

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

To be implemented in school year: 2016-2017

Full School Name: Glacier Peak Elementary School
District Name: Adams Twelve Five Star Schools
Co-leader Name(s): Sami Bookout, Brittani Hirsch, Melissa Marsh

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 30, 2017, Glacier Peak Elementary School will have at least 60% of staff participate in up to three continuing staff wellness interventions and programs coordinated with the district staff wellness personnel and the School Wellness Coordinators.

Purpose: To provide more opportunities for staff members to connect with their colleagues while participating in activities that promote physical health and wellness

New Objective

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

1. Number of staff members participating in each wellness program
2. Administer post-program survey at end of the 2016-2017 school year to compare results to pre-program survey administered during the 2015-2016 school year

Action steps to achieve SMART Objective	Timeline (By When)	Person(s) Responsible	Budget Needed	Action Step Completed
Based on our Smart Source Scores and staff interest survey given Feb. 2016, we need to offer more on-site physical health and wellness opportunities that appeal to a variety of interests and wellness goals.	begin offerings by Sept. 2016	Wellness Team		
Conduct a pre-program staff interest survey to collect staff interests and needs related to health and wellness	March 4, 2016	Wellness Team		Complete
Include a list of possible options for health and wellness opportunities in the pre-program interest survey to gain feedback from the staff.	March 4, 2016	Wellness Team		Complete

Meet as a Wellness Team monthly to assess the current state of wellness in the building and plan for wellness opportunities.	8/16, 9/16, 10/16, 11/16, 1/17, 2/17, 3/17, 4/17, 5/17	Wellness Team, including parent volunteers		
Begin implementation of staff wellness opportunities/incentives	Aug 2016	Wellness Team		
Based on our staff interest survey, there is a desire for accountability challenges. Provide prizes and incentives for participation (hydro-flask water bottles, FitBits, etc.)	Sept. 2016	Wellness Team and office manager	\$300	
Obtain data collection results to measure participation, input, and impact	May 2017	Wellness Team		
Analyze, document, and utilize assessment results and continue to improve offerings based on data collected and feedback/testimonials received from staff	May 2017	Wellness Team Co-leaders		
Write a minimum of one success story utilizing data collected and analyzed (School Wellness Coordinator will provide template)	May 2017	Staff Members		
BUDGET NEEDED FOR THIS OBJECTIVE:			\$300	

SHIP #2

<p>Priority Area: What priority area have you selected to focus your efforts? Student Physical Activity</p>				
<p>SMART Objective #2 (desired change): 50 percent of students will engage in physical activity during recess by participating in a “Miles to a Marathon” program during recess where students can walk the track two days a week to earn incentives with the goal of walking 25 miles during recess and running/walking the final 1.2 miles as a school during a spring Fun Run.</p> <p>Purpose: To encourage physical activity during recess and reduce the amount of behavior infractions that occur at recess.</p> <p><input type="checkbox"/> New Objective</p>				
<p>Data: What data will you collect that will indicate the objective has been achieved?</p> <ol style="list-style-type: none"> 1. Number of miles walked/ran by each student 2. Number of students participating 3. Number of office referrals as compared to previous year 				
Action steps to achieve SMART Objective	Timeline (By When)	Person(s) Responsible	Budget Needed	Action Step Completed
Meet with Wellness Team and parent volunteers to discuss logistics, organize a tracking system for number of laps, and assign responsibilities	Sept 2016	Wellness Team	\$	
Kick-off assembly to introduce students to “Miles for a Marathon” program Distribute pedometers donated by Public Service Credit Union to students and staff.	Sept 2016	Wellness Team/All School	\$	
Purchase sneaker key chain incentives for students to earn for every 5 miles they run: http://www.fitnessfinders.net/ProductDetails.asp?ProductCode=148-SNEAKER Also, purchase lanyards to hold key chains: http://www.amazon.com/gp/product/B00MG8CTRQ/ref=s9_top_hd_bw_bljZEp_g229_i5?pf_rd_m=ATVPDKIKX0DER&pf_rd_s=merchandised-search-5&pf_rd_r=0ME1EFWXZP0V1582AFX5&pf_rd_t=101&pf	May 2016	Wellness Team/Office Manager	\$700	

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Organize parent members of the Wellness Team to keep track of laps twice a week throughout the year -- Watch DOGS	Ongoing	Wellness Team. Watch DOGS		
Create a bulletin board to track the number of miles each class has run/walked & assign a parent volunteer to update the board monthly	Ongoing	Wellness Team		
Purchase prizes for students who reached the 26.2 mile marker	May 2017	Wellness Team/Office Manager	\$300+ grant from PTO	
Organize and Celebrate Fun Run Final Mile	May 2017	Wellness Team/Taylor Hood		
BUDGET NEEDED FOR THIS OBJECTIVE:			\$1000	
BUDGET NEEDED FOR <u>ALL</u> OBJECTIVES:			\$1300	

***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:

Ideas for Staff Activities/Motivation:

- Beginning-of-the-year staff kick ball game
- Group fitness during work days led by members of the community
- Freezer-Meal Prep workshops
- Walking Club
- Team builders & brain breaks before staff meetings
- Accountability challenges (logging physical activity and/or diet in an app such as MyFitnessPal), District Wellness Online Fitness Challenge
- Bulletin Board in the lounge where staff can post healthy recipes, find information on health and wellness, and celebrate accomplishments.

Ideas for promoting healthy lifestyle for students:

- Encourage staff to provide alternative (non-food) activities to celebrate birthdays and/or require healthy treats if students bring in birthday treats.

- Encourage staff to require and hold students accountable for bringing in health choices for mid-day snacks.