



Healthy Schools Successful Students School Health Improvement Plan (SHIP)

What is the School Health Improvement Plan (SHIP)?

The School Health Improvement Plan (SHIP) is a school's one-year work plan to address the school's health need(s). The following provides guidance for completing each component of a SHIP.

What is a SMART objective?

Well-written objectives always answer the following question: WHO is going to do WHAT, WHEN, and TO WHAT EXTENT? They should describe participants, actions or interactions, and activities.

- **Specific:** Who? (Target Population) and What? (Action/Activity)
- **Measurable:** How much change is expected?
- **Attainable:** Can it be realistically accomplished given current resources and constraints.
- **Relevant:** Does it address needs and proposes reasonable action steps to lead to desirable results.
- **Time-phased:** Does it provide a timeline indicating by when the objective will be met.

What data will you collect to show you achieved your SMART objective?

Data collected should show evidence that you successfully met or made progress towards meeting the SMART objective. Data can be qualitative (e.g., student reactions) or quantitative (e.g., student grades or results from an assessment.) Generally speaking, data are collected to get a baseline and then again after a plan has been implemented. Make sure to include data collection activities when writing the SHIP's action steps.

What are Action Steps?

Action steps are the activities that are needed to implement the SHIP and reach the stated SMART objective. When writing action steps, start them with a verb. Make sure to complete all sections, including person(s) responsible, timeline of when the action step will be completed (make sure everything is not due at the same time), and budget needed. Make sure that tasks and responsibilities are spread across the team and that one person is NOT doing all the work. All SHIPs should include the following action steps:

- a. Meeting with your school health team
- b. Work on your school/district wellness policy (e.g., assessing, communicating, revising, implementing, etc.)

Things to Remember

1. Focus the SHIP on your school's needs identified through the School Health Index.
2. Get input from other individuals in your school on how best to address your school's health needs.
3. The SHIP is developed for one year. Don't try to take on everything at once.
4. Meet regularly with your school health team and monitor SHIP progress.

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



Date: 11/04/2014

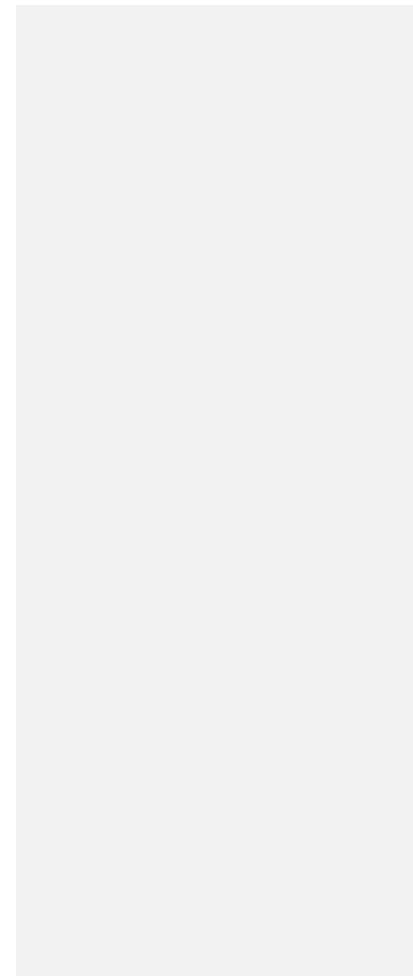
Identified Improvement Areas: **Promote Staff Health and Wellness**

<p>School Name: Mountain Range High School</p> <p>Co-leader Name(s): Hilary Wimmer and Pam Gible</p>				
<p>SMART Objective (desired change):</p> <p>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.</p>				
<p>What data will you collect that will indicate the objective has been achieved?</p> <ul style="list-style-type: none"> -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 				

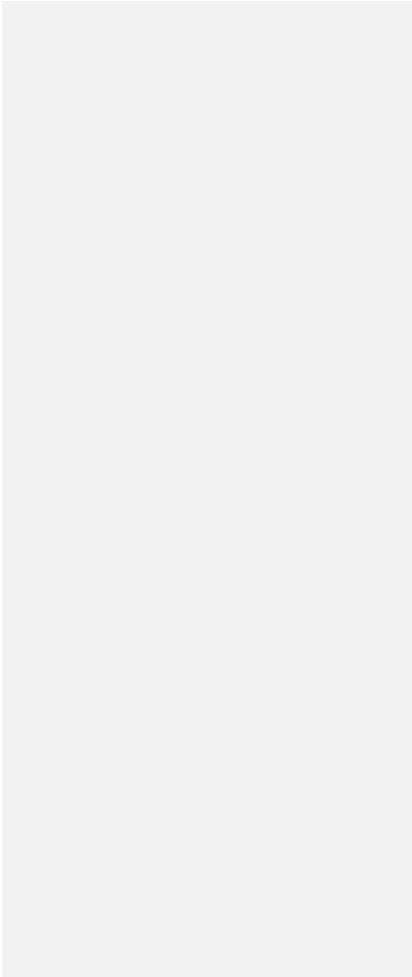
Commented [1]: Do you have a SHIP (objectives and activities) for 2015-16? See my comment in your other SHIP. I think with this SHIP you have some good activities but you need to focus you plan and action steps. Consider something like this for your objective: By May 2015, 80% of staff members will participate in up to three wellness opportunities provided by the School Wellness Team.

What actions steps do you need to complete to make these offerings happen and get your staff to participate? Refer to 20 page of the Destination for a sample objective and action steps.

- 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	\$400.00	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 Gibble, Tracy Schreiber	\$0.00	x
Pilot-Biggest Winner 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	March 19, 2014	Hilary and Pam	Year 1 Funding \$100.00	
Pilot - Biggest Winner Food Bank Start Up 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.	March 2014	Hilary and Pam	Year 1 Funding \$300 (not provided by this grant)	

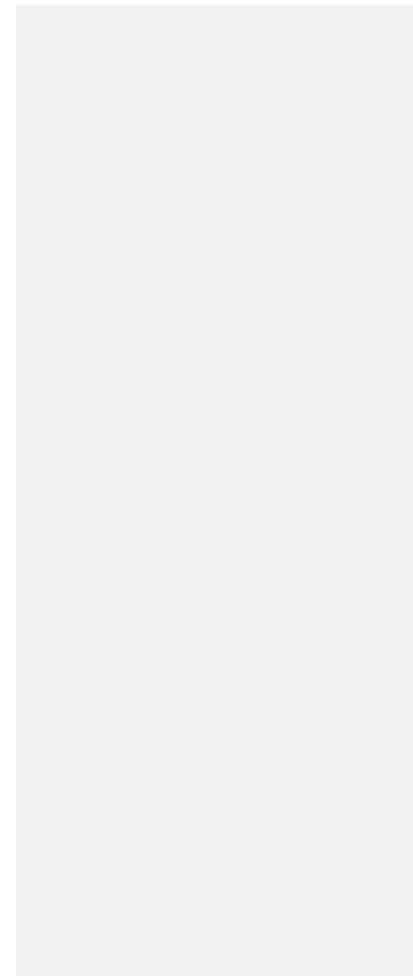


<p>Staff Health and Wellness Teacher Directed Pilot Day</p> <p>Teachers will be offered a chance to explore their creative side by participating in a "Painting and Peaceful" session ran by the art department. The goal is to help staff members realize effective ways to deal with stress and to increase staff moral through interactive sessions.</p>	Fall 2014	Hilary and Pam and Art Dept.	Year 2 Funding \$100.00	X 56 staff members involved
Coordinator Meeting -Beginning of Year Planning Day	August 2014	Hilary Wimmer, Pam Gible	\$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 pedometers on Wednesdays during their lunch time.</p>	August 2014 - May 2015	Jeff Johnson	Covered from Year 1 grant	X 10 people involved; Varies week to week
<p>Light Up Your Holidays with the Colorado 14'ers</p> <p>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</p>	<p>Presentation to staff 11/5/14</p> <p>Challenge Dates 11/12/14-12/12/14</p> <p>Award Date:</p>	Hilary Wimmer, Pam Gible	covered from yr. 1 grant	X 18 staff members participated

