

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

To be implemented in school year:

Full School Name: The Early Childhood Education Center

District Name: Adams 12

Co-leader Name(s): Danica Kerber and Vicki Dare

Priority Area: What WSCC priority area have you selected to focus your efforts (nutrition, staff wellness, physical activity, etc)?

Staff Wellness-Mental Health, Physical Health and Eating Healthy and daily water intake

SMART Objective #1 (desired change):

1. Throughout the 2016-2017 school year, staff at the ECEC will participate in at least one of the three challenges offered from our Healthy School Objective Activities. Every other week co leaders will post 3 challenges, 1 each for mental, physical or nutrition or healthy eating. Staff will then place a colored circle sticker on the chart for the challenges they completed for those two week. Staff will also be asked to fill out a small sheet with their name and what challenge they completed, in order to see a trend with staff and areas of interest. Record of staff participation will kept off the colored stickers as well as the staff slips.

2. Staff will increase their water intake to 64 ounces daily.

By May 30, 2017- Staff will participate in 1 of the 3 available challenges, which change bi weekly.

New Objective Continued/Expanded Objective

Data: What data will you collect that will indicate the objective has been achieved?

1. Staff will team up and use a colored sticker system to record their progress and participation in the challenges. Weekly and monthly incentives will be offered. And participation will be tracked using the colored stickers as well as small slips filled out individually by staff, to record individual challenges done.

2. Staff will also participate in daily water intake challenge. They will be recording the days which they drink 64 ounces by using the same colored stickers.

Action steps to achieve SMART Objective	Timeline (By When)	Person(s) Responsible	Budget Needed	Action Step Completed
Healthy Schools meeting with all members	By Sept 2016	Whole Team	\$0	
Survey Monkey-Send out Healthy Schools Survey in order to get staffs intake on their interests and requests for health education and areas they would like to work on. ie- stress management, quick outs, favorite junk foods, daily habits, etc.	By Sept 2016	Danica Kerber	\$0	
Purchase colored circle stickers, 4 poster boards, create slips to be filled out by staff per challenge. Purchase 2 Magic Bullet systems with additional cups.	By October 2016	Danica, Vicki and Becky(Admin Ass)	\$40-office supplies \$150.00- Magic Bullets	
Determine incentives chosen by co-leaders, staff and admin.	By October 2016	Danica, Vicki and Becky	\$250	
Schedule lessons with outside health community resources ie Take Shape for Life- Nutrition and Supplements, Herbalife-Nutrition and Calories, Kaiser-Smoke Free/ employee wellness incentives, Health Coach-Stress Relief workouts	Oct-Jan 2016	Whole Team (Christy/ Jaime)	\$0	
Set schedule for monthly protein/ fruit shake bar. Ask community for samples and participation.	Oct-Nov 2016	Whole Team (Christy/ Jaime)	\$0	
Purchase fruits and supplies for monthly protein shake lunch in	Jan- May 2017	Danica, Vicki, and Becky	\$25 monthly X 9=\$225	
Health team will host Healthy Schools pot lucks (2), around conferences and teacher duty days. Staff will bring in healthy dishes/ recipes to share. Recipes will be combined and handy out to those who participated in Healthy Schools program.	2016-2017 on teacher duty days	Whole Team (Christy/ Jaime)	\$50	
Purchase books on Healthy topics ie Death by Food Pyramid and Whole 30. Books to be shared with staff through staff book share cart	October 2016	Danica, Vicki, and Becky	\$50	
Healthy Schools meeting with whole health team	By Sept 2016	Whole team	\$0	
	By Sept 2016	Danica Kerber	\$0	

Send out Healthy Survey Monkey, survey for ECEC staff to complete. Survey to determine average daily water intake before challenge and Healthy Schools Program.				
Purchase water bottle stickers, showing staff at what time of day they should be drinking water in order to consume their daily 64 ounces.	By Oct 2016	Vicki Dare	\$200	
Start ordering/ receiving Eldorado Bottled Spring Water (we already have a cooler system in the Directors office. She has agreed to share and move it for access to staff. Staff will be surveyed and asked if they would be open to pulling money into a pot in order to keep this going once funding is gone. With 32 staff in the building and yearly costs about \$150, it would be \$5 per person annually.	Start Delivery October 2016	Danica, Vicki, Becky and Nan(Director)	\$29.00x9 (monthly)= \$261.00	
Track water intake for staff using colored sticker system	Oct 2016 - May 2017	Danica, Vicki and Becky	\$20	
BUDGET NEEDED FOR THIS OBJECTIVE:			\$1246	

Priority Area: What priority area have you selected to focus your efforts?

Student physical activity

SMART Objective #2 (desired change):

1. Through the 2016-2017 100% of teachers will implement motor activities into their schedules and lessons, at least twice daily.

An example of a daily motor activity would be FitSticks. Fitsticks are used in order to increase daily physical activity. Motor or physical activities will be offered at a minimum of twice per class session. The FitSticks can be used as a transition helper between activities, as a line up game or as a game to be played during indoor recess like an obstacle course (since there is not a gym at the ECEC building.)

New Objective Continued/Expanded Objective

Data: What data will you collect that will indicate the objective has been achieved?

Staff will be observed by a healthy schools member regarding the use of the FitSticks and other gross motor activities (swings, trampoline, balance beam , outside time, and how often it is used in each classroom. A weekly tally sheet will be created and kept to record the data. Weekly lesson plans will also be looked over by Co-Leaders and admin team. Lessons plans will include gross and fine motor activities, to be changed weekly.

Action steps to achieve SMART Objective	Timeline (By When)	Person(s) Responsible	Budget Needed	Action Step Completed
Healthy Schools meeting with whole health team	By Sept 2016	Whole Team	\$0	
Observe and record how staff in each room is using the motor and/ or FitSticks. Recordings will be keep weekly for each room.	September-October	Danica, Vicki and admin team	\$0	
<p>Meet with classroom teachers and OT/PT to see what suggestions they have for activities for the FitSticks. (Developmentally appropriate as well as best activities to work out common motor issues kids have) ie balance, coordination, etc. Sticks will be colored into 5 categories.</p> <p>-This way the teacher can ask the kids to pick a particular color if a skill or focus area is needed more and then another.</p>	By October 2016	Co-Leaders and OT/PT's	\$0	
Purchase large popsicle sticks, colored markers, and a holder for the FitSticks	By October 2016	Co-Leaders and Becky	\$50	
Make a set of FitSticks (25) for each of the 9 classrooms	Late October 2016 Distribute FitStick sets to classrooms, hold a small meeting with instructions and ideas of when to use them	Danica, Vicki and ECEC Staff	\$0	

Observe and record how staff in each room is using the motor and/ or FitSticks. Recordings will be kept weekly for each room.	Oct 2016 - May 2017	Danica, Vicki and Becky	\$0	
	By Oct 2016	Whole Team		
BUDGET NEEDED FOR THIS OBJECTIVE:			\$50	
BUDGET NEEDED FOR <u>ALL</u> OBJECTIVES:			\$1296.00	

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

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