

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

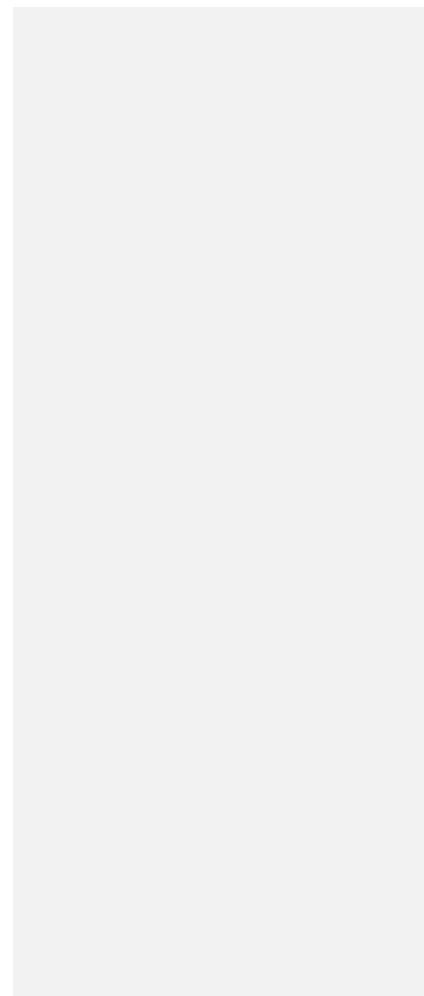
To be implemented in school year: 2016-2017

<b>Full School Name:</b> Hunters Glen Elementary <b>District Name:</b> Adams 12 Five Star Schools <b>Co-leader Name(s):</b> Kimberly Wilson, Joe Guillaume, Stacy Rubin				
<b>Priority Area: What WSCC priority area have you selected to focus your efforts (nutrition, staff wellness, physical activity, etc)?</b> Staff Wellness (physical activity, nutrition, and mental wellness)				
<b>SMART Objective #1 (desired change):</b> By May 30, 2017 Hunters Glen Elementary School will have at least 50% of staff participate in at least 2 of 3 staff wellness activities coordinated by the health/wellness team. <input checked="" type="checkbox"/> New Objective <input type="checkbox"/> Continued/Expanded Objective				
<b>Data: What data will you collect that will indicate the objective has been achieved?</b> 1. Number of staff participants at each activity. 2. Pre- and post- assessment comparison				
Action steps to achieve SMART Objective	Timeline (By When)	Person(s) Responsible	Budget Needed	Action Step Completed
Meet with PTO regarding development of Wellness Plan, funding for incentive programs, and funding for Wellness Fair speakers and supplies.	4/14/2016	Stacy Rubin, Kimberly Wilson Joe Guillaume	\$0	YES
Purchase 1 massage chair(s) for the staff lounge/workroom for stress reduction at the workplace. Related stress reduction (will monitor use by having a usage log.)	5/2/2016	Stacy Rubin, Kimberly Wilson Joe Guillaume	\$799.00	YES
Conduct a survey to obtain baseline data collection on current staff wellness and an interest survey on what health and wellness opportunities staff would like to see offered based on staff needs. (dhpe.org)	4/15/2016	Stacy Rubin, Kimberly Wilson Joe Guillaume		YES: need to review data and come up with plan.
Schedule a meeting with administration to gain support and staff buy-in.	5/1/2016	Stacy Rubin, Kimberly Wilson		

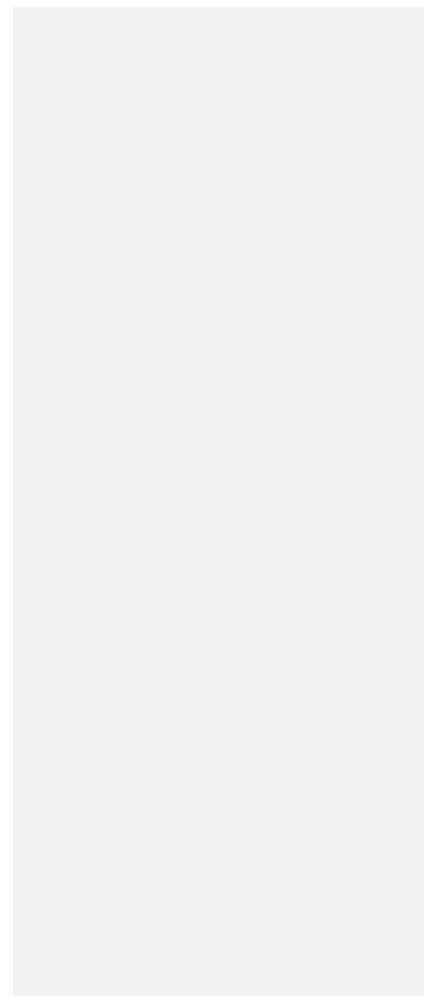
**Commented [1]:** Consider doing the staff survey sooner. This information will help drive what your offerings are. Based on your actions steps you have already determined what you will be offering - massage chair, exercise equipment, walking, potluck and stress relief programs.