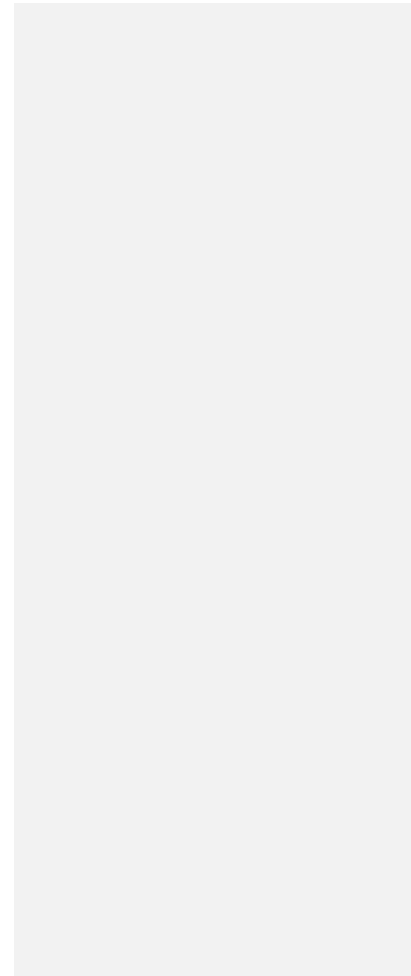


students.	12/19/14			
Paint the Pottery Staff and Community Wellness Event Staff and the Mountain Range Community will have the opportunity to participate in a school wide pottery creation session to encourage camaraderie and positive community morale		Colleen Dowling, Dean Rowsam, Kim Colegrove, Kyle Wimmer	0.00	X
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.	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 % of body fat testing Dates January 7 (first weigh-in date) January 21 February 4 February 18 March 4 March 11 (final weigh in)	January 7 2015	Pam and TJ	\$0.00	
Staff Morale Meeting Faculty meeting with healthy snacks (ex: Popcorn)	January 7, 2015	Mtn. Range Admin.	0.00	X
Empty Bowls Students throw and glaze bowls and the bowls go up for auction. Community members purchase	January 7 - January 30	Colleen Downing	0.00	



bowls from students and the proceeds go to the local food bank.				
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	January 6 - February 4th	Hilary Wimmer; DECA club	0.00	
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	February 1 - End of School Year	Hilary Wimmer and Tom Norfolk	0.00	
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	March 11, 2015	Hilary and Pam	\$0.00 paid for DECA chapter	
Teacher Appreciation/Wellness Day The staff will go fly fishing at Hunter's Glen Lake. If not fishing fishing, staff would participate in walking, yoga, organized yard games, refreshment and yard games for those that desire. Stuco and DECA students will help with running the activities. 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.	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	



