

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

To be implemented in school year:

Full School Name: Legacy High School District Name: Adams 12 Co-leader Name(s): Lori Cox and Jill Carlisle				
Priority Area: What WSCC priority area have you selected to focus your efforts (nutrition, staff wellness, physical activity, etc)? Physical Activity				
SMART Objective #1 (desired change): By December 2016, 100% of classroom teachers will be trained in moderate to vigorous physical activity (MVPA) Brain Energizers for the classroom. Participating teachers will set weekly MVPA goals and complete a monthly reflection throughout the first semester. A sample set of students will complete three one-week surveys on MVPA experiences in their classrooms. The target goal is 50% of students will experience MVPA in their classrooms each 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? Teacher MVPA goals and reflection. Student MVPA experiences.				
Action steps to achieve SMART Objective	Timeline (By When)	Person(s) Responsible	Budget Needed	Action Step Completed
<u>PE Cadre Followup Project Funding</u> Develop MVPA 3 resources specific to LHS. Resources: activity book and google slides doc (6 teachers)(4 meetings @ 2 hours + 12 development hours)(\$34/hour)	February - May 2016	Cox/Carlisle Wellness Team Sue Brittenham	\$4,080	Peck 10:02 AM Today Resolve
<u>PE Cadre Followup Project Funding</u> Secure budget for printing MVPA resources (110 units @ \$600 to \$1,700 three times) and speaker (\$1,000)	March 2016	Sue Brittenham Cox/Carlisle	\$2,800 to \$6,100	
Coordinate with administration for time slots during	March 2016	Cox/Carlisle		

August in-service participation. <ul style="list-style-type: none"> • Guest speaker on MVPA for 90 minutes • School wellness team to lead MVPA breaks 				
Schedule guest speaker for August in-service.	March-May 2016	Sue Brittenham Cox/Carlisle		
Order water bottles for students and staff to use as incentives and prizes.	April 2016	Cox/Carlisle	\$425	Received from Wellness Mini Grant
Send MVPA resource to print shop.	May 2016	Cox/Carlisle		
August in-service <ul style="list-style-type: none"> • Guest speaker • MVPA demonstrated throughout in-service • Handout the first MVPA resource • Teachers set their weekly MVPA goal 	August 2016	Cox/Carlisle		
Baseline student data	August 2016	Athena Liss & Student Government		
First teacher reflection	September 2016			
Second teacher reflection	October 2016			
Second student data	October 2016	Athena Liss & Student Government		
Third teacher reflection	December 2016			
Third student data collection	December 2016	Athena Liss & Student Government		
Wellness Team Meetings	September October November December 2016	Wellness Team		
BUDGET NEEDED FOR THIS OBJECTIVE:			\$6,880 to \$10,180 PE Cadre Followup Project	

Priority Area: What priority area have you selected to focus your efforts?
nutrition, staff wellness, physical activity

SMART Objective #2 (desired change):

By May 26, 2016, 50% of Certified and Office Staff, at Legacy High School, will have participated in a Wellness Challenge.

New Objective Continued/Expanded Objective

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

- % of staff participating.
- Total activities completed in Wellness Challenges.
- Survey to measure qualitative input from staff to gauge impact of the program

Action steps to achieve SMART Objective	Timeline (By When)	Person(s) Responsible	Budget Needed	Action Step Completed
Create Wellness Challenges	August 2016	Wellness Team		
Talk to Administration about this SHIP, team formation, wellness challenges and time line	August 2016	Carlisle/Cox		
Determine Celebrations and Recognition: <ul style="list-style-type: none"> ● Lightning Bolts ● Staff Meetings ● Daily Announcements ● Traveling Prize 	September 2016	Wellness Team		
Develop communication plan to promote the Wellness Challenge to staff <ul style="list-style-type: none"> ● Posters can be printed in-house for a fee ● Prizes need to be purchased ● Supplies need to be purchased 	October 2016	Wellness Team	\$300 AD12 Funds	
Create teams for the Wellness Challenge.	November 2016	Wellness Team		

Introduce Wellness Challenge to staff.	December 2016	Wellness Team		
Kick off semester 2 Wellness Challenge.	January 2017	Wellness Team		
Post weekly team progress.	January thru April 2017	Wellness Team		
Write a minimum of one success story utilizing data collected and analyzed.	April 2017	Carlisle/Cox		
End semester 2 Wellness Challenge	May 2017	Carlisle/Cox		
Celebrate Successes	May 2017	Wellness Team	\$300 AD12 Funds	
Wellness Team Meetings	January February March April May 2017	Wellness Team		
BUDGET NEEDED FOR THIS OBJECTIVE:			\$ 600.00 AD12 Funds	
BUDGET NEEDED FOR <u>ALL</u> OBJECTIVES:			\$ \$3,200 to \$6,700	

***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: