



Healthy Schools Successful Students School Health Improvement Plan (SHIP)

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



Date: 11/04/2014

Identified Improvement Areas: **Promote Staff Health and Wellness**

School Name: Mountain Range High School				
Co-leader Name(s): Hilary Wimmer and Pam Gobble				
SMART Objective (desired change): SMART Objective #1: By May 15th, 2015, the School Wellness Team and Student Wellness teams at Mountain Range HS will work together to promote and implement a comprehensive, school-wide Health and Wellness				

Initiative that will impact 80% of staff members.				
What data will you collect that will indicate the objective has been achieved? -Total pounds and percentage of body weight lost -Number of participants in the Biggest Winner -Number of staff participants in Teacher Directed Early Release Staff and Wellness Day -Total numbers of staff members measured against the total number of peaks climbed - Baseline data collection from pilot phase - Spring 2015 survey of staff to gather feedback on whether the program should continue and the impact it had				
Action steps to achieve SMART Objective	Timeline (By When)	Person(s) Responsible	Budget Needed	Action Step Completed
SHIP Co-Leaders Planning/Evaluation meetings	November 2014	Hilary and Pam	\$200.00	x
Pilot-Biggest Winner Work with the DECA students to set up a pilot of the Biggest Winner Competition for teams of staff members. The purpose of the pilot is to see if staff members would participate, lose weight, improve their overall health/fitness, and create a food bank for Adams 12 students.	November 2013	Hilary and Pam	\$0.00	x
Pilot-Biggest Winner Run Biggest Winner pilot/staff weigh ins biweekly/track results	January 2014	Hilary and Pam	\$0.00	x
Pilot-Biggest Winner % of body fat testing	January 2014	Pam and TJ	\$0.00	
SHIP Team Meeting - Assessment - Sub. Day	February 2014	David Derby, Hilary Wimmer, Kyle Wimmer, Pam Gible, Tracy Schreiber	\$0.00	x

<p align="center">Pilot-Biggest Winner</p> <p>Award trophies for pilot program of the Biggest Winner 1st Place, 2nd Place Teams \$25.00 gift cards for the Biggest Winner 1st and 2nd Place Overall Winner - Male and Female</p>	March 19, 2014	Hilary and Pam	Year 2 Funding \$100.00	
<p>Pilot - Biggest Winner Food Bank Start Up</p> <p>Give half of all Biggest Winner competition funds (provided by staff \$15.00 entry fee or approximately \$300.00) to North Star to start the food bank. Wellness students will consider taking this over as a long-term community service project.</p>	March 2014	Hilary and Pam	Year 1 Funding \$300 (not provided by this grant)	
<p>Staff Health and Wellness Teacher Directed Pilot Day</p> <p>Teachers will be offered a chance to explore their creative side by participating in a "Painting and Peaceful" session ran by the art department. The goal is to help staff members realize effective ways to deal with stress and to increase staff moral through interactive sessions.</p>	Fall 2014	Hilary and Pam and Art Dept.	Year 2 Funding 0.00	X 56 staff members involved
Coordinator Meeting -Beginning of Year Planning Day	August 2014	Hilary Wimmer, Pam Gibble	\$0.00	X
<p>Walk the Range</p> <p>Use America on the Move 14ers online to encourage staff members to work with students identified by Response to Intervention/Mentoring Program. Staff members will walk the block (with a student) for 1/2 an hour on block days. We will put the names of staff members/students and which mountains they have walked. Apps and a subscription to Walk Smart will be purchased to track progress. Incentives will be awarded based on total time and steps walked. We contacted the interventionist and she said at this point and time because of students and staff scheduling, this not attainable at this point.</p>	September 2014	Hilary and Pam	Year 1 Funded	X
<p>Mountain Range High School Walking Club</p> <p>Staff Members will Walk the 14ers by walking and using</p>	August 2014 - May 2015	Jeff Johnson	Covered from Year 1 grant	X 10 people

