

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

To be implemented in school year:

Full School Name: Thornton High School
District Name: Adams 12 Five Sta
Co-leader Name(s): Lisa Saunar & Melissa Hernandez

Priority Area: What WSCC priority area have you selected to focus your efforts (nutrition, staff wellness, physical activity, etc)?
 FAMILY, COMMUNITY, AND STUDENT INVOLVEMENT

SMART Objective #1 (desired change): By May 15th 2017 the School Health and Wellness Team at THS will work to connect and promote health and wellness among THS student body, 25% of the students population will participate in 2 of the following activities offered.

New Objective Continued/Expanded Objective

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

- Pre and Post surveys
- student participation
- student feedback through survey monkey

Action steps to achieve SMART Objective	Timeline (By When)	Person(s) Responsible	Budget Needed	Action Step Completed
-Student involvement in Health and Wellness Week activities: <ul style="list-style-type: none"> ● Zumba ● Kick-Boxing ● Yoga ● Tabata or Boot Camp ● Strength and Conditioning Club <p>These activities are communicated through our daily announcements. THS has offered the S/C club open to all students four times a week, the teacher is paid through other school funds. Each instructor will need to be contacted to see if they will be volunteering their time</p>	Offered for one week in April 2017	Health and Wellness Team	\$200	

or being paid for				
Pre- Data collection to generate student interests: Survey Monkey	Feb. 28, 2017	Health and Wellness Team	\$0	
Post-Data collection in reflection to participation: Survey Monkey	Apr. 2017	Health and Wellness Team	\$0	
Collection of attendance data per class. Tracking Attendance	Throughout the H/W Week	Health and Wellness Team	\$0	
-Monthly Fitness Class Offering a once a month exercise class for staff and students to participate in.	Monthly	Health and Wellness Team	\$0	
Collection of attendance data per class. Tracking Attendance	Monthly	Health and Wellness Team	\$0	
-Stall Street Journal Monthly Health and Wellness topics will be displayed in male and female bathroom stalls. The Stall Street Journal is a resource from Student Health 101, updated monthly that provides students with information and resources on relevant health topics.	Placed in student bathroom stalls every month	Health and Wellness Team and Student Council	\$0	
BUDGET NEEDED FOR THIS OBJECTIVE:			\$200	

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

STAFF HEALTH PROMOTION

SMART Objective #2 (desired change): By May 15, 2017, 50 % of staff members will participate in up to 3 staff wellness opportunities offered by the THS School Health and Wellness Team.

New Objective Continued/Expanded Objective

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

- # of participating staff members
- Pre and post surveys
- Attendance collection
- Google form input

Action steps to achieve SMART Objective	Timeline (By When)	Person(s) Responsible	Budget Needed	Action Step Completed
-Staff involvement in Health and Wellness week activities: <ul style="list-style-type: none"> ● Zumba ● Kick-Boxing ● Yoga ● Tabata or Boot Camp ● Strength and Conditioning Club 	One Week in April 2017	Health and Wellness Team	\$200	
Pre- Data collection to generate student interests: Survey Monkey	Feb. 28, 2017	Health and Wellness Team	\$0	
Post-Data collection in reflection to participation: Survey Monkey	Apr. 2017	Health and Wellness Team	\$0	
Collection of attendance data per class. Tracking Attendance	Throughout the H/W Week	Health and Wellness Team	\$0	
-Monthly Fitness Class Offering a once a month exercise class for staff and students to participate in.	Monthly	Health and Wellness Team	\$100	
Collection of attendance data per class. Tracking Attendance	Monthly	Health and Wellness Team	\$0	
-Pedometer Challenge	Fall- September 2016 Winter-	Health and Wellness Team	\$60	

<p>This challenge will be done among the THS staff, three times throughout the school year (fall, winter, spring). Staff members will have a pedometer of their own to track their daily steps. A google doc will be created and staff members are responsible for logging their daily steps. Steps will be counted from 7am-3pm each day for one week. The staff member with the highest total steps at the end of the week will be awarded with a prize.</p>	<p>Dec. 2016 Spring- March 2017</p>			
<p>Collection of Data: Google Doc to track participants and steps</p>	<p>During each week of the challenge</p>	<p>Health and Wellness Team</p>	<p>\$0</p>	
<p>-Wall of Wellness This is a bulletin board updated monthly about health and wellness. Students Health 101, monthly activities available, active staff members, helpful tips for nutrition and fitness.</p>	<p>Updated Monthly</p>	<p>Health and Wellness Team</p>	<p>\$0</p>	
<p>-Monthly meetings with School Health and Wellness Team (data collection, planning, evaluation of activities)</p>	<p>Ongoing</p>	<p>Health and Wellness Team</p>	<p>\$0</p>	
<p>BUDGET NEEDED FOR THIS OBJECTIVE:</p>			<p>\$360</p>	
<p>BUDGET NEEDED FOR <u>ALL</u> OBJECTIVES:</p>			<p>\$560</p>	

***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:

Implementation of the THS Community Garden

Community Outreach Programs

Health and Wellness Fair

The Closet- Clothing available for students and family

Brain Boost Initiative implemented this school year at THS

Adams 12 Community Health Clinic at Five Star Stadium (In the planning stages)