

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

To be implemented in school year:

**Full School Name:**Northglenn High School  
**District Name:**Adams 12 Five Star  
**Co-leader Name(s):**Wendy Hesalroad / Phyllis Musk

**Priority Area: What WSCC priority area have you selected to focus your efforts (nutrition, staff wellness, physical activity, etc)?** Student Wellness/Physical Activity

**SMART Objective #1 (desired change):** Interested students will be assigned pedometers in order to track steps. 50% of those students will increase their steps by the end of the school year.

New Objective    Continued/Expanded Objective

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

Staff will email one of us if they are participating in physical activity.

**Commented [1]:** I'm cautious about using pedometers with students. It's not sustainable if pedometers break, get lost, batteries die, etc. Instead of tracking steps, you could develop a challenge for student to get 60 minutes of PA per day (as recommended). SHAPE America has PA calendars for elementary and secondary students:<http://www.shapeamerica.org/publications/resources/teachingtools/teachertoolbox/activity-calendars.cfm> Your challenge could be that students complete the daily activity on the calendar along with 45-50 minutes of their favorite activity. Other schools have 100 mile clubs, Flat 14ers, etc. I think you can be creative about how you set up your challenge/program.

**Commented [2]:** Do you mean students here?

**Commented [3]:** Are there others that can help with these action steps?

Action steps to achieve SMART Objective	Timeline (By When)	Person(s) Responsible	Budget Needed	Action Step Completed
Announcements about the new program will be given for one week	Sept.10 , 2016	Hesalroad/Musk	\$	
Pedometer check out	Sep 17, 2016	Hesalroad/Musk	\$	
Monthly checkins with co-leaders	Oct- May 1, 2017	Hesalroad/Musk	\$	
Final results with a prize drawing	May 10, 2017	Hesalroad/Musk	\$	

**BUDGET NEEDED FOR THIS OBJECTIVE:** \$300 for pedometers and prizes.

**Commented [4]:** You can use your funding for incentives but we'd rather not use it for pedometers.

<b>Priority Area: What priority area have you selected to focus your efforts?</b>				
<b>SMART Objective #2 (desired change):</b> 50% of staff will participate in regular physical activity.				
<input type="checkbox"/> New Objective <input checked="" type="checkbox"/> Continued/Expanded Objective				
<b>Data: What data will you collect that will indicate the objective has been achieved?</b> Staff will email one of us if they are participating in physical activity.				
Action steps to achieve SMART Objective	Timeline (By When)	Person(s) Responsible	Budget Needed	Action Step Completed
Announcement to staff at all staff meeting.	Sept.10 , 2016	Hesalroad/Musk	\$	
Staff let co leaders know if they are participating through email.	Sep 17, 2016	Hesalroad/Musk	\$	
Monthly checkins with co-leaders	Oct- May 1, 2017	Hesalroad/Musk	\$	
Final results with a prize drawing	May 10, 2017	Hesalroad/Musl	\$	
<b>BUDGET NEEDED FOR THIS OBJECTIVE:</b>			\$0	
<b>BUDGET NEEDED FOR <u>ALL</u> OBJECTIVES:</b>			\$300 for pedometers and prizes.	

**Commented [5]:** I suggest developing a PA program with more structure . Maybe develop a monthly activity that all staff are invited to attend like hikes, walks, yoga, cross fit session (I used to go to a class at my gym and we would play field day games - easy for PE teacher to organize at no cost and lots of fun!). This might also be an opportunity for others to help - find teachers and staff that are interested in different activities and see if they would organize one activity for the year (a hike, a walk, etc.)

\*\*\*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:**

