

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

To be implemented in school year: 2016-2017

Full School Name: Cotton Creek
District Name: Adams 12
Co-leader Name(s): Matt Obernesser & Sarah Brandt

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): By May 2017, 50% of staff will participate in at least one wellness activity coordinated by the wellness committee.
 New Objective Continued/Expanded Objective

Data: What data will you collect that will indicate the objective has been achieved?
 1. % of staff participating
 2. Number of wellness opportunities offered at the school

Action steps to achieve SMART Objective	Timeline (By When)	Person(s) Responsible	Budget Needed	Action Step Completed
Conduct a survey of staff to obtain information regarding what health and wellness opportunities the staff would like to see offered.	01/2016	Sarah Brandt	\$0	01/2016
Choose 3 activities to implement during the 2015-2016 school year to begin engaging staff in wellness opportunities and build positive momentum for the 2016-2017 school year.	01/2016	Sarah/Matt	\$0	01/2016
Implement wellness opportunities for this school year. <ul style="list-style-type: none"> • Coordinate monthly staff activity in gymnasium for February through May. • Offer a Lunch & Learn with a nutritionist on a staff workday on eating to sustain energy levels and positive moods in February. • Offer a 6-week yoga series 1 day/week after school starting in February. 	05/16	Matt Obernesser Sarah Brandt Matt Obernesser	\$100	05/2016
Choose activities to develop a plan for 2016-2017 using	03/16	Sarah/Matt	\$TBD	

staff interest survey and feedback regarding current wellness activities. <ul style="list-style-type: none"> ● Create wellness challenges for staff to participate in (including a variety of physical, nutritional and mental health options) ● Offer a 6-week yoga series 1 day/week after school (to be continued for a longer period of time if possible) ● Coordinate a Couch to 5k training program. Communicate to staff regarding training plans and signing up for the 5k. 	09/16 10/16 04/17			
Develop and implement a communications plan to promote wellness challenges, yoga and couch to 5k activities.	09/2016	Matt/Sarah	\$0	
Meet to analyze and share school year data. Discuss plans for 2017-2018 school year.	05/2017	Wellness Committee	\$0	
Write a success story related to staff wellness utilizing data collected and analyzed	05/2017	Matt/Sarah	\$0	
BUDGET NEEDED FOR THIS OBJECTIVE:			\$100+	

Priority Area: What priority area have you selected to focus your efforts? Student Physical Activity				
SMART Objective #2 (desired change): By May 2017, 75% of classroom teachers at Cotton Creek Elementary will implement physical activity breaks in their classrooms at least three times per week.				
<input checked="" type="checkbox"/> New Objective <input type="checkbox"/> Continued/Expanded Objective				
Data: What data will you collect that will indicate the objective has been achieved? <ul style="list-style-type: none"> ● # of classroom teachers implementing physical activity breaks in the classroom ● # of days per week classroom teachers are implementing physical activity breaks in the classroom ● % of teachers implementing physical activity breaks in the classroom at least three times per week 				
Action steps to achieve SMART Objective	Timeline (By When)	Person(s) Responsible	Budget Needed	Action Step Completed
Survey staff regarding current use of physical activity breaks in the classroom (i.e., how often, when they use breaks, what resources they use and what is needed to	09/2016	Sarah/Matt	\$0	

implement more often).				
Develop training for staff based on needs assessment and best practices.	10/2016	Matt/Sarah	\$0	
Conduct training with staff at a Wednesday ERD.	10/2016	Sarah/Matt	\$0	
Provide resources for staff to implement physical activity breaks.	10/2016	Matt/Sarah	\$TBD	
Survey staff (can be informal discussion at ERD) regarding practices/needs. Share resources to encourage use of physical activity breaks as needed.	01/2017	Sarah/Matt	\$0	
Conduct post-test survey.	04/2017	Matt/Sarah	\$0	
Meet to analyze and share school year data. Discuss plans for 2017-2018 school year.	05/2017	Wellness Committee	\$0	
Write a success story related to student physical activity utilizing data collected and analyzed	05/2017	Sarah/Matt	\$0	
BUDGET NEEDED FOR THIS OBJECTIVE			TBD	
BUDGET NEEDED FOR <u>ALL</u> OBJECTIVES:			\$100+	

***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: