

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

To be implemented in school year: 2016-2017

Full School Name: Silver Hills Middle School
District Name: Adams 12 Five Star Schools
Co-leader Name(s): Sara Foster and Stacie Albi

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 June 2, 2017, Silver Hills Middle School will have at least 60% of staff participate in at least one wellness activity or challenge offered by the district or the School Wellness Team.

New Objective Continued/Expanded Objective

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

- 1. Number of work site wellness events/challenges offered at the school/district
-
- 2. Number of staff participating in each event/challenge
-
- 3. Outcome data comparing baseline assessment with post-program results

Action steps to achieve SMART Objective	Timeline (By When)	Person(s) Responsible	Budget Needed	Action Step Completed
Conduct a survey to obtain feedback on 2016-2017 Staff Wellness activity and event offerings as well as staff needs and interests.	September 2016	Sara and Stacie	\$	
Hash out a tentative monthly schedule for Staff Wellness activity and event offerings at the school site.	September 2016	Wellness Team	\$	
Meet as a School Wellness Committee four times during the school year	During September 2016, November	Wellness Team	\$	

	2016, January 2017, and April 2017			
Develop and implement a plan to promote the activities/events to staff	September 2016	Wellness Team	\$	
Begin implementation of staff wellness activities/events	October 2016	Wellness Team		
Create online spreadsheet to track staff participation.	October 2016	Wellness Team		
Create feedback form on Google Forms to use in order to collect testimonials/feedback/suggestions regarding the impact of each Staff Wellness activity or event.	October 2016			
Use online spreadsheet to track staff participation.	May 2017	Wellness Team		
Utilize feedback form results and tracking spreadsheet to continue to improve offerings based on data collected and feedback/testimonials received from staff.	May 2017	Wellness Team		
BUDGET NEEDED FOR THIS OBJECTIVE:			\$0	

Priority Area: What priority area have you selected to focus your efforts?				
Physical Activity				
SMART Objective #2 (desired change):				
Throughout the 2016 - 2017 school year, 75% of instructional staff at Silver Hills Middle School will implement physical activity or brain-based strategies for their students at least three days per week.				
<input type="checkbox"/> New Objective <input checked="" type="checkbox"/> Continued/Expanded Objective				
Data: What data will you collect that will indicate the objective has been achieved?				
The following data will be collected two times during the 2016-2017 school year for a duration of one week each time:				
<ol style="list-style-type: none"> 1. Number of classrooms offering daily brain-break strategies and the frequency of the brain-break strategies each week. 2. Number of classrooms offering opportunities for physical activity and the frequency of physical activity each week. 3. Documentation of types of brain-break strategies utilized and types of physical activity opportunities utilized. 				
Action steps to achieve SMART Objective	Timeline (By When)	Person(s) Responsible	Budget Needed	Action Step Completed

Review end of year (2015-16) survey to obtain baseline data collection on current Brain Break offerings and number of classrooms participating	By October 2, 2016	Wellness Team	\$	
Brainstorm ideas for greater participation amongst students: class competitions, creating own brain breaks, etc. (New ideas to share after hearing Kim Bevill last spring)	By October 2, 2016	Wellness Team	\$	
Determine dates for distributing data collection device and compiling the data to gather feedback and testimonials from teachers and students participating in brain breaks	By October 2, 2016	Stacie and Sara	\$	
Create a Shared Google Document to compile a list of brain breaks for teachers to go to.	By November 15, 2016	Wellness team	\$	
Implement an incentive system to encourage continued use of Brain Break Kits and movement ideas by teachers and students.	By December, 2016	Wellness team	\$	
Obtain first week of data collection results to measure participation.	By Winter Break, 2016	Stacie and Sara		
Survey students to get feedback on brain breaks in the classroom	By March, 2017			
Obtain second week of data collection tool results to measure participation	By May 13, 2017	Stacie and Sara		
Analyze, document, and utilize survey results and continue to improve Brain Break Kits initiative based on assessment and feedback/testimonials from students	By May 15, 2017	Wellness Team		
Write a minimum of one success story related to the Brain break Kits initiative utilizing data collected and analyzed (District Wellness Coordinator will provide template)	By May 15, 2017	Wellness Team		
BUDGET NEEDED FOR THIS OBJECTIVE:			\$0	
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: