

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

To be implemented in school year: 2016-17

Full School Name: STEM Magnet Lab School
District Name: Adams12 Five Star Schools
Co-leader Name(s):

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

SMART Objective #1 (desired change):
 Throughout the 2016-2017 school year, 80% of instructional staff at STEM Lab will implement brain breaks and/or a physical movement activity at least once every 30 minutes (Teachers are welcome to have students take a brain break once every 15 minutes if they choose. Teachers have access to projectors and technology, You Tube, Kagan games, etc.)
 New Objective Continued/Expanded Objective

Data: What data will you collect that will indicate the objective has been achieved?
 Data will be collected twice during the 2016-2017 school year. Once at the start of the school year (August) and again in April.
 1. Number of classrooms offering brain breaks/and or physical movement activities

Action steps to achieve SMART Objective	Timeline (By When)	Person(s) Responsible	Budget Needed	Action Step Completed
Conduct a staff survey of who offered brain breaks during the 2015-2016 school year	Aug 31st	All classroom teacher	\$0	
During professional development in August teachers will be shown how to access brain break resources	Aug 31st	Becky Muller	\$0	
Conduct a staff survey of who offered brain breaks during the 2016-2017 school year	May 5th	All Classroom teachers	\$0	
BUDGET NEEDED FOR THIS OBJECTIVE:			\$0	

Commented [1]: Is this an increase from last year or are you to a point where you are sustaining this effort and you can now choose anything school health practice to focus on this year?

Commented [2]: This is an increase from last year, we are still working all our Middle school teachers to implement more brain breaks

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

SMART Objective #2 (desired change):
 Throughout the 2016-17 school year 100% of our classroom teachers will advertise and encourage parents to only bring healthy snacks for birthdays and celebrations. This is a NEW initiative for all our staff and students.
 New Objective Continued/Expanded Objective

Data: What data will you collect that will indicate the objective has been achieved?
 Teachers will report the number of times a student brought an unhealthy snack for birthdays or celebrations. Teachers will provide verbal feedback if parents followed through with bringing healthy snacks for birthday/celebrations or used a creative way to celebrate birthday celebrations such as reading a book to the class.

Action steps to achieve SMART Objective	Timeline (By When)	Person(s) Responsible	Budget Needed	Action Step Completed
Create a handout for parents on healthy snack ideas/ and or creative ways to celebrate birthdays in the classroom with out treats	August 10th	Becky Muller	\$0	
Share handout with parents on back to school night	August 15th	K-5 Classroom Teachers	\$0	
Have handout available on the STEM Lab website	August 10th	Becky Muller	\$0	
Have teachers collect data throughout the school year on the number of times parents brought unhealthy snacks for celebrations or birthdays. K-5 teachers can collect agreement from parents at the beginning of the year.	May 1	K-5 Classroom Teachers	\$0	
BUDGET NEEDED FOR THIS OBJECTIVE:			\$0	

Commented [3]: To help get buy-in from everyone, Was/Will the handout be developed with teacher, student and parent input? will you administrator be doing anything to promote this policy?

Commented [4]: This is being adapted from Tarver Elem. and will include teacher and parent (PTO) input. Admin will include this in the parent/student handbook as well as advertise on website next year

BUDGET NEEDED FOR <u>ALL</u> OBJECTIVES:	\$0

***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:

Teachers provide two 20 minute recess breaks during the day
Playworks games taught to staff 4x a year and overview presented to parents at PTO 1x year

