

Healthy Schools Successful Students: SHIP #1: Nutrition/Staff Wellness

Date:

School Name: Pathways Future Center				
Co-leader Name(s): Trevor Minshall, and Jesse Fields				
SMART Objective (desired change):				
Throughout the 2015 - 2016 school year 75% of the staff will cut down on the fast food they are getting for lunch and dinner buy 50%.				
What data will you collect that will indicate the objective has been achieved?				
The following data will be collected 4 times during the 2015-2016 school year for a duration of one quarter each time:				
<ol style="list-style-type: none"> 1. Number of staff members that eat fast food for lunch and dinner 3 or more times per week. 2. Number of staff that have cut down their fast food intake by 50% per month since the start of the action plan. 				
Action steps to achieve SMART Objective	Timeline (By When)	Person(s) Responsible	Budget Needed	Action Step Completed
Research and get an idea on how many teachers and staff eat fast food for lunch and or dinner	November 2014	Trevor/Jesse	0	

Commented [1]: Objectives and activities look good. Please see me comment in your other SHIP doc about including students and if modification need to be made.

If you choose to keep a staff wellness only SHIP WELCOA has some good resources - we use that for mini-PD session with our staff at RMC Health such as "Eat Right for Life: On the Go"<https://www.welcoa.org/store/category/books/>

Commented [2]: Do you know that is is a issue among staff or an area for improvement?

Conduct a staff survey to find out who is willing to change their diet for the benefit of themselves and the students in the following school year.	May 2015	Jesse/Steven	0	
Present a staff meeting to introduce idea that we will be starting this program to help the staff eat healthier by cutting down how often they are eating out at fast food restaurants. We will be presenting this information to inform the staff about the problems with eating poorly and the effects on the body, compared to the positive effects of eating healthy on the body. We will be focused on this for the 2015/2016 school year.	May 2015	Jesse/ Trevor	0	
Purchase the incentives for staff to choose other healthy options for lunch and dinner, water bottles, packs of gum, healthy lunches brought in for staff at lunch time to allow them to eat without leaving the school.	August 2015	Jesse/Matt	\$500	
Develop a sheet, using Survey Monkey, that the Staff will fill out that includes how often they eat fast food(Per Month), how much it costs to eat fast food (per month), how much time it takes to drive to, order, eat and return (estimate). We will send this out once a week, twice a month.	August 2015	Trevor/ Jesse	0	
Distribute the meeting times and encourage the staff to bring in their sheets that are confidential, so that we can see how much they are spending and eating out and they can see that as well. Email this to them.	August 2015	Trevor/Rich	0	
Develop a method that we can collect the sheets so that they do keep everything confidential. Get their feedback on what food they would rather have, and what allergies they may have that we should know about to make sure everyone can participate.	August 2015	Jesse/ Steve School Wellness Team		

Have incentives prepared for the staff that want to use it, keep track of who is taking one and when they take it. (day/month/year) <i>*Incentives may include gift cards or other items purchased through the Healthy Schools Grant funding</i>	September 2015	Trevor/ Darleen School Wellness Team		
Obtain first month of data from the staff on how many times they chose to use the healthy gift cards vs going and getting fast food.	November 2015	Gerri/ Meghann		
Obtain second month of data collection to assess in school and at home use of tobacco.	December 2015	Trevor/Jesse		
Analyze, document, and utilize survey results and continue to improve incentives and what the staff want to continue the Healthy eating initiative.	December 2015	Trevor/Jesse/Matt School Wellness Team	\$500	
Write a success story from 3 staff that have lost weight, improved life quality, and helped move a student from eating poorly to eating better as well.	May 2016	School staff that participated in Quit Smoking		
Meet as a School Wellness Team four times during the school year.	September November February April	Trevor/Jesse School Wellness Team		

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

We will bring in outside organizations to feed the staff once a week, 4/5 times a month. We will work with healthy alternatives around the school for discounted meals if our staff coming in with ID badge and the coupon they got from us to use. We will work with TJ and Jill about coming in the providing a Lunch and Learn nutritional meeting during our PD time on Fridays, as well as getting monthly **Healthy Eating** tips to the staff. Finally we will get healthy eating/Nutritional posters and place them around the staff lunch area, vending machine area and commons room.

