

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

To be implemented in school year: 2016-2017

Full School Name: Mountain View Elementary School
District Name: Adams 12 Schools
Co-leader Name(s): Jennifer Maestas

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 May 2017, MVE will promote increased physical activity by implementing a structured brain break and recess initiative two times per day for 100% of students in grades Preschool - 5th grade.

New Objective Continued/Expanded Objective

Data: What data will you collect that will indicate the objective has been achieved?
 Teacher feedback regarding games and implementation process
 Student feedback regarding games to identify preferred activities for outdoor recess and brain breaks
 Survey (random sampling in each grade) to measure the # of students playing in structured games

Action steps to achieve SMART Objective	Timeline (By When)	Person(s) Responsible	Budget Needed	Action Step Completed
Work with Wellness team and District Wellness Coordinator to gather information on best practices (outdoor recess and brain breaks).	By April 30, 2016	Wellness Team	\$0	
Review, as a team, ways to improve the implementation of outdoor recess and brain breaks.	By April 30, 2016	Wellness Team	\$0	
Meet with Staff re: outdoor recess and brain breaks. Collect data on how we can improve the physical activity with all students in these areas.	By May of 2016	Wellness Team	\$0	
Order new outdoor recess kits for grade levels PreK-5.	By May of 2016	Wellness Team	\$1,040.05	

Train teachers to utilize brain break resources (Zumba, Go Noodle)	By Sept 30, 2016	Wellness Team	\$0	
Develop survey tools for February implementation	By Sept 30, 2016	Wellness Team	\$0	
Distribute survey to staff and students to measure input to gauge impact of the program in terms of student participation and engagement numbers.	By Feb 1, 2017	Wellness Team	\$0	
Review results of survey to measure impact, input, and participation.	By March 30, 2017	Wellness Team	\$0	
Analyze , document, and utilize assessment results and continue to improve offerings based on data collection and feedback received from students.	By March 30, 2017	Wellness Team	\$0	
Share results with staff and students.	By April 30, 2017	Wellness Team	\$0	
Meet as a school health team.	Sept. 2016 November 2016 February 2017 May 2017	Wellness Team	\$0	
BUDGET NEEDED FOR THIS OBJECTIVE:			\$1,040.05	

<p>Priority Area: What priority area have you selected to focus your efforts? Nutrition</p>
<p>SMART Objective #2 (desired change): By May 2017, MVE will engage students, families, and community members in developing communications about school health programs and activities that increase student and community awareness about health and wellness.</p>
<p>X New Objective <input type="checkbox"/> Continued/Expanded Objective</p>
<p>Data: What data will you collect that will indicate the objective has been achieved?</p> <ul style="list-style-type: none"> - File containing communications provided to parents - Survey parents who engage in health program

Action steps to achieve SMART Objective	Timeline (By When)	Person(s) Responsible	Budget Needed	Action Step Completed
Work with Wellness team and District Wellness Coordinator to gather information to support parent education and to develop parent questionnaire.	May 2016	Wellness Team	\$0	
Develop questionnaire for implementation on Back to School Night	May 2016	Wellness Team	\$0	
Gather feedback and input from families using questionnaire on Back-to-School Night. Student Council students will ask parents questions using IPADS and database.	By August 2016	Wellness Team	\$0	
Meet with PTO to discuss school health needs and Fun Run..	By October2016	Wellness Team	\$0	
Plan and Implement wellness awareness information into currently held parent and community events such as Back to School Night and Parent Teacher Conferences.	By August 2016 By October2016 By February 2017 By May 2017	Wellness Team	\$100.	
Provide families with information on school health policies, strategies, and services.	By October 2016 By January 2017 By April 2017	Wellness Team	\$0	
Review feedback and participation of events to support future planning.	April 2017	Wellness Team	\$0	
Analyze , document, and utilize assessment results and continue to improve offerings based on data collection and feedback received from students.	April 2017	Wellness Team	\$0	
			\$100.	
BUDGET NEEDED FOR <u>ALL</u> OBJECTIVES:			\$1,140.05	

***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: