

## Healthy Schools Successful Students: School Health Improvement Plan (SHIP)

To be implemented in school year:

<b>Full School Name:</b> Coronado Hills Elementary <b>District Name:</b> Adams 12 <b>Co-leader Name(s):</b> Jocelyn Brookstein & Melissa Tank				
<b>Priority Area: What WSCC priority area have you selected to focus your efforts (nutrition, staff wellness, physical activity, etc)?</b> Community Physical Activity				
<b>SMART Objective #1 (desired change):</b> By May 15, 2017, Coronado Hills Elementary school will create an environment that promotes student and staff participation in physical activity, outside of physical education class, by providing 5 physical activity events/opportunities during the year.				
<input checked="" type="checkbox"/> New Objective <input type="checkbox"/> Continued/Expanded Objective				
<b>Data: What data will you collect that will indicate the objective has been achieved?</b> <ul style="list-style-type: none"> <li>• Attendance at Community Fitness Night</li> <li>• Community and Staff Member participation in the Biggest Loser Challenge</li> <li>• Baseline data - interest survey for activities</li> <li>• Satisfaction survey on Staff Fitness FUN</li> <li>• Student Participation in walk and bike to school week</li> </ul>				
Action steps to achieve SMART Objective	Timeline (By When)	Person(s) Responsible	Budget Needed	Action Step Completed
Send Staff interest survey for activities to do during teacher directed fitness days.	Aug. 2016	Wellness Team	\$	
Plan and schedule two teacher directed fitness days!!!! Get approval and support from admin Identify fun activities	Fall 2016 Spring 2017	Wellness Team	\$	
Schedule Kaiser Laugheceuticals Workshop Get approval from admin	Oct. 2016	Wellness Team	\$	
Plan and schedule a Community Family Fitness Night Buy Incentives for Families to Participate	Spring 2017	Wellness Team	\$100 Incentives	

**Commented [1]:** Please let me know if you need Betty's contact information to get this scheduled.

**Commented [2]:** That would be great!

**Commented [3]:** Betty's contact info: 303-789-7144 or betty.kart@kp.org

Take attendance				
Organize and operate Staff and Community Biggest Loser Challenge Buy Scale	Fall 2016 Spring 2017	Wellness Team	\$ 80 Scale	
Meet as a Wellness Team monthly throughout the year	Monthly 2016-17	Wellness Team	\$100 Healthy Snacks	
Meet with PTO to gain support and buy-in to sustain funding for future incentives for community fitness initiatives. Also, we will partner with PTO to recruit for the "Community Biggest Loser Challenge" and to gain support for our "Wellness Night".	Sept. 2016	Wellness Team	\$	
Plan and organize Walk and Bike to School Week	Spring 2017	Wellness Team	\$50 Incentives	
Obtain all tracking results, analyze data, and write a success story related to healthy food choices (School Wellness Coordinator will provide template)	May 2017	Wellness Team		
Report to staff on all data collection and success stories related to the school garden at a staff meeting	May 2017	Wellness Team		
<b>BUDGET NEEDED FOR THIS OBJECTIVE:</b>			\$ 330	

<p><b>Priority Area: What priority area have you selected to focus your efforts?</b></p> <p><b>Nutrition</b></p> <p><b>Learning Garden</b></p>
<p><b>SMART Objective #2 (desired change):</b></p> <p>Between April 2016 - May 2017, Coronado Hills Elementary will increase nutrition awareness for all students K-5 by increasing student involvement in the Learning Garden and implementing nutrition lessons</p>

**Commented [4]:** I found a school garden curriculum from University of Georgia that incorporates nutrition and school gardens into the academic subjects. <http://extension.uga.edu/k12/school-gardens/curriculum/>

**Commented [5]:** Thanks!

<input checked="" type="checkbox"/> New Objective <input type="checkbox"/> Continued/Expanded Objective				
<b>Data: What data will you collect that will indicate the objective has been achieved?</b> Survey for teachers about usage of garden lessons Collect feedback on effectiveness with lesson taught by district staff Create spreadsheet to document involvement in various garden lesson activities (planting, harvesting, winterizing, watering and curricular connections)				
Action steps to achieve SMART Objective	Timeline (By When)	Person(s) Responsible	Budget Needed	Action Step Completed
Conduct a survey to obtain baseline data collection on teacher/staff interest in utilizing the garden for instructional purposes	September 2016	Wellness Team		
Coordinate planting days: 4 half-day subs needed for two teachers	Spring 2016 Fall 2016 Spring 2017 Summer 2017	Wellness Team	\$570	
Provide each grade level with standards based garden lesson connected to nutrition and their PYP planners	2016-17	Wellness Team		
Invite Jill Collins and TJ Ricciardi to teach nutrition lessons to interested grade levels! For sustainability purposes, this will double as a train-the-trainer session so teachers feel comfortable teaching the lessons on their own.	2016-17	Wellness Team		
Host a garden to cafeteria day to celebrate the vegetables that students have planted and harvested in the Learning Garden	May 2017	Wellness Team Cafeteria Staff		
Keep a log of student involvement in various garden lesson activities (planting, harvesting, winterizing, watering and curricular connections)	2016/17	Wellness Team		
Report to staff on all data collection and success stories related to the school garden at a staff meeting	May 2017	Wellness Team		

**Commented [6]:** For sustainability purposes, if TJ or I come out, let's plan on having it be train-the-trainer, where we are able to teach the first year so that teachers are comfortable teaching the same lessons in subsequent years OR we could do a workshop for teachers demonstrating a few of the lessons.

**Commented [7]:** That's a great idea. We will try to schedule a workshop, but finding available ERD's is difficult. Do you know of any community partners that will come out and give nutrition workshops?

**Commented [8]:** Yes - DUG and Slow Foods Denver. You can still count on us teaching the kiddos this year, and if it works better for teachers to observe us while we are working with their classes vs. a formal train-the-trainer, that would be great too.

Create watering sign up sheets: - fall - spring - summer	October 2016 April 2017 May 2017	Wellness Team PTO		
Partner with The Kitchen Community and Denver Urban Gardens throughout the year for support with planning and professional development	2016/17	Wellness Team		
Purchase Garden supplies: shovels seed starter electrical timer heating mats hoses seedling trays	May 2016	Wellness Team	\$200	
Obtain all tracking results, analyze data, and write a success story related to healthy food choices (School Wellness Coordinator will provide template)	May 2017	Wellness Team		
<b>BUDGET NEEDED FOR THIS OBJECTIVE:</b>			\$ 770	
<b>BUDGET NEEDED FOR <u>ALL</u> OBJECTIVES:</b>			\$ 1100	

\*\*\*Copy and paste the above table if you have more than two SMART Objectives.

**Commented [9]:** You have \$300 for this grant year. Do you have funds from other sources? If so, what are they?

**Commented [10]:** We have \$300 from the district, \$300 from CEI, and we're applying for the \$500 mini-grant.

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