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Healthy Schools Successful Students: SHIP #2: Health Education/Tobacco

Date:

School Name: Pathways Future Center					
Co-leader Name(s): Trevor Minshall, and Jesse Fields					
SMART Objective (desired change): Throughout the 2015 - 2016 school year, 25% of the students will reduce the amount of cigarettes they smoke by half (50%) per week.					
What data will you collect that will indicate the objective has been achieved? The following data will be collected 4 times during the 2015-2016 school year for a duration of one quarter each time: 1. Number of students that are currently smoking and how many packs of cigarettes they smoke per week 2. Number of students that have cut down on					

smoking over the past month, and how much they have cut down on.				
Action steps to achieve SMART Objective	Timeline (By When)	Person(s) Responsible	Budget Needed	Action Step Completed
Research and gather information to see how many students are smoking and how many packs do they smoke each day.	May 2015	Trevor	0	
Conduct a staff survey to find out who is willing and interested in participating in helping the students quit smoking	May 2015	Jesse/Steven	0	
Present a staff meeting to introduce idea that we will be starting this program to help the students to stop smoking. We will be having a sign up at this meeting as the staff will have heard about this program to see if anyone would like to join.	May 2015	Jesse/ Trevor	0	
Purchase the incentives for students to choose other than smoking. Gift cards, water bottles, head phones, packs of gum.	August 2015 Can you pre-purchase these incentives this school year with your \$1000. Since this money doesn't roll over I don't want you guys to lose it. If you can move this to May, definitely do so.	Trevor/Matt	\$500	
Develop a sheet that the students that smoke will fill out that includes cost of packs (per month), how many times they smoke (per day), they will fill these out and come in with it filled out of the smoking	August 2015	Trevor/ Jesse	0	

meetings.				
Research community partners that could provide meeting presenters on smoking cessation, reach out to presenters, and finalize meeting schedules and meeting objectives.	August 2015			
Distribute the meeting times and encourage the students to come in to make sure they are going to get the incentives.	August 2015	Trevor/Rich	0	
Develop a method (including the dates during the school year when data will be collected) for distributing data collection tool and compiling the data to gather feedback and testimonials from teachers and students participating in brain breaks	August 2015	Jesse/ Steve School Wellness Team		
Obtain first month of data of students paperwork and what they think will help them quit smoking and why quitting is important to them. I'm glad that you added this accountability piece in order to justify the incentives.	September 2015	Gerri/ Meaghann		
Start handing out the incentives to the students to use to stop smoking. We will use the data we collected to find out what to allow each student to choose from that they said would help them the most. <i>*Incentives may include gift cards or other items purchased through the Healthy Schools Grant funding</i>	September 2015	Trevor/ Darleen School Wellness Team		
Obtain second month of data collection to assess in school and at home use of tobacco.	November 2015	Trevor/Jesse		
Analyze, document, and utilize survey results and continue to improve students quitting tobacco plan, adjust incentives and needs of students.	December 2015	Trevor/Jesse/Matt School Wellness Team	\$500	
Write a success story from 3 students that have stopped smoking that can go into the online HEALTH	May 2016	School staff that participated in Quit		

<p>101 journal that we are getting distributed to both students and parents. Can you explain more about how this all fits in with this SHIP since this is the only time it's mentioned. I know that TJ and I are familiar with Student Health 101, but RMC Health is not.</p>		Smoking		
<p>Meet as a School Wellness Team four times during the school year.</p>	<p>September November February April</p>	<p>Trevor/Jesse School Wellness Team</p>		

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

We will bring in outside organizations to talk to the students about smoking and the long term ramifications of smoking, including a guest presenter that brings in a lung, someone with a stoma that he/she must breath out of and live with. Lung and heart associations.

I'm so glad that your team is going this direction with your SHIP - no other school is doing anything like this. Feel free to reach out when you get to the step where you are reaching out to community partners, as we have some great contacts too.

RMC Health will want to see at least one action step related to sustainability in both of your SHIPs - how will you fund incentives moving forward and sustain both of these programs in the long run? You don't have a PTA/PTO, do you? Other grants - maybe Golden Sneaker (\$300/year), etc?

