

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

To be implemented in school year: 2016-2017

Full School Name: Stellar Elementary
District Name: Adams 12
Co-leader Name(s): Chuck Stafford and Tiffany Martinez

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

SMART Objective #1 (desired change):
 Throughout the 2016 -2017 school year, 50% of certified and classified staff at Stellar Elementary school will participate in physical activity challenges utilizing the app/website Matchup.io.
 New Objective Continued/Expanded Objective

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

1. Percentage of staff participating.
2. Total steps completed each month entered into Matchup.io.com.
3. Survey to measure qualitative input from staff to gauge changes and impact of the program.

Action steps to achieve SMART Objective	Timeline (By When)	Person(s) Responsible	Budget Needed	Action Step Completed
Leaders join Matchup.io.com	March 2016	Chuck and Tiffany	\$	
All participants will receive a Bevgo Fruit Infuser water bottle (\$12 each with 35 participants to meet our 50% staff involvement goal) Winners January-April Prize for the top winner in each group (up to 4 groups) during the months of January through April will be Gaiam Balancing Ball Chair (\$80 each)	March 2016	Chuck and Tiffany	\$740	
Invite all staff (certified and classified)	May 2016	Chuck and Tiffany	N/A	
All participating staff will be responsible for setting up a profile for Team Matchup and joining the Stellar groups	August 2016	Chuck and Tiffany	N/A	
Develop and implement a communication plan to promote monthly step challenges to staff	August 2016	Chuck and Tiffany	N/A	

Stellar Kick off of the Monthly Step Challenges	September 1, 2016	Chuck & Tiffany	N/A	
Recognize monthly winners and hand out prizes based on steps	Ongoing	Chuck & Tiffany	N/A	
Divide participants into two groups based on step data	December 2016	Chuck & Tiffany	N/A	
Develop survey to gather input from staff to gauge the impact of the program moving forward	March 2017	Chuck & Tiffany	N/A	
Write a minimum of one success story utilizing data collected and analyzed	End of March 2017	Chuck & Tiffany	N/A	
Send out staff survey	End of April 2017	Chuck & Tiffany	N/A	
Analyze data to improve matchup challenge based on feedback and testimonials	Early May 2017	Chuck & Tiffany	N/A	
Communicate feedback to staff regarding the changes for the following year's staff challenge	May 2017	Chuck & Tiffany	N/A	
BUDGET NEEDED FOR THIS OBJECTIVE:			\$740	

Priority Area: What priority area have you selected to focus your efforts?

Nutrition

SMART Objective #2 (desired change):

For the 2016-2017 school year, 100% of birthday celebrations at Stellar Elementary will be a healthy celebration.

New Objective Continued/Expanded Objective

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

- Classroom teacher survey
- Google Form with healthy celebration selections

Action steps to achieve SMART Objective	Timeline (By When)	Person(s) Responsible	Budget Needed	Action Step Completed
Create and distribute classroom teacher survey regarding birthday celebrations within the classroom.	April 2016	Chuck and Tiffany	N/A	
Analyze teacher survey and create the healthy birthday menu.	April 2016	Chuck and Tiffany	N/A	
Order stability balls with feet for use on the birthday menu	April 2016	Chuck and Tiffany	\$250	
Present initial plan to the staff	May 2016	Chuck and Tiffany	N/A	
Create and publish the written policy in both the student and staff handbooks as well as the school website.	June 2016	Chuck, Tiffany and Shelly	N/A	
Create and publish the healthy birthday menu for parents folders at Back to School Night.	June 2016	Chuck and Tiffany	N/A	
Create Google Form for parents to fill out at Back to School Night indicating their kid's birthday choices	June 2016	Chuck and Tiffany	N/A	
Present finalized plan to all staff	August 2016	Chuck and Tiffany	N/A	
Meet weekly to prepare birthday certificates showing what menu options the students chose	Ongoing	Chuck and Tiffany	N/A	
Create and send out classroom teacher survey obtaining information and feedback about what worked and what needs to be changed on the birthday menu	April 2017	Chuck and Tiffany	N/A	
Report to staff about the results from the survey and what changes will happen for the following year	May 2017	Chuck and Tiffany	N/A	
If needed revise student and staff handbook, school website, and birthday menu	June 2017	Chuck and Tiffany	N/A	
BUDGET NEEDED FOR THIS OBJECTIVE:			\$250	
			\$1000	

BUDGET NEEDED FOR ALL OBJECTIVES:

***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:

Hundred Mile Club

Open Gym Club

Boosterthon Fundraiser (Glow Run)

Harvest Run (Obstacle Course)

Jump Rope for Heart

Brain Break Squad