

School Health Improvement Plan (SHIP): SHIP #1: Physical Activity

Date:

Full School Name: The International School at Thornton Middle
Brain Boost Initiative Coordinator: Valerie Miller
Names of Wellness Team Members:

Priority Area:
 Increasing MVPA (Moderate to Vigorous Physical Activity) in students during class time utilizing Brain Boost Kit resources, GoNoodle, and/or turnkey strategies, like doing lunges to turn in papers or partner discussions while walking.

SMART Objective #1 (desired change): By May 1, 2016 The International School will have 50% of teachers successfully*, implementing a Brain Boost Initiative (5-10 minutes per class period) impacting 90% students in grades 6-8.

**Successful will be defined as a program that is accepted by students and staff and shows increased levels of physical activity, while also increasing students' ability to engage in classroom instruction.*

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

- Percentage of classrooms implementing Brain Boosts each month
- Monthly surveys from participating teachers on whether they are implementing and to what extent
- Two student testimonials and two staff testimonials on how Brain Boosts have positively impacted them/the school

Action steps to achieve SMART Objective	Timeline (By When)	Person(s) Responsible	Budget Needed & Exactly What Will Be Purchased	Date Action Step Completed
Work with administrators to set up a school-wide kickoff and PD time of 1-4 hours with Kim Bevell. <ul style="list-style-type: none"> ● PD will address physical activity's effect on the brain, learning, and student success. ● Hand out papers for feedback/participate ● Schedule an additional 75-90 minutes (possibly just with participating teachers) of PD for Brain Boost Coordinator to facilitate PD on: <ul style="list-style-type: none"> ○ Concrete implementation ideas for increasing physical activity in the classroom ○ Exploration time of Brain Boost Kit supplies, GoNoodle and discussion on 	Aug 17 for Kim Aug 17th A Wednesday PD alternative for interested teachers? Sept 23	Valerie, Jil	\$100 healthy snacks	

<p>turnkey strategies like doing lunges to turn in papers or partner discussions while walking</p> <ul style="list-style-type: none"> o Planning time for participating teachers to write 3-7 minutes of Brain Boost time into each class on their class schedule and have administrators sign-off on this to indicate their full support 				
<p>Conduct a teacher survey to obtain baseline data collection on current number of teachers offering Brain Boost to their students on a regular basis.</p>	<p>Aug 17 after Kim's presentation</p>	<p>Valerie</p>	<p>\$</p>	
<p>Purchase supplies for Brain Boost Kits, GoNoodle Subscription, etc. Will look to get teacher feedback on what they would use and what they would like to see purchased prior to buying.</p> <p>Schools have the following budgets for Brain Boost Supplies:</p> <ul style="list-style-type: none"> • Intl. School - \$260 	<p>After meeting with staff, find out what people want books recommended from THS?</p>		<p>\$</p>	
<p>Meet with Office Manager to provide the following information, which will also be communicated to OM via email from District Wellness Coordinator:</p> <ul style="list-style-type: none"> • Brain Boost Initiative budget and process for tracking budget • Procedure for submitting requisition forms, receipts, and transfers of expenditure to District Wellness Coordinator 	<p>Aug 17?</p>		<p>\$</p>	
<p>Communicate Brain Boosts Initiative to stakeholders.</p> <p>Communication methods will include:</p> <ul style="list-style-type: none"> • Staff: <ul style="list-style-type: none"> o Follow-up email after weekly staff meeting o Focus group o Share free Physical Activity and the Brain PD opportunity that is only available to participating teachers that will help increase their skills and build the capacity of the Brain Boost Initiative o Posters posted around the school for staff, 	<p>Staff:</p> <p>Focus Group Sept 14-18</p>		<p>\$50? healthy snacks</p>	

<p>students and parents to see (i.e. the brain slide)</p> <ul style="list-style-type: none"> ● Students: <ul style="list-style-type: none"> ○ Focus group ○ Morning announcement ○ Video presentation from principal or other staff member(s) shown in all classrooms ○ Press release/article in school newspaper ○ Signs posted outside the schools or on the marquee ○ Posters posted around the school for staff, students and parents to see (i.e. the brain slide) ● Families: <ul style="list-style-type: none"> ○ School website ○ School Facebook/Twitter page ○ Letter home ○ PowerPoint presentation/video to be shown while parents wait for conferences or upcoming events to start (i.e. choir concerts) ○ Information on participating teachers' classroom website ○ Information on the district website ○ Posters posted around the school for staff, students and parents to see (i.e. the brain slide) 	<p>Students: Focus group Sept 8th - Sept 12</p> <p>Form a Brain Break club? Make posters, learn brain breaks, research brain activity? Neuroscience?</p> <p>September 1</p> <p>Oct Mar</p> <p>Sept</p>	<p>Valerie, Holly, Jill</p> <p>Science teacher? Interested parties</p>	<p>\$10 treats</p> <p>\$</p>	
Host Kim Bevill PD for all staff	Aug 17		\$	
Host student focus group about one month prior to kick-off <ul style="list-style-type: none"> ● Provide healthy snacks, food or small incentives for participation 	Sept 8-12		\$	
Host teacher focus group about one month prior to kick-off	Sept 14-18		\$	

