

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

To be implemented in school year:2016-2017

**Full School Name:**Rocky Mountain Elementary  
**District Name:**Adams 12 Five Star Schools  
**Co-leader Name(s):**Alex Stanislawski

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

**SMART Objective #1 (desired change):** During the 2016-2017 school year, 100% of students and staff will take part in germinating seeds, caring for seedlings, planting a variety of edible plants and maintaining 3 tower gardens throughout the year.  
 New Objective    Continued/Expanded Objective

**Data: What data will you collect that will indicate the objective has been achieved?**  
 -Each class will be given a seed starter kit complete with instruction guide, tray, rock wool, vermiculite and seeds. Once seedlings are 2-3 inches tall, they will be transferred to tower gardens. As seeds are transplanted, this will be documented by type and classroom. Student council will be tasked with checking PH on the tower garden system once it is up and running. This will also be logged (name of person doing the check, date and PH level). Once plants are ready to be harvested

Action steps to achieve SMART Objective	Timeline (By When)	Person(s) Responsible	Budget Needed	Action Step Completed
Obtain seeds from Hilltop Gardens (this will be a donation)	August 2016	Alex	\$0	
Put together seed germination trays for each classroom (instruction sheet for kids, tray, rock wool seed pods, vermiculite, seeds). This will be for classrooms K-5	September 2016	Alex	\$0	
Get tower gardens prepared with water, lighting schedule, tower nutrients.	October 2016	Alex	\$0	

Transfer germinated seeds (2-3 in tall) to tower as they are ready	October-November 2016	Alex	\$0	
Maintenance as needed to tower, plants (refilling water, checking PH, trimming roots)	November-February 2016-2017	Alex	\$0	
Harvest as “plant to cafeteria” or “family farmer’s market” when available	March-May 2017	All Team	\$0	
<b>BUDGET NEEDED FOR THIS OBJECTIVE:</b>			\$	

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<b>Priority Area: What WSCC priority area have you selected to focus your efforts (nutrition, staff wellness, physical activity, etc)?</b> Staff Wellness				
<b>SMART Objective #1 (desired change):</b> During the 2016-2017 school year, 100% of staff will receive a monthly “Coach’s Chalk-Talk” newsletter in their mailboxes and via email. This will cover monthly topics based around overall health and wellness for staff. It will include latest research, activities to try, resources, ideas and perspectives on increasing overall wellness.  <input type="checkbox"/> <b>New Objective</b> <input type="checkbox"/> Continued/Expanded Objective				
<b>Data: What data will you collect that will indicate the objective has been achieved?</b> -A newsletter will be given out each month (August 2016-May 2017). An initial needs survey will be given to staff to get ideas about what they would want more information about. It will include the areas of wellness in which to improve upon. The theme for each monthly newsletter will be created based on this survey. There will also be a survey at the end of the year about how this initiative helped change bad habits and/or improve overall wellness. -**I am also envisioning creating and keeping all of these newsletters as posts on a blog website I will create for teachers, by a teacher.				
<b>Action steps to achieve SMART Objective</b>	<b>Timeline</b>	<b>Person(s) Responsible</b>	<b>Budget Needed</b>	<b>Action Step Completed</b>

	(By When)			
Introduce staff to the SHIP (goals and intent). Hand out initial needs/interest survey about what they want more information about on a month-2-month basis. Include ideas and themes for what would be going on during those months (August-getting back to school, getting into a routine, September-stress management, October-sugar awareness, November-managing the holidays, etc)	May 2016	Alex	\$0	
Review survey and create yearly plan for newsletters.	May 2016	Alex	\$0	
Create and disseminate August newsletter and reintroduce/remind staff to the SHIP.	August 2016	Alex	\$0	
Create and disseminate newsletters on a monthly basis (paper copy in mailboxes and via email)	August 2016-May 2017	Alex	\$0	
Buy and update "Wellness Shout-out" white board (Office Depot) in the staff lounge where staff can update on their wellness changes and progress through pictures, sticky notes, stories etc.	May 2016	All Staff	\$175	
End of year survey-how have habits changed and/or how has your overall wellness improved because of this SHIP	May 2017	Alex	\$0	
**Create and input newsletter via blog and share via school website and social media	May 2017	Alex	\$0	
<b>BUDGET NEEDED FOR THIS OBJECTIVE:</b>			\$175	