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

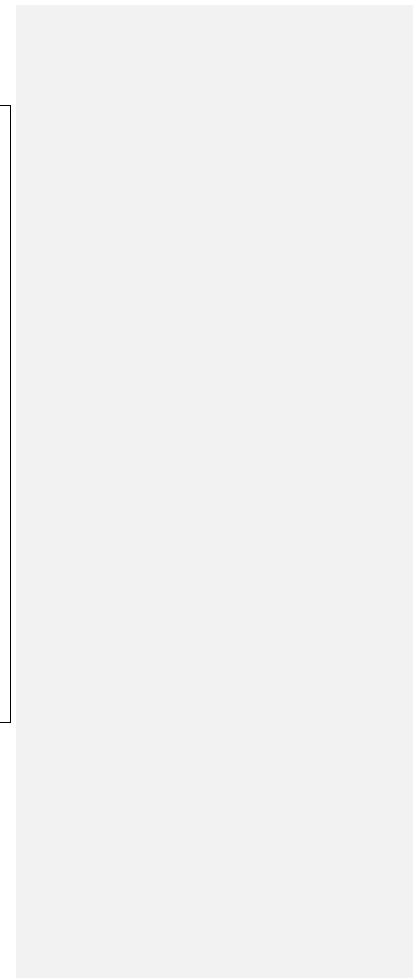
- Fly Fishing classes walked to Hunter's Glen Lake (2.5 miles round trip) and fished for three hours.
- DECA store has modified product offerings and is now 100% compliant with the new US Dept. of Agriculture guidelines.
- Key Club and National Honor Society canned food drive
- BIONIC 5k run
- FIRE Junior 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: SHIP #2: Family Engagement

Date: 02/01/2015

Identified Improvement Areas: **Family and Community Involvement**

School Name: Mountain Range High School				
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Co-leader Name(s): Hilary Wimmer and Pam Gible				
SMART Objective (desired change): - Connect with (add a number or percentage here to make it measurable) families and community members to promote health and wellness (how? to make it more specific add something like this: "in these three ways:..." OR "through these five methods:...")				
What data will you collect that will indicate the objective has been achieved? -Total number of cans of food collected -Total dollar amount collected to purchase holiday meals -Number of staff member No Shave and Pie in the Eye participants -Dollar amount of funds raised by each of the community drives -Number of community donations				
Action steps to achieve SMART Objective	Timeline (By When)	Person(s) Responsible	Budget Needed	Action Step Completed
Canned Food Drive Staff members and students sponsor school wide canned food drive.	November 2015	NHS Sponsors All Staff Memebers	Club funded	Promote Classroom Presentations
Miracle Minute DECA will sponsor a miracle minute at their trial competition. All funds will be donated to one of the schools that is currently in need.	November 2015	Hilary Wimmer and DECA	Club Funded	DECA Officers will coordinate/promote
No Shave November Contest The male staff of Mountain Range High School participated in No Shave November. Students, staff	November 2015	Kyle Wimmer	Staff and Student Funded	Promote

Commented [2]: For the purposes of this grant, review your Score Card assessment results and prioritize 2 areas (questions) that need improvement. These priority areas can become your SHIPs. One SHIP must focus on increasing physical activity or improving nutrition among students (can include adults - staff and families). The other has a little more flexibility and can focus on other areas such as increasing PA, improving nutrition, staff wellness, or family/student involvement related health and wellness issues. With your other SHIP focusing in staff wellness you will need to decide which one will focus on student PA and nutrition. Your activities seem to be focused on more on community service initiatives rather than improving PA and nutrition at you school.

Be detailed with your objective and action steps. Refer to page 20 of Destination for a sample SHIP and to see how the action steps are laid out.

Consider initiatives that increase activity or improve nutrition over the course of the school year rather than one-time events or activities.

and community raised money for individual contestant. The charity will be chosen by the MRHS student body.				Classroom Presentations Fund Accounting
Pie in the Eye Staff members and students will raise funds for a Mountain Range student HELP fund. The fund will be used to help students who are experiencing home problems, financial problems, etc. An application process will be put in place to determine which students receive funds.	February 2016	Hilary Wimmer	\$200.00 trophies	Promote Students will challenge staff members Fund Accounting
Community Donation Collection DECA students will learn the art of selling. They will contact community members to help collect donations that will continue to support the efforts of the Wellness Team. The goal is to get free gym membership, spa, restaurant, etc. donations. These will be used as prizes in the future.	February 2016	Hilary Wimmer	\$0.00	Develop a donation letter Create receipts Teach students the selling process

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

Stang Store - Will continue to evaluate and offer new healthy product alternatives

Wellness Coordinators - Will provide resources and healthy options for staff members to consider for classroom rewards.

