

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

To be implemented in school year:

Full School Name: Mountain Range High School District Name: Adams 12 Co-leader Name(s): Hilary Wimmer and Pam Gibble				
Priority Area: What WSCC priority area have you selected to focus your efforts (nutrition, staff wellness, physical activity, etc)? We want to focus on expanding our program to include more student nutrition components. Specifically we will be implementing sugar consumption awareness.				
SMART Objective #1 (desired change): By May 15, 2017, 9th-12th grade students will demonstrate a basic knowledge of hidden sugars in foods and decrease their consumption as shown through pre-post tests. We expect to see 75% of students become proficient in their understanding of overall sugar consumption.				
<input type="checkbox"/> New Objective <input checked="" type="checkbox"/> Continued/Expanded Objective				
Data: What data will you collect that will indicate the objective has been achieved? <ul style="list-style-type: none"> • Student surveys - Pre and post surveys • Market research data from student experiments • Social media traffic generated by the MTV campaigns • Student health journals 				
Action steps to achieve SMART Objective	Timeline (By When)	Person(s) Responsible	Budget Needed	Action Step Completed
Marketing students - Conduct experiments to determine if students read nutrition labels and know how much sugar they are consuming.	February 27, 2017	Hilary Wimmer	\$0	
Mustang TV - Work with Mr. Norfolk to implement the sugar awareness MTV campaign.	March 15, 2017	Hilary Wimmer/Tom Norfolk	\$0	
	April 15, 2017	Pam Gibble and	\$0	

Commented [1]: For both of your goals for next year, you're not doing anything until the second semester. Is this intentional? Is there anything that can be done first semester?

Health Classes - Have students track daily sugar consumption for one week.		Health Department		
Art Students - Create the sugar art projects that will help students consider how much sugar they are consuming.	April 15, 2017	Kyle Wimmer	\$50.00	
Implement motion in classrooms	Second Semester	Tiffany Hansen and Movement Pilot Group	Grant	
BUDGET NEEDED FOR THIS OBJECTIVE:			\$50.00	

Commented [2]: I would develop a separate SHIP for this action step since it doesn't support the sugar consumption objective.

Priority Area: What priority area have you selected to focus your efforts? Staff health and wellness				
SMART Objective #2 (desired change): By May 17, 2017, 80% of staff members will be provided with nutritional knowledge and strategies (including basic healthy eating options, food preparation, and logging exercise) throughout the school year that will help them improve their overall health and wellness and help them serve as role models for students.				
<input type="checkbox"/> New Objective <input checked="" type="checkbox"/> Continued/Expanded Objective				
Data: What data will you collect that will indicate the objective has been achieved?				
<ul style="list-style-type: none"> • Number of staff participants • Pre and post staff surveys • Number of nutrition activities implemented in their personal life after the sessions 				
Action steps to achieve SMART Objective	Timeline (By When)	Person(s) Responsible	Budget Needed	Action Step Completed
Planning Day - Substitutes for Pam and Hilary	Fall 2017	Hilary and Pam	\$200.00	
Nutrition education presentation to staff members	January 2017	Hilary Wimmer and Juliette Britton - Certified Nutritionist	\$0	
	January 2017	Mike Profitt from	\$0	

Commented [3]: I think that you mean Fall 2016 here?

Game theory motivation presentation to staff members		Lighten Up Fitness		
Transformation Challenge Contestant - See if staff members can meet ongoing health goals/Post on website for students and staff members to follow (trophies and prizes)	March 2017	Kyle Wimmer Sunni Nucci Hilary Wimmer	\$50	
Schedule a staff cooking and meals session so that staff members can learn how to prepare healthy options for themselves and for their families. Staff members can bring this knowledge back to their classroom.	April 2017	Hilary Wimmer Juliette Britton	\$0	
BUDGET NEEDED FOR THIS OBJECTIVE:			\$0	
BUDGET NEEDED FOR <u>ALL</u> OBJECTIVES:			\$300.00	

***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:

NHS Blood Drive
 Food Bank of the Rockies can food drive
 Implementation of Brain Breaks
 Stang store evaluation of new healthier food products to sell in the store
 Before, during and after school access to weight room
 Access to water bottle station
 CPR training for all freshman students as well as teachers
 Totes for Hope
 Staff Giving Tree at Holidays for students in need as well as families who have faced significant loss (as identified by counselors and staff)
 Pie in the Eye (joint staff and student fundraising for designated non profit)
 Student Government Relay for Life
 Kohezhan Club (to develop positive acceptance of diverse cultures)
 Gay Straight Alliance (just started this year)
 Response to Intervention
 Peer Tutor Center

Mustang 101

