

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

To be implemented in school year: 2016-2017

**Full School Name:** Malley Drive Elementary School  
**District Name:** Adams 12 Five Star Schools  
**Co-leader Name(s):** Valarie Stepaniak & Loren Glen

**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 1st, 2017, 50% of certified and classified staff at Malley Drive Elementary, will have participated in the Malley Drive Fit Bit Challenge.  
 New Objective    Continued/Expanded Objective

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

1. % of staff participating
2. Total steps completed by each staff member and entered into the fitbit.com website
3. 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
Send out google doc to collect information on how many staff have fit bits and how many staff need a fitbit.	April 1, 2016	Val and Loren	N/A	
Create a corporate wellness account through fitbit.com	August 15, 2016	All participating staff	N/A	
Introduce and Invite all staff into the wellness challenge.	August 25, 2016	Val and Loren	N/A	
Determine staff incentives	April 1st. 2016	Wellness Team	N/A	
Purchase Staff Incentives	April/May 2016	Val and Loren	\$700	

Purchase 5 Fitbit zip for staff to rent out	April/May 2016	Val and Loren	\$250	
Develop and implement a communication plan to promote the Fitbit challenge on a monthly basis (i.e. create a bulletin board in lounge to update on challenges, prizes, etc)	September 1, 2016	Wellness team	N/A	
Kick off the Fit bit challenge	September 1, 2016	Val and Loren	N/A	
All participating staff will be responsible to set up their profile on Fitbit.com, joining the Malley Wellness Group and syncing their daily/weekly/monthly step data.	September 1, 2016-May 1, 2017	All Staff Participating	N/A	
Recognize monthly winners and overall winner at end of school year and hand out their prizes	Sep 2016-May 2017	Wellness Team	N/A	
Develop and distribute data collection methodology to measure qualitative input from staff to gauge impact of program	April-May 2017	Wellness team	N/A	
Analyze, document and utilize assessment results to improve Malley Drive Fitbit challenge and staff wellness based on data collected and feedback from staff	Nov 2016, Feb 2017 and May 2017	Wellness Team	N/A	
Write a success story utilizing data collected and analyzed	End of May 2017	Val and Loren	N/A	
<b>BUDGET NEEDED FOR THIS OBJECTIVE:</b>			\$950	

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

Student and Family physical wellness

**SMART Objective #2 (desired change):**

By November 1st, 2016, 20% of the students and their families at Malley Drive will participate in a Fall Fun Run.

New Objective  Continued/Expanded Objective

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

1. % of students participating in Fun Run
2. % of students participating in fitness training events prior to the Fun Run
3. Survey for parents to fill out to measure qualitative input on event

Action steps to achieve SMART Objective	Timeline (By When)	Person(s) Responsible	Budget Needed	Action Step Completed
Draft plan for event with school wellness team - decide on theme of fun run, outline of event, etc.	9/1/16	Wellness Team	N/A	
Introduce event to staff and get staff buy in and staff to volunteer to help the day of the event.	9/15/16	Val and Loren	N/A	
Share draft at PSO meeting to gather input and garner support	9/15/16	Val and Loren	N/A	
Collaborate with Art Teacher, Ms. La to have students create posters for event.	9/15/16	Val and Loren	N/A	
Partner with community agencies to get supplies donated. Such as snacks, prizes, etc. for day of event	9/1/16	Wellness Team	N/A	
Decide on date and time of event	9/1/16	Wellness Team	N/A	
Organize and hold two separate practice events before the event day.	10/15/16	Val and Loren	N/A	
Collaborate with staff and Playworks program to set up practice runs during recess and after school.	9/1/16	Val and Loren	N/A	
Hold event before November 1st, 2016	11/1/16	Wellness Team	N/A	
Send out survey to parents and community to fill out	11/15/16	Val and Loren	N/A	
Write a success story utilizing data collected and analyzed	12/20/16	Val and Loren	N/A	

<b>BUDGET NEEDED FOR THIS OBJECTIVE:</b>	\$0
<b>BUDGET NEEDED FOR <u>ALL</u> OBJECTIVES:</b>	\$950

\*\*\*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:**

Kickstart Club-High energy students meet in the morning to participate in physical activity before school starts- 5 days per week  
Staff Softball Team  
Playworks  
After school sport clubs  
Cottonwood Classic Run  
District Track Meet