

Healthy Schools Successful Students: SHIP #1: Health Education

Date: 2/28/14

<p>School Name: Rocky Mountain Elementary</p> <p>Co-leader Name(s): Alex Stanislawski/Diane Agnew</p>				
<p>SMART Objective (desired change):</p> <p><u>Health Education</u>—</p> <p>During the 2014-2015 school year, Rocky Mountain Elementary will implement a “Wellness Wednesday” for 100% of students. This will include that days “crew”[*] focusing on one of the evidence outcomes for that grade levels’ Comprehensive Colorado Health Standards^{**} and structured Physical Education Lessons^{***} geared towards those standards.</p> <p>[*] As an Expeditionary Learning (EL) school, one of our collaborative focuses is a daily “CREW” time. This typically consists of a greeting, a reading of some sort, an activity and then a debrief or plan for the day. This is used to build a sense of community within the classroom, an opportunity for teamwork and communication and a chance to reinforce our schools’ 6 “Habits of a Scholar” (Respect, Perseverance, Integrity, Inquiry, Compassion, and Responsibility).</p> <p>^{**}Standard 2: Physical and Personal Wellness in Health, Standard 3: Emotional and Social Wellness in Health,</p>				

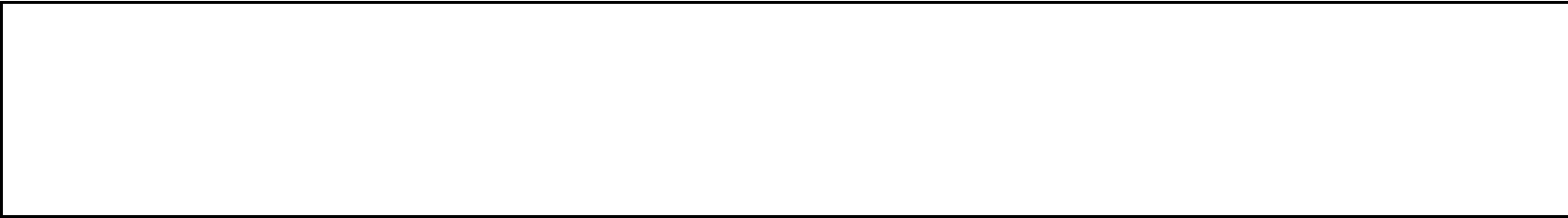
<p>and Standard 4: Prevention and Risk Management in Health (as applicable).</p> <p>*** Structured Physical Education lessons will entail 2/3 of the Physical Education lesson for that day to be Health Centered and focusing on the Comprehensive Colorado Health Standards. This part of the class will be set up like a “health” class. We will focus on an evidence outcome appropriate to that grade level for that week. For example, if our 5th grade “Brain” learning target for that week is “I can analyze the difference between disordered eating and eating disorders” (Standard 2.1-G), I would gear the lesson to that target. The last 1/3 of the class will be a physical activity reinforcing those concepts.</p>				
<p>What data will you collect that will indicate the objective has been achieved?</p> <p>1. The school wellness team will create a <u>surveymonkey</u> survey for all classroom teachers which will ask questions and track answers and opinions on how the “Wellness Wednesday” program is going.</p> <ul style="list-style-type: none"> ● This will be done before the end of the 1st semester and before the end of the 2nd semester. ● This will be done in order to gather feedback from the staff on what is working/not working and what can be done better or changed to achieve maximum benefit for students. <p>2. Documentation of Physical Education lessons used and standards taught.</p>				

3. Documentation of grade Level Comprehensive Colorado Health Standards taught and lessons used.				
Action steps to achieve SMART Objective	Timeline (By When)	Person(s) Responsible	Budget Needed	Action Step Completed
Present the “Wellness Wednesday” (WW) idea to grade level chairs at next GLC meeting. GLC’s will disseminate that information: What the program will entail, what responsibilities teachers will have, what they will be expected to do.	Jan 2014 GLC meeting	Alex Stanislawski	N/A	DONE
Create and organize WW binders for every classroom teacher with their applicable standards and evidence outcomes. This folder will also include a copy of the 8 Components of Coordinated School Health. It will be organized by standard. It will not contain specific lessons at this time (will be added to).	August 18, 2014	Alex Stanislawski, Diane Agnew, Jean Tyus, Carly Kramer, Nicole Blondo, Olivia Hill	\$50-100 for binders, tabs, printing costs, and organizational materials.	DONE
Meet with wellness team and go over binders and the application, organization and apply any last minute changes.	August 18, 2014	All team	N/A	DONE
Present WW folders to classroom teachers at staff meeting. Explain how they will be used. Answer	September 10, 2014	All Team	N/A	DONE