pedometers on Wednesdays during their lunch time.				involved; Varies week to week
<p>Light Up Your Holidays with the Colorado 14'ers Staff will engage in a holiday challenge by participating in the Mountain Range "Light up the Holidays" challenge. Staff with exercise and log their steps and/or time on the website. We will use the America on the Move website. The purpose of the challenge is to pilot the website/program so that we are ready to roll it out in the Spring with our students.</p>	<p>Presentation to staff 11/5/14</p> <p>Challenge Dates 11/12/14-12/12/14</p> <p>Award Date: 12/19/14</p>	Hilary Wimmer, Pam Gibble	covered from yr. 1 grant	X 18 staff members participate d
<p>Paint the Pottery Staff and Community Wellness Event Staff and the Mountain Range Community will have the opportunity to participate in a school wide pottery creation session to encourage camaraderie and positive community morale.</p>	<u>December 2, 2014</u>	Colleen Dowling, Dean Rowsam, Kim Colegrove, Kyle Wimmer	0.00	X
<p>Resolution Wall All staff and students were asked to write New Years resolutions for display in the upstairs hallway. Students will take a picture that will represent their New Year Resolution and will display them on the wall.</p>	January 2015	Ian Simpson - Student Government Kyle Wimmer - Photo Students	\$0.00	X
SHIP Team Meeting - Fall Planning Meeting	January 13, 2015	David Derby, Hilary Wimmer, Kyle Wimmer, Pam Gibble, Tracy Schreiber	\$250.00	X

Run Biggest Winner Official Contest	January 5, 2015	Hilary and Pam	\$0.00	X
Run staff weigh ins bi-weekly/track results				
Offer Biggest Winner	January 7 2015	Pam and TJ	\$0.00	
% of body fat testing				
Dates				

<p>January 7 (first weigh-in date) January 21 February 4 February 18 March 4 March 11 (final weigh in)</p>				
<p>Staff Morale Meeting Faculty meeting with healthy snacks (ex: Popcorn)</p>	January 7, 2015	Mtn. Range Admin.	0.00	X
<p>Empty Bowls Students throw and glaze bowls and the bowls go up for auction. Community members purchase bowls from students and the proceeds go to the local food bank.</p>	January 7 - January 30	Colleen Downing	0.00	
<p>Student Help Fund As part of the DECA "Pie in the Eye" contest, staff and students will raise money to start a help fund for students in immediate need of help during emergency situations</p>	January 6 - February 4th	Hilary Wimmer; DECA club	0.00	
<p>DECA Student Health Commercials on MTV Commercials visually showing students how much sugar they intake with popular food/beverage items. The commercials will run weekly on MTV through the Spring</p>	February 1 - End of School Year	Hilary Wimmer and Tom Norfolk	0.00	
<p>Official Biggest Winner Contest Award trophies for pilot program of the Biggest Winner 1st Place, 2nd Place Teams \$25.00 gift cards for the Biggest Winner 1st and 2nd Place Overall Winner - Male and Female</p>	March 11, 2015	Hilary and Pam	\$0.00 paid for DECA chapter	
<p>Teacher Appreciation/Wellness Day We will produce a "Healthy Choices Staff Cookbook", have it printed and handed out to each staff member. We would work in conjunction with the Photo classes to produce it. Staff would submit recipes, cook the dish, bring it in and the photo department would take a picture of it. We would put it in the staff lounge for us teachers to sample. The cost would be approximately 3 - 5.00 per cookbook.</p>	May 4 -8, 2015	Hilary Wimmer, Pam Gible, David Derby, Tracy Schreiber, Kyle Wimmer, STUCO, DECA and Photo students	Year 2 Funding \$150.00 to pay for the supplies for activities.	

SHIP Team Meeting - End of Year/Spring Meeting	Spring 2015	David Derby, Hilary Wimmer, Kyle Wimmer, Pam Gible, Tracy Schreiber	\$0.00	
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Describe other activities that support and further the health and wellness of students, staff, and family in your school:

- Fly Fishing classes walked to Hunter's Glen Lake (2.5 miles round trip) and fished for three hours.
- DECA store has modified product offerings and is now 100% compliant with the new US Dept. of Agriculture guidelines.
- Key Club and National Honor Society canned food drive
- BIONIC 5k run
- FIRE Junior Achievement - Mental Health Awareness and Suicide Prevention Program
- Suicide PSA announcements of MTV - Health Students
- DECA and Student Government Family Sponsorships
- Mtn. Range Track team Road Runner Sports Community Fundraiser
- Racheal's Challenge
- Stang Store transition to healthy products
- Key Club Blood Drive
- FBLA Rocky Mountain Food Bank Volunteering
- DECA Pie in the Eye Fundraiser for children in Yetebon, Ethiopia

Healthy Schools Successful Students: School Health Improvement Plan (SHIP) Family and Community Members



Date: 11/4/2014

Identified Improvement Areas: **Promote Health and Wellness Among Family and Community Members**

