

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

To be implemented in school year: 2016-17

Full School Name: North Star Elementary
District Name: Adams 12
Co-leader Name(s): Heather Goggin and Amanda Gonzales

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

SMART Objective #1 (desired change): Throughout the 2016 - 2017 school year, 80% of instructional staff at North Star Elementary school will implement physical activity or brain-based strategies for their students at least three days per week utilizing Brain Breaks kits or GoNoodle activities.

New Objective Continued/Expanded Objective

Data: What data will you collect that will indicate the objective has been achieved? 80% of staff will implement physical activity by using brain-based strategies (Brain Breaks Kits or GoNoodle activities)

Action steps to achieve SMART Objective	Timeline (By When)	Person(s) Responsible	Budget Needed	Action Step Completed
Determine cost of GoNoodle Plus membership	April 1, 2016	Wellness Team	\$0	X
Purchase GoNoodle Plus membership	April 1, 2016	Co-leaders and office staff	\$750	
Conduct a survey to obtain baseline data collection on current Brain Break/ GoNoodle offerings and number of classrooms participating Survey to include: # of classroom teachers implementing physical activity breaks in the classroom # of days per week classroom teachers are currently implementing physical activity breaks in the classroom	October 1, 2016	Wellness Team	\$0	

Obtain first week of data collection tool results to measure participation	November 1, 2016	Wellness Team	\$0	
Create and implement an incentive system* to encourage continued use of Brain Break Kits by teachers and students <i>*Incentives are items purchased through the Healthy Schools Grant funding</i>	November 1, 2016	Wellness Team	\$250	
Obtain second week of data collection tool results to measure participation	March 15, 2017	Wellness Team	\$0	
Analyze, document, and utilize survey results and continue to improve Brain Break Kits/ GoNoodle initiative based on assessment and feedback/testimonials from students to determine whether GoNoodle Plus membership should be continued for 2017-2018 school year.	April 15, 2017	Wellness Team	\$0	
Write a minimum of one success story related to the Brain break Kits initiative utilizing data collected and analyzed (District Wellness Coordinator will provide template)	May 1, 2017	Wellness Team	\$0	
Meet as a School Health Team four times during the school year	During September 2016, November 2016, January 2017, and March 2017	Wellness Team	\$0	
BUDGET NEEDED FOR THIS OBJECTIVE:			\$1,000	

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

Nutrition

SMART Objective #2 (desired change): During the 2016 – 2017 school year, North Star Elementary school will create and implement a school policy requiring at least 50% of the food choices served during school celebrations and functions be healthy options, as outlined and defined in the district Wellness Policy.

XNew Objective Continued/Expanded Objective

Data: What data will you collect that will indicate the objective has been achieved? 50% of food choices served during school celebrations and functions should be healthy options as outlined by district Wellness Policy.

Action steps to achieve SMART Objective	Timeline (By When)	Person(s) Responsible	Budget Needed	Action Step Completed
Gather/review policy information addressing nutritious food offerings at school celebrations and functions from other schools and from the district Wellness Policy	By April 15, 2016	Wellness Team	\$0	
Conduct a survey to obtain baseline data collection on current practices and adherence to Wellness Policy related to the objective	By May 1, 2016	Wellness Team	\$0	
Finalize a policy that supports the district wellness policy language and provides recommendations for healthy foods for celebrations and school functions	May 15, 2016	Wellness Team	\$0	
Present the finalized policy to administration and staff	May 20, 2016	Wellness Team	\$0	
Publish the written policy in both the student and teacher handbooks for 2016-2017 school year.	August 1, 2016	Wellness Team	\$0	
Create a file of suggestions for nutritious food choices at parties and inform students and parents of the plan and the purpose/importance of the change in food at parties. Present at Back to School Night in August.	Aug 20, 2016	Wellness Team	\$0	
Provide 100% of teachers with a resource containing suggestions for celebrations that don't involve food	Aug 20, 2016	Wellness Team	\$0	

Disseminate the school tracking tool for staff and collect data about number of healthy/not healthy foods at parties, the choices students made, and observations on student behaviors	September 1, 2016	Wellness Team	\$0	
Plan for healthy choices to be offered at the Back to school breakfast for staff, Celebration of Learning in May (students and families), End of year breakfast (staff)	April 15, 2017	Wellness Team, Office Staff and building Admin	\$300	
Survey the staff, students, and parents on their perceptions related to food offered at celebrations and functions since the new policy was implemented	May 1, 2017	Wellness Team	\$0	
Obtain tracking tool results, analyze data, and write a success story related to healthy food choices (School Wellness Coordinator will provide template)	May 10, 2017	Wellness Team	\$0	
Report to staff on results of increasing healthy food choices at school celebrations (observations, success stories)	May 31, 2017	Wellness Team	\$0	
Meet as a School Health Team four times during the school year	During September 2016, November 2016, January 2017, and March 2017	Wellness Team	\$0	
BUDGET NEEDED FOR THIS OBJECTIVE:			\$300	
BUDGET NEEDED FOR <u>ALL</u> OBJECTIVES:			\$1,300.00	

***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:

Water is offered daily in the school cafeteria

Cooking Matters program is offered at the school

Healthy snacks program offered 3 days a week school wide that provides either a fruit or vegetable snack

After school running club

Brain Breaks and GoNoodle