

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

To be implemented in school year: 2016-2017

Full School Name: The International School at Thornton Middle
District Name: Adams 12
Co-leader Name(s): Valerie Miller and Erin McCort

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

SMART Objective #1 (desired change): By May 31, 2017, The International School at Thornton Middle will increase communication with families and students in order to increase their understanding of what brain boosts provide for our bodies and brains to increase learning. We will host no fewer than 2 events for community members where brain boosts will be addressed. We will host one in-school event for students to promote brain boosts.

New Objective Continued/Expanded Objective

Data: What data will you collect that will indicate the objective has been achieved?
 Keep record of dates of events and attendance to events

Action steps to achieve SMART Objective	Timeline (By When)	Person(s) Responsible	Budget Needed	Action Step Completed
Purchase/make games and interactive displays for back to school night (carnival type games or displays -- grams of sugar displays, pick the healthiest granola bar game, etc.)	5/13/2016	Wellness Team	\$500	
Attend back to school night and give presentation about Brain Boosts and why they are practiced at our school.	9/1/16	Wellness Team		
Coordinate with TJ to provide student-centered training Fall 2016	5/1/2016	Valerie		
Create badges for classes who complete brain breaks with 95% participation (varying levels of completion - # completed per week, new brain break, etc.)	9/1/2016	wellness team	\$50	
Assembly for students w/ TJ, incentives to hand out	9/1/16		\$50	

Parent teacher conferences,information table (interactive games/brain boost, videos from 2015-16, examples of healthy snacks with nutrition information, parent involvement sign-up)	10/31/16		\$	
Parent teacher conferences,information table (interactive games/brain boost, videos from 2015-16, examples of healthy snacks with nutrition information, parent involvement sign-up)	3/1/17		\$	
BUDGET NEEDED FOR THIS OBJECTIVE:			\$600	

Priority Area: What priority area have you selected to focus your efforts? We have selected to focus on healthy celebrations and increase non-food incentives for students.

SMART Objective #2 (desired change): By May 31, 2017 the International School at Thornton Middle will increase staff awareness about the district wellness policy and increase compliance with the policy by 75% as measured by staff self-report on a google survey.

New Objective Continued/Expanded Objective

Data: What data will you collect that will indicate the objective has been achieved? Perception data from students and staff from surveys

Action steps to achieve SMART Objective	Timeline (By When)	Person(s) Responsible	Budget Needed	Action Step Completed
Attend workshop about healthy rewards	4/20/2016	Erin	\$0	
Wellness Team Meeting to share information from PD about healthy/non-food rewards	5/31/2016	Wellness Team	\$0	
Staff survey about food rewards, frequency given,	5/25/2016	Valerie and Erin	\$0	

preference - obtain baseline data collection on current practice				
Student Survey re: food rewards, preferences	5/25/2016	Valerie and Erin	\$0	
Conduct presentation for staff about the district wellness policy and the resources that outlines options for healthier rewards, celebrations, and functions. Encourage teachers to share with students/parents.	8/31/2016	Wellness Team	\$50	
Have a presence at "Back to School" Night to give parents information regarding nutrition and healthy choices	9/5/2016	Wellness Team		
Create an awareness for students about healthy snacks - provide lists of options, nutrition information, have students watch videos from last year	10/31/2016	Wellness Team	\$100	
Have Wellness Team Presence at Parent/Teacher conferences to provide information about healthy choices	October '16/ February '17	Wellness Team	\$0	
Students/staff complete post-survey regarding classroom/school celebrations and rewards - measure change from beginning of year	5/20/2017	Erin and Valerie	\$50	
Share data results with staff via email and post in parent newsletter	5/31/2017	Wellness Team	\$0	
BUDGET NEEDED FOR <u>ALL</u> OBJECTIVES:			\$200	

***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:

By focusing on brain boosts and healthy snacks, we hope to create more of an awareness of how exercise and nutrition contribute to overall health. We will be more a presence at school-wide events to promote what we are doing in school.