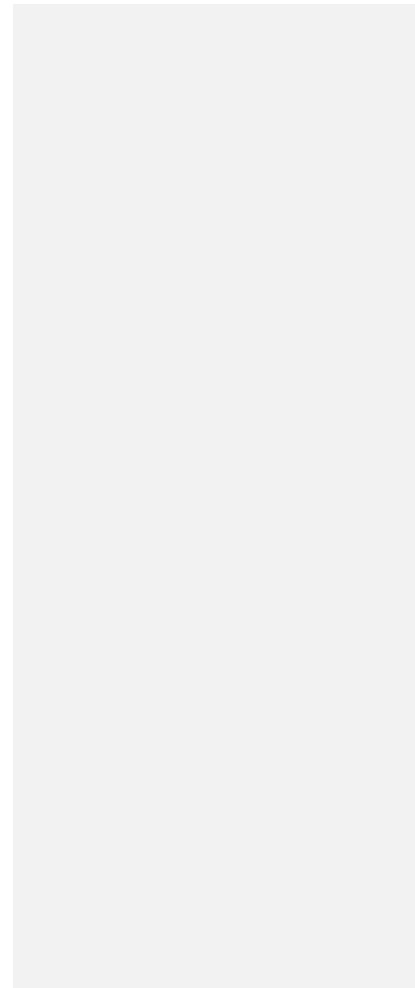
### Healthy Schools Successful Students: SHIP #2: Staff Wellness

Date: Feb. 11, 2015

<b>School Name: Coronado Hills Elementary</b>				
<b>Co-leader Name(s): Jocelyn Brookstein, Melissa Tank</b>				
<b>SMART Objective (desired change):</b>  From 9/7/15 - 12/18/15 and 2/08/16 - 5/20/16, 50% of Certified and Office Staff, at Coronado Hills Elementary School, will have participated in the Exercise Challenge.  The CHE Exercise Challenge: <ul style="list-style-type: none"> <li>- Fall and Spring challenge</li> <li>- For each 30 minutes of exercise completed teachers may enter a raffle</li> <li>- The drawing will be held each week for 14 weeks in the fall and 14 weeks in the spring</li> <li>- The final week will be a grand prize drawing for a Fit Bit</li> </ul>				
<b>What data will you collect that will indicate the objective has been achieved?</b>  1. Percentage of staff participating. 2. Total hours of exercise completed by all CHE staff members.				

**Commented [1]:** Objective and activities look good! See comments below.

Action steps to achieve SMART Objective	Timeline (By When)	Person(s) Responsible	Budget Needed	Action Step Completed
Present goals and incentives to staff and encourage participation in the CHE Exercise Challenge.	August 2015	Melissa Tank Jocelyn Brookstein		
Determine prizes	2/11/15	Jocelyn Brookstein Melissa Tank		Action Step Completed 2/11/15
Purchase \$25 Gift Cards for weekly drawings: <ul style="list-style-type: none"> <li>4 each: King Soopers, Starbucks, Jamba Juice, REI, Sports Authority,</li> <li>2 each: Amazon</li> </ul> Purchase two Fit Bits (\$150/ea) for each of the grand prize drawings	May 2015	Jocelyn Brookstein Melissa Tank Tammie Medina	\$850	
Delegate the weekly drawing to administrators during the morning announcements	9/7/15	Donald Boeke Marie McKenzie Mariano Vasquez Hernandez		
Hold weekly gift card drawing each Friday during morning announcements	Fall challenge: 9/7/15 - 12/18/15 and Spring challenge: 2/08/16 - 5/20/16	Donald Boeke Marie McKenzie Mariano Vasquez Hernandez	N/A	
Kick off the CHE Exercise Challenge	9/7/15 and 2/8/16	All staff	N/A	
Meet with PTO to gain support and buy-in to sustain funding for future incentives in the CHE Exercise Challenge. Data will be presented on staff wellness and it's effect on student achievement.	March 2016	Wellness Team		
Create a form near the raffle tickets, to obtain data collection on the percentage of staff members participating in the challenge and total number of exercise hours per person per week.	January 2016 and May 2016	Wellness Team	N/A	
Conduct a survey using google forms to determine if the CHE Exercise Challenge motivated the staff to exercise more. Also include questions such as: Do	January 2016 and May 2016	Wellness Team	N/A	