<ul style="list-style-type: none"> • Provide healthy snacks, food or small incentives for participation 				
Finalize list of teachers wishing to participate	Sept 20			
Host school-wide kick-off	Sept 28		\$	
Distribute Brain Boost Kits* and begin implementation for Brain Boost Initiative in participating classrooms. <i>*we will consider allowing grade levels to switch Brain Break Kits during the school year to provide a greater variety of resources to teachers/students</i>	Sept 23		\$	
Begin monthly data collection utilizing District-provided data collection tool with participating teachers	Oct 23 (first time)		\$	
Brain Boost Coordinator preps to facilitate first monthly meeting with participating teachers. Prep will include: <ul style="list-style-type: none"> • Reading through collected implementation data • Preparing agenda to address barriers and challenges brought up in monthly data collection • Preparing agenda to have time to discuss or spotlight successes. • Purchasing healthy snacks, food or drinks to have at the monthly meeting and submitting a Requisition Form with receipts attached to Norma Uribe for reimbursement (\$500 budget) <p>These action steps will also be followed for subsequent monthly meeting throughout the school year.</p>	Oct 28		\$50	
Implement an incentive system* (can use any portion of above mentioned \$500 budget) to encourage continued Brain Boost implementation by teachers <ul style="list-style-type: none"> • Re-share and answer questions regarding the free Physical Activity and the Brain PD opportunity that is only available to participating teachers that will help increase their skills and build the capacity of the Brain Boost Initiative <p><i>*Incentives may include gift cards or other items purchased through the Healthy Schools Grant funding if this is one of your HSSS SHIPs</i></p>	January		\$	
Continue to collect monthly data and host monthly meetings with participating teachers			\$	
Host a follow-up PD Session on Brain-Based Learning,	Jan/Feb		\$	

PA in the Classroom, etc. taught by TJ Ricciardi to provide further motivation, build excitement, and increase the knowledge and skills of participants.				
Analyze, document, and utilize survey results to improve Brain Boosts Initiative based on data collected and feedback/testimonials from students			\$	
Write a minimum of one success story related to the Brain Boosts Initiative utilizing data collected and analyzed (District Wellness Coordinator will provide template in late spring)			\$	
Review referral data and see if referrals among brain boost participating teachers is lower than non-participating teachers.				
Review tardies and absences among participating (75% of teachers) cores vs. non participating cores. Madrid Beijing Sydney? Mumbai				
BUDGET NEEDED FOR THIS OBJECTIVE:			\$500 – Food & Incentives \$1,000 – Kim Bevill Varies – Brain Boost Kit Supplies	

Healthy Schools Successful Students: SHIP #2: Staff Wellness

Date: 2/20/2015

School Name: The International School at Thornton Middle

Co-leader Name(s): Valerie Miller, Grant Underwood

SMART Objective (desired change):

By May 30, 2016, The International School will have 75% of staff participating in one or more wellness activities throughout the year. This will include the group Moe Pain that is already conducting 2 workouts weekly using circuit training and weight conditioning.

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

1. Attendance at wellness activities/workouts
2. Number of workouts provided

Action steps to achieve SMART Objective	Timeline (By When)	Person(s) Responsible	Budget Needed	Action Step Completed
Conduct a survey to obtain baseline data collection on current offerings and number of staff participating, conduct same survey end of year to determine involvement.	By April 1, 2015/ By May 1, 2016	Amanda/Ginger/Valerie	\$0	
Present draft of offerings to staff for feedback and questions	By April 30, 2015	Amanda/Ginger/Valerie	\$0	
Work with District Wellness Coordinator and other schools implementing staff wellness to gather/review best practices.	By May 15, 2015	Valerie Miller, Amanda Metzger	\$0	
Finalize offerings based on input from staff and/or parents	By May 15, 2015	Amanda/Ginger/Valerie	\$0	
Schedule a time and finalize a method for updating staff regarding new initiatives/programs	By May 23, 2015 and again by August 25, 2015	Amanda/Ginger/Valerie	\$0	
Order needed equipment, resources, and incentives/awards for participation	May 8, 2015	Valerie/Amanda/Ginger	\$493 resources/ \$300 incentives	
Assign a School Wellness Team member to serve as the Worksite Wellness Coordinator (WWC)	By May 25, 2015	Valerie	\$0	
Meet as a School Health Team four times during the school year	During September 2015, November 2015, January 2016, and March 2016	Team	\$0	
Order additional needed equipment, resources, and incentives/awards for participation, as needed. Hire workout/wellness instructors for classes, if staff demonstrates interest in a program that requires it.	By September 1 2015	Amanda/Ginger/Valerie	\$300	
Develop and implement a plan to promote the interventions/programs to staff	By September 15 2015	Amanda/Ginger	\$0	

Begin implementation of staff wellness initiatives/programs	By October 1, 2015	Amanda/Ginger/Valerie	\$0	
Develop and distribute data collection methodology to measure input from staff to gauge impact of the program (does the staff think the effort is valuable, should it continue, etc.), and staff participation numbers	October 1, 2015	Amanda/Ginger/Valerie	\$0	
Obtain data collection results to measure participation, input, and impact	By May 10, 2016	Amanda/Ginger/Valerie	\$0	
Analyze, document, and utilize assessment results and continue to improve offerings based on data collected and feedback/testimonials received from students	By May 15, 2016	Amanda/Ginger/Valerie	\$0	
Write a minimum of one success story utilizing data collected and analyzed (School Wellness Coordinator will provide template)	By May 20, 2016	Amanda/Ginger/Valerie	\$0	

Describe other activities that support and further the health and wellness of students, staff, and family in your school: