

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

To be implemented in school year: 2016-2017

Full School Name: Hulstrom K-8
District Name: Adams 12
Co-leader Name(s): Esther Lum, Paula Dickerson

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): Continue the staff wellness program, with goal of having 50% of staff participating by May 2017.

New Objective Continued/Expanded Objective

Data: What data will you collect that will indicate the objective has been achieved? Teacher goal setting and progress records will be collected and reviewed.

Action steps to achieve SMART Objective	Timeline (By When)	Person(s) Responsible	Budget Needed	Action Step Completed
Hold meeting with teachers to describe updated staff wellness program and any new offerings.	October 2016	Esther Lum, Ruth Rueter, Paula Dickerson	\$0	
Provide teachers with guidance and tools to set goals and track progress	October 2016	Esther Lum, Ruth Rueter, Kim Farmer		
Teachers set their own personal wellness goals twice a year and submit to Wellness Committee.	December 2016 and April 2017	Esther Lum, Ruth Rueter		
Teachers maintain records to track progress toward reaching their goals	Ongoing through 2016-17 academic year	Esther Lum, Ruth Rueter	\$0	
Collect teacher records twice yearly, Dec 2016 and April	Dec 2016, April 2017	Esther Lum, Ruth Rueter	\$0	

2017				
Provide awards to teachers for achieving their goals		Esther Lum, Ruth Rueter, Paula Dickerson	\$500	
BUDGET NEEDED FOR THIS OBJECTIVE:			\$500	

Priority Area: What priority area have you selected to focus your efforts? Physical activity and recess

SMART Objective #2 (desired change): In collaboration with school administration, increase physical activity opportunities for all K-5 students by creating a schedule that allows for a second recess opportunity by grade level.

New Objective Continued/Expanded Objective

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

The objective will be considered as “met” when the new recess schedule is implemented in August 2016, and students are regularly participating in two recess sessions each day.

Action steps to achieve SMART Objective	Timeline (By When)	Person(s) Responsible	Budget Needed	Action Step Completed
Staff scheduling personnel will create the Fall 2016 schedule with times when K-5 students may be taken out to recess twice a day by grade level.	May 2016	Hulstrom administration, assistance as needed by wellness team	\$0	
New schedule to be presented to teachers	May 2016	Hulstrom administration	\$0	
K-5 teachers will implement the new recess schedule in academic year 2016-17, beginning in August 2016.	Fall 2016	Hulstrom administration, teachers	\$0	
New recess equipment will be purchased and provided to teachers, if grant funds are available	Nov 2016	Esther Lum, Ruth Rueter, Paula Dickerson	500	

Wellness team will request feedback from teachers on the new schedule, and will help troubleshoot any issues that arise related to recess.	Ongoing, August 2016- May 2017	Wellness Committee	\$	
BUDGET NEEDED FOR THIS OBJECTIVE:			\$500	
BUDGET NEEDED FOR <u>ALL</u> OBJECTIVES:			\$1000	

***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: