

Healthy Schools Successful Students: SHIP #1: Physical Activity

Date: February 27, 2015

School Name: Rocky Mountain Elementary

Co-leader Name(s): Alex Stanislawski

SMART Objective (desired change):

By May 15, 2016, 75% of instructional staff at Rocky Mountain Elementary school will implement physical activity or brain-based strategies for their students at least three days per week utilizing the Brain Break Kits provided by the Adams 12 Health & Wellness Team and other Brain Break resources like GoNoodle.

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

The following data will be collected two times during the 2015-2016 school year for a duration of one week each time:

1. Number of classrooms offering daily brain-break strategies and the frequency of the brain-break strategies each week. (times per day/per week)
2. Number of classrooms offering opportunities for physical activity and the frequency of physical activity each week. (mins per day/week)
3. Documentation of types of brain-break strategies utilized and types of physical activity opportunities utilized. (what are they doing-GoNoodle, Brain Break Kit etc)

Action steps to achieve SMART Objective	Timeline (By When)	Person (s) Responsible	Budget Needed	Action Step Completed
Meet as a School Wellness Team a minimum of four times during the school year	During November 2015, December	All Team		

	2015, February 2016, and April 2016			
<p>Develop a survey to obtain baseline data collection on current Brain Break offerings and number of classrooms participating (Times per day/week, mins per day/week and type-excel spreadsheet)-</p> <p>Testimonials</p> <p>-Teacher: "Do you use brain-breaks during class? Why or why not?"</p> <p>-Student: "Does your teacher use brain breaks?" If yes...What do you like about them?"</p> <p>If no...If you were able to get up and move a little bit more during class, what do you think that would do for you?"</p>	By October 15, 2015	Alex Stanislawski		
<p>Conduct door to door survey and obtain testimonials with teachers/kids during plan time</p>	By October 31, 2015	Alex Stanislawski		
<p>Work with District Wellness Coordinator, Jill Collins, to disseminate/share data collection tool for staff to measure participation (2x/school year – one week in duration)</p>	1 tool completed by October 31, 2015 —1 tool completed by May 1, 2016			

Analyze data from beginning of year (Oct 31st) data collection in conjunction with feedback from Jill Collins. Share with staff	By December 15, 2015			
Create and implement an incentive system* to encourage continued use of Brain Breaks by teachers and students <i>*Incentives may include gift cards or other items purchased through the Healthy Schools Grant funding</i>	January 30, 2016		?	
Obtain second week of data collection tool results to measure participation. Same tool used in October with same testimonials from different teachers/students	By May 1, 2016			
Analyze, document, and utilize survey results and continue to improve Brain Break Kits initiative based on assessment and feedback/testimonials from students. Work with Jill Collins and share with staff.	By May 15, 2016			
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)	By May 15, 2016			

Healthy Schools Successful Students: SHIP #2: Nutrition/School Garden

Date: 2/18/2015

School Name: Rocky Mountain Elementary
Co-leader Name(s): Alex Stanislawski
SMART Objective (desired change): By the end of May 2016, 100% of classrooms, with help from student council, will seed,

grow, maintain and harvest vegetables and herbs from 3 indoor tower gardens.

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

1. Pictures will be taken through each stage of the tower garden process.
2. Informal survey of 4 kids from each grade level (2 male, 2 female) to represent how effective and beneficial the tower garden program was this year.

Action steps to achieve SMART Objective	Timelin e (By When)	Pe rs on (s) Re sp on si bl e	B u d ge t N ee de d	A ct io n St e p C o m pl et e d
Begin seeding process in each classroom. Distribute seeds, rock wool, vermiculite, tonic, water, spray bottles, instructions.	January 2016	all team		D O N E
Transfer plants to tower gardens during crew time on "Garden Day"	February 8, 2016	Alex Stanislawski		
Work with student council and student council leader to set up maintenance schedule.	February 2016	Alex Stan		

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Compile and analyze data to help ensure the program is meeting needs and to support any changes to the initiative moving forward.	May 23,2016	All te a m		
Write one success story and submit to District Wellness Coordinator	May 23, 2016	Al ex St an isl a w sk i		
Meet Wellness Team four times during the school year	During September 2015, November 2015, January 2016, and April 2016	All te a m		

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