teachers feel more productive, more energized, is morale higher, did they like the challenge, etc. This info could help determine if you will continue this initiative in the future and what worked/what didn't.				
Calculate Total hours of exercise completed by all CHE staff members. - Use the raffle tickets as data collection tool	January 2016 and May 2016	Wellness Team	N/A	
Compare data from the Fall 2015 challenge to the Spring 2016 challenge. Send information to staff and PTA by email or in a staff meeting	May 2016	Wellness Team		
Write a minimum of one success story utilizing data collected and analyzed.	End of May 2016	Wellness Team		
Meet as a School Health Team monthly during the school year	3rd Monday of each month	Wellness Team	\$25	

**Describe other activities that support and further the health and wellness of students, staff, and family in your school:**

**Healthy Schools Successful Students: SHIP #3: Nutrition**

Date: 2/14/14

School Name: Coronado Hills Elementary				
Co-leader Name(s): Melissa Tank, Jocelyn Brookstein				
SMART Objective (desired change): By May 2016, 50% of students at Coronado Hills Elementary will bring healthy snacks into 75% of classrooms." The plan will include informing and educating students and parents about healthy				

snacks.				
*Healthy will be defined based on best practices and will be in a manner consistent with the District's Wellness Policy				
What data will you collect that will indicate the objective has been achieved?				
<p>1. Percentage of students bringing in healthy snacks vs. less healthy snacks (baseline data and post-intervention). Based on a Google Docs Survey completed by staff members.</p> <p>2. Document the educational resources provided to parents and students</p> <p>3. Document types of, frequency of, and methods of offering education on healthy snacks to students/parents</p> <p>4. Document number of students/parents reached through healthy snack education</p>				
<p>Identify school wide Holiday Parties for the year 2015-16. Create a list of healthy snack ideas to be sent home to families and teachers one week before the scheduled party.</p> <p>Put one family friendly, healthy recipe in the monthly school newsletter each month.</p> <p>Put links to healthy snack ideas and recipes on the school website monthly.</p>	On going throughout the year 2015-16	Wellness Team	NA	
Work with District Wellness Coordinator and other schools implementing a healthy snack policy to gather/review best practices.	On Going throughout the year 2015-16	Wellness Team		
Present the finalized plan to the staff at Grade Level	Aug. 2015	Wellness Team		

**Commented [2]:** Activities to implement your plan look good!!

Chair and Staff meeting. Share list of healthy snack ideas as well as birthday menu.				
Conduct a survey of each classroom to obtain baseline data collection on the percentage of students bringing in healthy snacks for celebrations and parties.	Aug. 2015	Wellness Team		
Collect resources and put in writing what qualifies as nutritious options for classroom teachers and parents, consistent with District Wellness Policy guidelines Suggested healthy snack list sent home to families.	Before all school wide holiday party as a reminder.	Wellness Team		
Publish the goal and list of healthy snack ideas in the monthly newsletter as well as on the school website. Include some new snack ideas with seasonal fruits and veggies along with the policy - make it fun!	Starting in Aug. 2015 On going throughout the year	Wellness Team School Liaison		
Meet as a School Health Team monthly during the school year.	Once a month	Wellness Team		
Develop a data collection survey for teachers to utilize after school wide parties.	On going 2015-16	Wellness Team		
Analyze survey results and write a minimum of one success story related to non-food rewards utilizing data collected and analyzed (School Wellness Coordinator will provide template)	May 2016	Wellness Team		

Describe other activities that support and further the health and wellness of students, staff, and family in your school:

