



Healthy Schools Successful Students School Health Improvement Plan (SHIP)

What is the School Health Improvement Plan (SHIP)?

The School Health Improvement Plan (SHIP) is a school's one-year work plan to address the school's health need(s). The following provides guidance for completing each component of a SHIP.

What is a SMART objective?

Well-written objectives always answer the following question: WHO is going to do WHAT, WHEN, and TO WHAT EXTENT? They should describe participants, actions or interactions, and activities.

- **Specific:** Who? (Target Population) and What? (Action/Activity)
- **Measurable:** How much change is expected?
- **Attainable:** Can it be realistically accomplished given current resources and constraints.
- **Relevant:** Does it address needs and proposes reasonable action steps to lead to desirable results.
- **Time-phased:** Does it provide a timeline indicating by when the objective will be met.

What data will you collect to show you achieved your SMART objective?

Data collected should show evidence that you successfully met or made progress towards meeting the SMART objective. Data can be qualitative (e.g., student reactions) or quantitative (e.g., student grades or results from an assessment.) Generally speaking, data are collected to get a baseline and then again after a plan has been implemented. Make sure to include data collection activities when writing the SHIP's action steps.

What are Action Steps?

Action steps are the activities that are needed to implement the SHIP and reach the stated SMART objective. When writing action steps, start them with a verb. Make sure to complete all sections, including person(s) responsible, timeline of when the action step will be completed (make sure everything is not due at the same time), and budget needed. Make sure that tasks and responsibilities are spread across the team and that one person is NOT doing all the work. All SHIPs should include the following action steps:

- a. Meeting with your school health team
- b. Work on your school/district wellness policy (e.g., assessing, communicating, revising, implementing, etc.)

Things to Remember

1. Focus the SHIP on your school's needs identified through the School Health Index.
2. Get input from other individuals in your school on how best to address your school's health needs.
3. The SHIP is developed for one year. Don't try to take on everything at once.
4. Meet regularly with your school health team and monitor SHIP progress.

Healthy Schools Successful Students: SAHIP #1: Physical Activity

Date:3/2/14

<p>School Name:Stukey Elementary</p> <p>Co-leader Name(s):Joe McClelland, Mandi Browning</p>				
<p>SMART Objective (desired change):</p> <p>By May 15, 2015, Stukey ES will increase the amount of physical activity by 50% that students receive during the school day throughout the 2014-2015 school year.</p>				
<p>What data will you collect that will indicate the objective has been achieved?</p> <ol style="list-style-type: none"> 1. Baseline survey of classroom teachers on the average weekly minutes of brain breaks provided to students. 2. Student enrollment numbers in activities such as running club, play 60, after school clubs 3. Amount of gym time students get during the week. 4. Fitness and nutrition logs to track how many minutes students exercise outside of school and what their eating habits are like. 				
<p>Action steps to achieve SMART Objective</p>	<p>Timeline (By When)</p>	<p>Person(s) Responsible</p>	<p>Budget Needed</p>	<p>Action Step Completed</p>
<p>We will present to teachers on the proposed Brain Breaks Initiative and the importance of Brain Breaks. We will Solicit feedback to assist</p>	<p>May 1st, 2014</p>	<p>Joe, Katheen, Lori</p>	<p>0</p>	

<p>in finalizing Brain Breaks and how they should be used.</p> <p>1. We will present at a Wed PD on how to use different websites, such as go noodle, and academic works.</p> <p>2. We will then follow up with a walk through to see if the teachers are using these or something else.</p> <p>3. We will collect data via survey to see how much they are being used.</p>				
<p>We will use brainbreak activities to help increase the amount of physical activity in class. We will get a set for each grade level and they can rotate it through.</p>	<p>Dec. 8th, 2014</p>	<p>Joe, Mandi</p>	<p>0</p>	
<p>Start Running Club, We will promote it through signs in our school and I will talk to each of my classes.</p>	<p>April 1st, 2014</p>	<p>Joe</p>	<p>\$200, to cover fees for some students to run in race such as the lions club relay and cotton wood classic., and prizes for reaching different levels. This will also cover partial cost of t-shirts & mile club bands</p> <p>!</p>	<p>spent 200.00 last year</p>
<p>Start use of Activity Logs for nutrition and fitness</p>	<p>May 1st</p>	<p>Joe, Kathleen, team</p>	<p>\$200, to cover</p>	

			printing of logs, prizes for reaching certain levels. Prizes will be shirts, water bottles, bands	
Fuel up to play 60	September 1 st , 2014	Joe, helpers	0	
Begin implementing after school activities We will offer intramural sports such as soccer , basketball., we will offer running clubs. <u>We would also put in a fitness track outside, so we may use it on school days, at recess and the community may use it when ever they want to.</u>	by April 1st, 2015 and July 1st, 2014	Joe, helpers	750 mini grant	did not do that, lost grant
Begin implementing Playworks to increase physical activity at recess. This program is cheaper and doesn't require as much training and extra time for Student Monitors. The play ground equipment would consist of footballs, tether balls, playground balls.	August 2014	Lori, Joe, Students monitors	\$150. To cover new playground equipment	did not get do to playworks
Develop and distribute data collection methodology to measure input from staff to gauge impact of the initiative (does the staff think the effort is valuable, should it continue, etc.), and staff and/or student participation numbers	October 1, 2014			
Obtain data collection results to measure participation, input, and impact	By May 10, 2015			
Analyze, document, and utilize assessment results and continue to improve offerings based on data collected and feedback/testimonials received from a representative number of students and/or staff	By May 15, 2015			
Write a minimum of one success story utilizing	By May 20, 2015			

<p>8. 2015-2016 Design and distribute a What's on Your Plate nutrition contest for families</p> <p>9. Have a Family/Community activity to use the new fitness trail</p> <p>10. We will continue to maintain programs that were started during the 2014-2015 school year.</p>	<p>Begin October 2015</p> <p>October 2015</p>	<p>Joe and Mandi</p> <p>Joe and Mandi</p>	<p>100.00 for prizes</p>	
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