<p>School Name: Mountain Range High School</p> <p>Co-leader Name(s): Hilary Wimmer and Pam Gibble</p>				
<p>SMART Objective (desired change):</p> <p>SMART Objective #2: By May 15th, 2015. the School Wellness Team and Student Wellness teams at Mountain Range HS will work together to connect and promote health and wellness among family members and community members, impacting at least 50% students, and 25% of families/community members.</p>				
<p>What data will you collect that will indicate the objective has been achieved? -Number of Thanksgiving meals collected and delivered by sports and clubs</p>				

<p>-Software and App total steps and geography calculations -Total numbers of staff members and students /measured again the total number of peaks climbed - Spring 2015 survey of students to gather feedback on whether the program should continue and the impact it had. -Food bank success at North Star elementary -Number of students volunteering at the local food banks</p>				
Action steps to achieve SMART Objective	Timeline (By When)	Person(s) Responsible	Budget Needed	Action Step Completed
SHIP Team Meeting - Planning - After School	November 2013	Hilary and Pam	\$0.00	x
SHIP Team Meeting - Assessment - Sub. Day	February 2014	David Derby, Hilary Wimmer, Kyle Wimmer, Pam Gibble, Tracy Schreiber	\$0.00	x
<p>Pilot - Food Bank Start Up Give half of all Biggest Winner competition funds (provided by staff \$15.00 entry fee) to North Star to start the food bank for students and community members at the elementary school. Wellness Club students will consider taking this over as a long-term community service project.</p>	March 2014	Hilary and Pam	Year 1 Funding \$300 (not provided by this grant)	
SHIP Team Meeting -Beginning of Year Planning Day	August 2014	David Derby, Hilary Wimmer, Kyle Wimmer, Pam Gibble, Tracy Schreiber	\$0.00	
<p>Distance Calculators Health and PE students will make posters and signs that have the distance calculations for students and staff. These distance calculations will show how many steps it takes to get to each place. For example, it will take X amount of steps to walk to Las Vegas. Photo students will take pictures of the places, print them, and Photoshop the number of steps it takes to get to each place from Mountain Range High School. The goal of the students will be to take enough steps to walk to a new place in the worlds. Math will be integrated because students will have</p>	August 2014	Pam, PE Department, and MRHS students	\$0.00	

to perform the calculations. Students will also have to review geography to find the places.				
<p style="text-align: center;">Walk the Range</p> <p>Encourage staff members to work with students identified by Response to Intervention/Mentoring Program. These students will walk the block (with a staff member) for 1/2 an hour on block days. We will put the names of staff members/students and which mountains they have walked. Apps and a subscription to Walk Smartwill be purchased to track progress. Incentives will be awarded based on total time and steps walked.</p>	September 2014	Hilary and Pam	\$100.00 incentives	
<p style="text-align: center;">Healthy Staff and Students</p> <p>Photo students will take pictures of staff members and students being active (fly fishing, rock climbing, Bolder Boulder, etc.) Photos will be shown in the display case.</p>	Fall 2014	Kyle Wimmer, the Art Department, and art students	\$0.00	
<p style="text-align: center;">Thanksgiving Baskets</p> <p>Each club and sport will build a Thanksgiving basket to give to a family who is in need. Administration will deliver the baskets to family members before Thanksgiving. The Student Wellness Committee will set up and run the Thanksgiving Basket Program.</p>	November 2014	Coaches, club sponsors, administration	\$0.00	
SHIP Team Meeting - Fall Planning Meeting	December 2014	David Derby, Hilary Wimmer, Kyle Wimmer, Pam Gible, Tracy Schreiber	\$0.00	
SHIP Team Meeting - Spring Planning	Spring 2015	David Derby, Hilary Wimmer, Kyle Wimmer, Pam Gible, Tracy Schreiber	\$0.00	
SHIP Team Meeting - End of Year Meeting	May 2015	David Derby, Hilary Wimmer, Kyle Wimmer, Pam Gible, Tracy Schreiber	\$0.00	

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

-Key Club and National Honor Society canned food drive

-BIONIC 5k run

-FIRE Junior Achievement - Mental Health Awareness and Suicide Prevention Program

-Suicide PSA announcements of MTV - Health Students

-DECA and Student Government Family Sponsorships

-Mtn. Range Track team Road Runner Sports Community Fundraiser

-Racheal's Challenge

-Stang Store transition to healthy products

-Key Club Blood Drive

-FBLA Rocky Mountain Food Bank Volunteering

-DECA Pie in the Eye Fundraiser for children in Yetebon, Ethiopia

Your Student Wellness Committee should look at Students Taking Charge toolkit from Action for Healthy Kids www.studentstakingcharge.org - has some great tools and resources to help them determine what projects to implement to change their school health environment!