

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

To be implemented in school year:

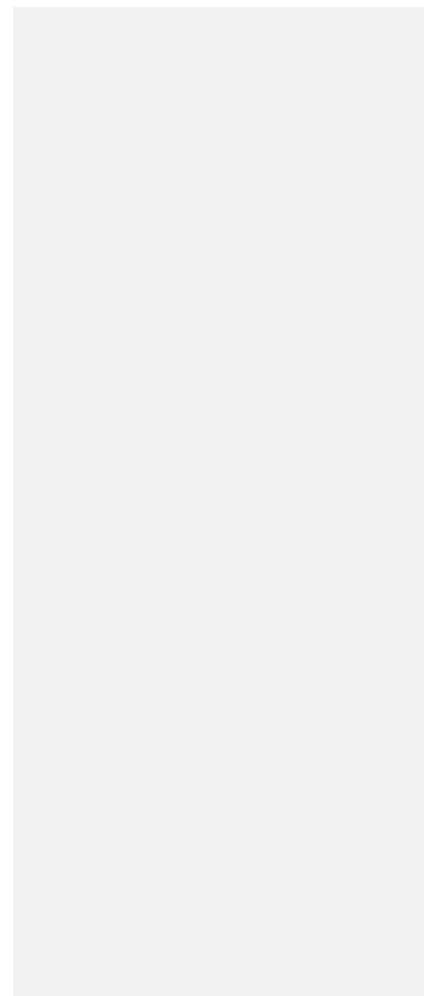
Full School Name: Century Middle School District Name: Adams12 Co-leader Name(s): Brenda Huddleston & Jeremy Wilson				
Priority Area: What WSCC priority area have you selected to focus your efforts (nutrition, staff wellness, physical activity, etc)? Staff Wellness				
SMART Objective #1 (desired change): By the end of the 2016-2017 school year, We will be holding our 2nd annual hydration challenge and our goal will be that 25% of the staff participate in the challenge.				
<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? We will have the staff submit weekly goal sheets to ensure we have the participation.				
Action steps to achieve SMART Objective	Timeline (By When)	Person(s) Responsible	Budget Needed	Action Step Completed
Research and submit to get a price quote for a hydration station Admin Approved to pay the difference(1000.00 from grant is being applied) Completed this step this year to get station in anticipation for next year.	End Feb/Beginning March 2016	Huddleston	1000.00	Done
Begin to get staff interested and excited to participate in the challenge Share research about the benefits of drinking more water Share research on the amount of water individuals should drink	Mid- January 2017	Huddleston		

Commented [1]: We're assuming all of the dates in your timeline are 2017 - but could you please clarify? If these dates are for this year, please rewrite your SHIP for what action steps you will be taking next year, not what you have already done.

Commented [2]: It is all for next year except the hydration station is this year to set up for our goal next year. Please let us know if we need to format this differently.

**Share with students about hydration (they were very interested in why teachers were carrying around water bottles)				
Create staff tracking sheets (individual and whole staff for the lounge)	End January 2017	Huddleston/Wilson	\$	
Begin "Hydrate for your Health" challenge	First day in Feb. 2017	Huddleston/Wilson	\$	
Announce the "Top Hydraters"	After the 6 week challenge March 2017	Huddleston/Wilson	\$	
BUDGET NEEDED FOR THIS OBJECTIVE:			\$1,000.00	

Priority Area: What priority area have you selected to focus your efforts? Student Health				
SMART Objective #2 (desired change): By the end of the 2016-2017 school year, we will be holding a "dare to move" challenge. Our goal in the first year is to have 25% of the students participate in the challenge.				
X New Objective <input type="checkbox"/> Continued/Expanded Objective				
Data: What data will you collect that will indicate the objective has been achieved? Checklist, Log Chart, Social Media				
Action steps to achieve SMART Objective	Timeline (By When)	Person(s) Responsible	Budget Needed	Action Step Completed



Wellness team met and decided on the challenge for a goal. Administration approved the idea	February 2016	Huddleston, Kitt	\$	Done
Discuss ideas for weekly/bi-weekly “dares” or challenges for students to complete in addition to sports/activities they may be involved in, or PE classes they are required to participate in. Discuss how to track, monitor student progress efficiently.	March/April 2016	Wellness Team	\$	
Plan weekly Health/Wellness challenges for students to complete beginning in September of the 2016-2017 school year.				
Plan how students will monitor their completion of the “dares”. (charts, social media, checklists) Look into different activity trackers the students can use to monitor their completion of each challenge (match-up, something like that) (tech guy may create something for us)	May through August 2016	Wilson, Huddleston, Kitt, Wendlowsky, PE staff	\$	
Build student excitement and announce dares through Facebook and daily announcements. Make posters and send home a parent letter to involve the whole family. Begin “Dare to Move” challenge with students. Carry out weekly or Bi-Weekly challenges with CMS students. Monitor Student progress, celebrate accomplishments	September 2016 through April 2017	Wilson, Huddleston, Wellness Team, PE Staff	\$	May try to secure some funding and donations for student awards

Commented [3]: You can probably find student activity calendars online to help you as you create the health/wellness challenges.

BUDGET NEEDED FOR THIS OBJECTIVE:		\$	
BUDGET NEEDED FOR <u>ALL</u> 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:

- One of our team members leads an optional staff bike ride every weekend
- Sharing tools to help with classroom activity breaks
- Administration placed water filters in the staff lounge and office to promote hydration
- Administration has supported hydration efforts by purchasing a water filtration unit for the front office, and has committed to purchasing a “hydration station” water fountain for the staff and students to be installed near the Cafeteria and Gymnasium. They are currently discussing purchasing a second unit for another location in the building as well.