Report out to staff results of survey and inform staff of possible wellness offerings. Encourage staff to join the wellness team and/or in wellness activities.	5/20/2016	Joe Guillaume  Stacy Rubin, Kimberly Wilson Joe Guillaume		
Staff to choose 2 out of the 3 activities (one physical, one nutritional, and one mental health) and determine and inform staff the dates for each activity.	9/2016	Stacy Rubin, Kimberly Wilson Joe Guillaume		
<b>2016-2017</b> <ul style="list-style-type: none"> <li>Walk with/Grade level at lunch or after school with staff once per 1X</li> <li>Participate in ADAMS 12 FIVE STAR 5K FOR WELLNESS in April (physical health)</li> <li>Healthy potluck by grade level 1X per month-email staff the recipe (nutritional health)</li> <li>Possible Stress Relief Programs to be offered on Teacher directed ERD day - Laughaceuticals by Kaiser, Mindfulness in Education by PassageWorks.org and Mindfulness and Meditation podcasts, Yoga, or self-defense class.</li> <li>Work with District wellness coordinators to obtain resources for wellness and fitness classes at school</li> </ul>	9/2016-5/2017	Stacy Rubin, Kimberly Wilson Joe Guillaume	\$0	
Meet in May to analyze and share data and determine the effectiveness of the program up to this point. Discuss plans to continue in the 2016-2017 school year.	5/2017	Stacy Rubin, Kimberly Wilson Joe Guillaume		
<b>BUDGET NEEDED FOR THIS OBJECTIVE:</b>			\$799.00	

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



Nutritional Education for school activities.(everyday snacks, classroom parties, birthday celebrations, movie night, and school dances)				
<b>SMART Objective #2 (desired change):</b> Give knowledge to the students, staff and community on healthier options for snacks, parties and other social events. Implement the new healthy alternatives for classroom snack, happy birthday non-food options, and snacks at social events. <input checked="" type="checkbox"/> New Objective <input type="checkbox"/> Continued/Expanded Objective				
<b>Data: What data will you collect that will indicate the objective has been achieved?</b> 1. Students will fill in a color chart daily based on their daily snack(green, yellow and red) to obtain the percentage for the number of students bring healthier snacks. Teacher will take a picture of the classroom chart and will send them to the wellness team to obtain the monthly percentages. 2. Have teachers respond to healthy birthday snack survey in March 2017. 3. Conduct an email parent survey regarding school-wide nutritional initiative after Spring Break, the first week of April 2017.				
Action steps to achieve SMART Objective	Timeline (By When)	Person(s) Responsible	Budget Needed	Action Step Completed
Meet with staff and administration about the changes to snack guidelines and Happy Birthday Alternatives that will take place the following year.	5/2016	Stacy Rubin, Kimberly Wilson Joe Guillaume	\$0	
Request PTO Grant for balance balls for primary and intermediate grades (10 per set)	5/2016	Stacy Rubin Joe Guillaume	\$450	YES
Order Happy Birthday Menu Options to be stored in 2 treasure chests (primary and intermediate): sashes, crowns, buttons, ties, boas, suspenders, and hats.	5/2016	Kimberly Wilson	\$232	YES
Create classroom posters of "Go, Slow, Whoa" snack ideas and classroom charts for tracking snack choices. Use district print shop to print posters for each classroom. Laminate so they can be reused.	5/2016	Stacy Rubin, Kimberly Wilson Joe Guillaume	\$	
Create and print out pamphlets of "GO, Slow, Whoa" and Happy Birthday Menu Options for parents for back to school night. Create a link to be posted on schools home webpage of both pamphlets for parents to sign up and refer to.	5/2016	Stacy Rubin, Kimberly Wilson Joe Guillaume Sally Chambless	\$	
Email parents on whether day/time preference for upcoming guest speaker- nutritionist or registered dietitian.	8/2016	Stacy Rubin, Kimberly Wilson Joe Guillaume	\$0	



Schedule the date for Nutritionist/Dietitian	8/2016	Sally Chambliss Stacy Rubin, Kimberly Wilson Joe Guillaume	\$	
Meet with PTO regarding development of Wellness Plan, funding for incentive programs, funding for healthy snack plan, and, speakers and supplies.	4/14/2016	Stacy Rubin, Kimberly Wilson Joe Guillaume	\$0	YES
Annual Movie Night: Make your own trail/popcorn mix School Dance #1: Make your own fruit kabob School Dance #2: Low carb/high protein/low sugar (Pinterest)	9/2016 10/2016 3/2017	Stacy Rubin, Kimberly Wilson Joe Guillaume	\$0	
Send home bi-monthly "Wellness Updates" via email or in Friday folders for families with no listed emails, post information on website and Facebook page.	8/16(intro for upcoming year wellness plan), 10/16,12/16,2/17, 4/17	Stacy Rubin, Kimberly Wilson Joe Guillaume	\$0	
Create a survey for teachers to respond to healthy birthday menu options and healthy snack alternatives. Pass on feedback to staff at a ERD meeting.	3/2017	Stacy Rubin, Kimberly Wilson Joe Guillaume	\$0	
Create and conduct an email parent survey regarding school-wide nutritional initiative after Spring Break.	4/2017	Stacy Rubin, Kimberly Wilson Joe Guillaume	\$0	
<b>BUDGET NEEDED FOR THIS OBJECTIVE:</b>			\$650.00 + print shop costs	
<b>BUDGET NEEDED FOR <u>ALL</u> OBJECTIVES:</b>			\$1450.00 overage of \$450 will be requested from PTO	

**Commented [3]:** I put a date for this, as well as moved up some other dates on both SHIPS.

**Commented [2]:** Just fill these in and you'll be all set. TJ or I would be happy to come in and speak or lead some interactive nutrition activities with parents, as we've done for other schools.

**Commented [5]:** I put a date for this, as well as moved up some other dates on both SHIPS.

**Commented [4]:** Just fill these in and you'll be all set. TJ or I would be happy to come in and speak or lead some interactive nutrition activities with parents, as we've done for other schools.

Optional: Describe other activities beyond your SHIP that support and further the health and wellness of students, staff, and family in your school: Daddy-Daughter or Mommy-Son Nights for each grade level.

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