<p>questions. Demonstrate how evidence outcomes can be used and taught during crew. This will be broken up with wellness team members and grade levels. Grade levels can also choose a different time to present the WW information as long as it is agreed upon with the grade level and it is adhered to.</p>				
<p>Classroom teachers will implement "Wellness Wednesday" every Wednesday during their CREW time. (If CREW time is not agreed upon with each grade level that is okay as long as a specific time on Wednesday is taken to develop those standards-see above)</p>	<p>September 17th- December 17th AND January 6-May 27th</p>	<p>All team-Will meet during bi-monthly meetings to discuss progress</p>	<p>N/A</p>	
<p>Meet as a School Health Team five times during the school year. Specific dates will be determined.</p>	<p>September 2014 November 2014, January 2015, March 2015, May 2015</p>	<p>All Team</p>	<p>N/A</p>	
<p>SurveyMonkey survey given to classroom teachers on December 1st to give them an opportunity to give feedback and opinions on how the program is going. Teacher's will be apprised of survey deadline of December 17th.</p>	<p>December 17th, 2014</p>	<p>All team-Will meet during November meeting to develop survey</p>	<p>N/A</p>	<p>DONE</p>

Wellness team meets to discuss results of survey. Makes applicable changes as needed.	February 25, 2015	All team	N/A	
Staff meeting as needed to discuss changes that will be made with WW.	As needed or March 2015 meeting	All team	N/A	
Surveymonkey survey given to classroom teachers to give them an opportunity to give feedback and opinions on how the program is going. Same as 1st semester. Survey will be given to classroom teachers on April 20th with a deadline of May 1st.	May 1st, 2015	All team	N/A	
Obtain tracking tool results, analyze data, and write a success story related to health education (School Wellness Coordinator will provide template)	May 10, 2015	All team	N/A	

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



Healthy Schools Successful Students: SHIP #2: Nutrition

Date:2/28/14

School Name: Rocky Mountain Elementary Co-leader Name(s): Alex Stanislawski/Diane Agnew				
SMART Objective (desired change): <u>Nutrition</u> — During the 2014-2015 school year, Rocky Mountain Elementary will encourage 100% of students to eat healthier by implementing 3 specific programs: 1.) A Sticker Incentive Program that will recognize students who are eating fruits and veggies during lunch. Stickers will be handed out by cafeteria monitors one day during the week for one grade level. <ul style="list-style-type: none">• Example - one week they will hand them out during 1st grade lunch, the next week during 2nd grade lunch. A tracking template and plan will be created: see action steps below.				

2.) A "Get to Know your Fruits and Veggies" monthly handout for all students to be distributed on the first school day of each month.

- This will be a one page document featuring a certain class of vegetable or fruit with interesting facts and an accompanying activity that can be done with family at home (will also correlate with what is in season).
- This program will also include a monthly drawing on the last school day of the month for students that bring back their completed activity handout with a prize of a \$10 gift card to King Soopers (will not include August and will be done on 5/20/15 for the month of May).

3.) Cooking classes will be offered through Cooking Matters: a free program that is geared towards low income families with a focus on empowering families with the skill, knowledge and confidence to make healthy and affordable meals at home. This will start as an after-school program for 2nd-5th graders. Programs will be done twice a year (fall and spring classes). RME will do the family class which invites parents to cook and learn with their child. Each class is cMonthlyapped at around 6-8 families or about 18 total people. Students that are interested will sign up with a permission slip signed by parents.

- Permission slips will be collected and 8 (maximum for a class) families will be selected at random through a lottery system to

<p>participate. Each session will consist of six 2-hour classes that will take place 1x/week from 6-8pm in the gym so working parents can attend. As an added bonus, a 7th week will be attached to the class: A “Cooking Matters at the Store” Tour. This will give families the opportunity to shop and tour a grocery store along with a \$10 gift card to buy a meal for their family. One member of the wellness team will need to attend each session as well as the “host agency course contact”. As part of the permission slip, parents will be asked to commit to attending at least 4 out of the 6 sessions (7th week not required to “graduate”). One class will be held in October and another in April. Exact dates not yet determined.</p>				
<p>What data will you collect that will indicate the objective has been achieved?</p> <p>1.) Number of stickers handed out will be tracked by grade level and date. Cafeteria monitors will report how many stickers they handed out and for what grade level for that week. This will be tracked on an excel spreadsheet.</p> <p>2a.) Documentation of “Get to Know your Fruits and Veggies” handouts distributed to students.</p> <p>2b.) For each applicable month in which a drawing is held, turned in “Get to Know your Fruits and Veggies”</p>				

