

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

Date:

Full School Name: Meridian Elementary
District Name: Adams 12 Five Star Schools
Co-leader Name(s): Michelle Bishard & Michele Smith

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

SMART Objective #1 (desired change):
 Throughout the 2016 and 2017 school year, 50% of instructional staff at Meridian Elementary School will implement physical activity or brain-based strategies for their students at least four days per week and at least 3 times per day.

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

1. How many days a week each teacher is doing physical activities/brain breaks.
2. How many times per day each teacher is doing physical activities/brain breaks.
3. Number of minutes on GoNoodle that each teacher has done.

Action steps to achieve SMART Objective	Timeline (By When)	Person(s) Responsible	Budget Needed	Action Step Completed
Talk with the Leadership team about bringing Kim Bevill in August 2016 to kick off our Ship	Jan 2016	Michele Smith	\$0	X
Contact Jill/Kim about getting Kim Bevill in August 2016	End of Feb 2016	Michelle Bishard	\$0	X
Get Kim Bevill confirmed (funding already approved by principal)	End of March	Michelle Bishard	\$1000	
As a committee determine how we are going to present brain break ship to the staff.	May 30, 2016	Michele Smith Michelle Bishard	\$0	

Commented [1]: You can phase this in so by the end of the school year teachers are doing brain breaks 4 days/3 times per day.

		Ryanne Vansciver Terri Thompson		
Kim Bevill Present	In-Service Aug. 2016	Michelle Bishard		
Introduce this years goals/competition to staff and give resources and ideas. <ul style="list-style-type: none"> Go Noodle Activity Sticks Other Activities 	In-Service Aug. 2016	Michelle Bishard	\$0	
Meet as wellness committee four times a year	Sept 2016 Dec. 2016 Feb. 2017 May 2017	Michelle Bishard	\$0	
Throughout the year introduce and do new Brain Break ideas at staff meetings that teacher can take back and implement in their class right away	Sept. 2016 Oct. 2016 Nov. 2016 Dec.2016 Jan. 2017 Feb. 2017 Mar. 2017 April 2017 May 2017	Michelle Bishard Michele Smith Terri Thompson Ryanne Vansciver.	\$0	
Check in with staff at staff meeting to see what challenges or successes they are having with brain breaks.	Sept. 2016 Nov. 2016 Jan 2017 Mar. 2017 May 2017	Michelle Bishard Michele Smith	\$0	
Collect data on brain breaks in all classrooms	Dec. 2016	Michelle Bishard	\$0	
Collect Data on Brain Breaks in all classroom	May 2017	Michelle Bishard	\$0	

Commented [2]: This will be so helpful for teachers - glad you included it!

Write a success story. Interview kids about their experiences with brain break and how it impacted their learning. Interview teachers about their experiences with brain breaks and how it changed their classroom and test results.	May 2017	Michelle Bishard Michele Smith	\$0	
BUDGET NEEDED FOR THIS OBJECTIVE:			\$1000	

Priority Area: What priority area have you selected to focus your efforts?				
Nutrition				
SMART Objective #2 (desired change):				
Throughout the 2016 and 2017 school year, 90% of birthday celebration at Meridian Elementary School will be non-food choices or a healthy snack.				
Data: What data will you collect that will indicate the objective has been achieved?				
We will track what each student does in the classroom to celebrate their birthday.				
Action steps to achieve SMART Objective	Timeline (By When)	Person(s) Responsible	Budget Needed	Action Step Completed
Present Birthday Menu idea to PTO and get feedback	Jan 2016	Michelle Bishard Michele Smith	\$0	X
Create birthday menu as a wellness committee.	April 2016	Michelle Bishard Michele Smith Ryenne VanSciver Terri Thompson Lisa Leopardi Linda Frank	\$0	
Finalize birthday menu and birthday celebration to be published in the parent handbook.	May 2017	Lisa Leopardi	\$0	
	Aug. 2016	Michelle Bishard	\$0	

Present expectations to staff regarding birthday celebrations and birthday menus that must be offered.		Michele Smith		
Send an e-blast out to all the families in the school about changes to birthday celebrations and how the birthday menu will work. Set clear expectations.	Aug. 2016	Michele Smith	\$0	
Meet as wellness committee four times a year	Sept 2016 Dec. 2016 Feb. 2017 May 2017	Michelle Bishard	\$0	
Survey staff/students on % of healthy birthday celebrations. Reflect on changes that need to be made and what is working.	Dec. 2016	Michelle Bishard	\$0	
Survey staff/students on % of healthy birthday celebrations for year.	May 2017	Michelle Bishard	\$0	
BUDGET NEEDED FOR THIS OBJECTIVE:			\$0	
BUDGET NEEDED FOR <u>ALL</u> OBJECTIVES:			\$1000	

***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:

Mile Club Challenge in the fall before school and at recess for students.
Mile Club Class Challenge in the Spring before school and at recess for students.
Offer Staff challenges throughout the year.
Games club is offered twice a year for six weeks for students after school.
Fun run Club offered in the fall after school for 8 weeks.
Lyons Club Relays.
Healthy Holiday celebrations.
Meridian Mustang Fun Run Fundraiser.



