

Healthy Schools Successful Students: SHIP #1: Staff Wellness

Date: 4/9/2015

<p>School Name: Silver Creek Elementary</p> <p>Co-leader Name(s): Joel Bunn, Amber Jaques, Debbie Gough, Linda Young, Charlene Baker, Vincie Eulberg,</p>				
<p>SMART Objective (desired change): By May 30, 2016 SCE will have at least 50% of the staff participating in one of the wellness classes offered during the year. (Exercise classes, Nutrition/Cooking classes, Dodgeball Tournament) By May 30, 2016 50 % of the SCE staff will have used the massage chair purchased for stress relief/reduction. By May 30, 2016 SCE will have at least 60% of the staff participating in our annual steps challenge.</p>				
<p>What data will you collect that will indicate the objective has been achieved?</p> <ol style="list-style-type: none"> 1. Report the number of staff wellness programs that were presented throughout the year 2. Report the number of staff members that participated in the programs offered at the workplace 3. Compare the data of the number of staff members associated with staff wellness programs before and after implementing CSH wellness programs 				

at the school				
Action steps to achieve SMART Objective	Timeline (By When)	Person(s) Responsible	Budget Needed	Action Step Completed
Discuss with wellness team and district wellness coordinator what are some programs that other schools are using and what is working best at those locations. Contact TJ for information on cooking classes he teaches.	May 30, 2015	Joel Bunn	0	
Present to staff our schools SHIP score in the health promotion of staff category and present staff with survey on what types of programs they would like to have offered on site. Present staff with three class ideas that will be held at SCE throughout the year	By August 16, 2015	Joel Bunn	0	
Present program options to staff and open discussion for final decision on what programs will be offered	By August 16, 2015	Amber Jaques	0	
Finalize offerings based on input from staff	By August 16, 2015	Amber Jaques	0	
Inform staff on final program offerings and inform staff how further information will be communicated to them regarding the staff wellness programs that will be offered in the fall.	August 25, 2015	Deb Gough	0	
Order massage chair and communicate to the staff what the purpose is for having a massage chair in the lounge.		Joel Bunn		

<p>I will also include information on how stress reduction in the workplace equals a better working environment for all.</p> <p>Order massage chair, fitness/yoga video as a resource for Vincie Eulberg to use for fitness class instruction to be used during the year.</p> <p>Order Prizes for staff steps challenge (Cook books, Water Bottles, Workout DVD's)</p>	<p>May 30, 2015</p>	<p>and Vincie Eulberg</p>	<p>\$300 Chair (Y2) \$20 DVD (Y2)</p> <p>\$75 (5 Healthy Eating Cookbooks) (Y2)</p> <p>\$62 (7 Nalgene On The Fly Water Bottle) (Y2)</p> <p>\$210 (7 Shaun T's Rockin' Body DVD Workout) (Y2)</p>	
<p>Design a plan to inform staff on when the programs will begin and where they will be held</p>	<p>By Sept. 15 2015</p>	<p>Joel Bunn and Linda Young</p>	<p>0</p>	
<p>Begin staff wellness programs</p>	<p>By Oct.1, 2015</p>	<p>Joel Bunn and Vincie Eulberg</p>	<p>0</p>	

Create a survey (Survey Monkey) for staff to complete to see if they valued the wellness programs, cooking classes, and valued the massage chair presented and collect data on number of staff members that participated in the wellness programs.	Feb. 15, 2016	Charlene Baker	0	
Collect data on the number of members who participated, what they thought of the programs offered, and if they felt the programs impacted their overall health and wellness	By May 10, 2016	Charlene Baker and Linda Young	0	
Document data results and use data to continue to improve programs offered, if need be. Continue to look back at participant feedback to improve program value and results for staff	By May 15, 2016	Charlene Baker and Linda Young	0	
Write a minimum of one success story utilizing data collected and analyzed (School Wellness Coordinator will provide template)	By May 20, 2016	Joel Bunn	0	

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

Our school prides itself in the health and wellness improvement of staff and students. One way we support this is by offering a running/walking club that begins in the spring and continues through the end of the year. This after school club competes in a 5k race as well as the Lyons Club Relays. In this club we have staff members run and walk along side the students to show our personal commitment to the improvement of our own health and the willingness to help improve the lives of our students. We have introduced the Silver Creek Sneak to the community which is an event where we are

fundraising for the schools most prevalent needs. This is a family friendly event where we are running a mini 1.5k We will eventually eliminate/replace the other fundraisers (food based) with this event.