<p>handouts will be counted. The number collected for each month will be tracked on an excel spreadsheet in order to look at trends and the number of students participating.</p> <p>3.) We will track participation numbers for each cooking class. The goal is to have 6-8 families in each class. Participation and graduation rates of each class will determine if classes can be offered year-to-year and semester to semester with different grade levels. RME's positive or negative relationship with the Cooking Matters program will determine if the program is offered on an on-going basis.</p> <p>4) A subjective survey will be given to a control group representing our population for students, parents, and staff on their impressions of the success of these initiatives (and one or more relevant action steps relating to this survey). This will be done through survey monkey.</p>				
Action steps to achieve SMART Objective	Timeline (By When)	Person(s) Responsible	Budget Needed	Action Step Completed
Complete school wellness assessment and SHIP planning.	Feb 28, 2014	All team	\$734.26	Done
Present the Nutrition SHIPS to grade level chairs at next GLC meeting. GLC's will disseminate the following information:	March 2014 GLC meeting	Alex Stanislawski	N/A	Done

<ul style="list-style-type: none"> • What the program will entail • What roles and responsibilities teachers will have • This will is intended just to give them an idea of what will be happening for the next school year and what to expect. 				
Members of the wellness team will create a rough outline (month to month for Sep-May 2014-2015) for the “Get to Know your Fruits and Veggies” program. They will present a template activity/information sheet that will be sent home with students in September 2014 to the wellness team for review/approval.	April 30, 2014	Olivia Hill, Jean Tyus, Nicole Blondo	N/A	Done
Create tracking sheets for sticker incentive program that will be used by the cafeteria monitors. Create tracking schedule by grade level. See Objective 1 above.	April 30, 2014	Alex Stanislawski, Diane Agnew	N/A	Done
Meet with Wellness team. Print the September “Get to Know your Fruits and Veggies” handouts for students and go over yearly outline and deadlines.	April 30, 2014	All Team	30\$ for print costs.	Done
Purchase supplies for sticker program (and/or other initiatives), including stickers, clipboard, and tracking forms.	April 30, 2014	Olivia Hill, Jean Tyus, Carly Kramer	\$200-300	Done
Fax Agency Application to Mayra Ramirez of Cooking Matters at 303.832.7477. Lock down the dates for the October and April classes.	May 15, 2014	Alex Stanislawski	N/A	Done
Meeting with the cafeteria monitors to give them the	August 27, 2014	Alex	N/A	Done

incentive stickers, clipboards, tracking sheets and plan for the year: Sticker program to begin in September.		Stanislawski, Diane Agnew		
Start the Sticker incentive program in the cafeteria. Track and log data through tracking sheets. Progress will be noted during bi-monthly meetings.	September 2014-May 2015	Alex Stanislawski, Cafeteria Monitors	N/A	Done
Present the "Get to Know your Fruits and Veggies" program to staff at staff meeting. Show them the September example and explain purpose, intent and overall vision of the program. Talk with principal about his role of briefly presenting the handout information on the first school day of the month and announcing the winner of the gift card on the last school day of the month during morning announcements.	September 10, 2014	All team	N/A	Done
Meet as a School Health Team five times during the school year. Specific dates will be determined.	September 2014 November 2014, January 2015, March 2015, May 2015	All Team	N/A	
Begin "Get to Know your Fruits and Veggies" program in the school (Sep-May). Handouts will be given on the 1st school day of the month. Gift card drawings will be done on the last school day of the month.	Gift Card Purchase-May 5, 2014 Program- September 3rd-	All team	90\$ for Nine 10\$ King Soopers Gift Cards	Done

	May 26th			
Create permission slips for the Cooking Matters cooking classes and present during the September meeting. After review and approval, hand out permission slips to 2nd-5th grade classrooms.	September 2014	All team	N/A	Done
Collect permission slips from interested students. Draw 8 names at random. Contact those families and give them pertinent class handouts, dates of classes, times, location etc. Double check dates and time with Mayra Ramirez of Cooking Matters.	September 2014	All team	N/A	Done
Begin October Cooking Matters Family classes.	October 2014	Alex Stanislawski	N/A	Done
Repeat Cooking Matters permission slip process for the April classes using the same permission slips and format. Staff paid stipend for their time (2 hours).	March 2015	All team	119.8 for 6 staff members =718.8	Done
Send out the survey monkey to control group of staff, parents and students for them to give their impressions on the success of the school nutrition initiatives.	Sent out by April 20, 2015 Deadline by May 1st, 2015	All team	N/A	
Analyze survey monkey results to see any positive/negative reactions or improvements that can be made.	May 2015	All team	N/A	
Analyze, document, and utilize all other data collection results to assist in both writing a success story and	By May 15, 2015	All team	N/A	

continuing to improve school-wide nutrition programming				
Write a minimum of one success story related to brain breaks utilizing data collected and analyzed (School Wellness Coordinator will provide template)	By May 15, 2015	All team	N/A	

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

