

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

To be implemented in school year:2015-2016

Full School Name:Rocky Top Middle School
District Name:Adams 12
Co-leader Name(s):Shelly Ford and Audrey Hoffa

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

SMART Objective #1 (desired change): By May 25, 2017, Rocky Top Middle School will have at least 50% of staff participate in up to four continuing staff wellness opportunities coordinated with the School Wellness Team.

XNew Objective Continued/Expanded Objective

Data: What data will you collect that will indicate the objective has been achieved?
 Presurvey of what staff would like to see as part of a wellness program at RTMS
 Number of work site wellness opportunities offered at the school
 1. Number of staff participating in each intervention/program
 2. Summative survey (data collection) of staff to further develop staff wellness opportunities.

Action steps to achieve SMART Objective	Timeline (By When)	Person(s) Responsible	Budget Needed	Action Step Completed
Pre-survey taken by staff and data compiled and shared out back to staff	October of 2016	Shelly Ford and Audrey Hoffa	\$0	no
Competition between staff member, signs hung around the schools, incentives for reaching goals or winning the activity	April 2017	staff	\$500 incentives	no
Offer one staff wellness activity per quarter that would focus on mental, physical or nutrition	May 2017	Shelly Ford and Audrey Hoffa	\$0	no
Post survey taken by staff and data compiled then	May 2017	Shelly Ford and Audrey Hoffa		no

shared back to staff about success of program				
BUDGET NEEDED FOR THIS OBJECTIVE:			\$500	

Priority Area: What priority area have you selected to focus your efforts? Brain Break Initiative continued implementation and improvement				
SMART Objective #2 (desired change): At least 80% of staff members will participate in brain breaks throughout the school day. Teachers will offer at least one brain break in each of their 67 minute classes during the day. <input type="checkbox"/> New Objective <input checked="" type="checkbox"/> Continued/Expanded Objective				
Data: What data will you collect that will indicate the objective has been achieved? Number of participants and compare the number to last year and see if the number of people has increased				
Action steps to achieve SMART Objective	Timeline (By When)	Person(s) Responsible	Budget Needed	Action Step Completed
Presurvey	September 2016	Shelly Ford and Audrey Hoffa	\$0	no
Offer competitions throughout the year	May 2017	Wellness Team and Staff members	\$0	no
Offer staff members one new brain break component to add to their existing brain break kits. Do examples of brain break at all staff meetings.	December 2016	Shelly Ford and Audrey Hoffa	\$TBD based on what is wanted (Approx. \$400)	no
Postsurvey. End of the year celebration to go over data with staff with healthy snacks and prizes	May 2017	Shelly Ford and Audrey Hoffa	\$150	no
			\$550	

BUDGET NEEDED FOR THIS OBJECTIVE:	
BUDGET NEEDED FOR <u>ALL</u> OBJECTIVES:	\$1050

***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:

We do different activities each month for the staff which have included the “Step Up for Downs” walk, BINGO, a “Climb Everest” step challenge and a dodgeball tournament against students. We would like to add to this and try to include all aspects of health.

For the Brain Boost SHIP we want to incorporate new and fun activities in the classroom. We would love to see an all school break that everyone participates in at least once a day.