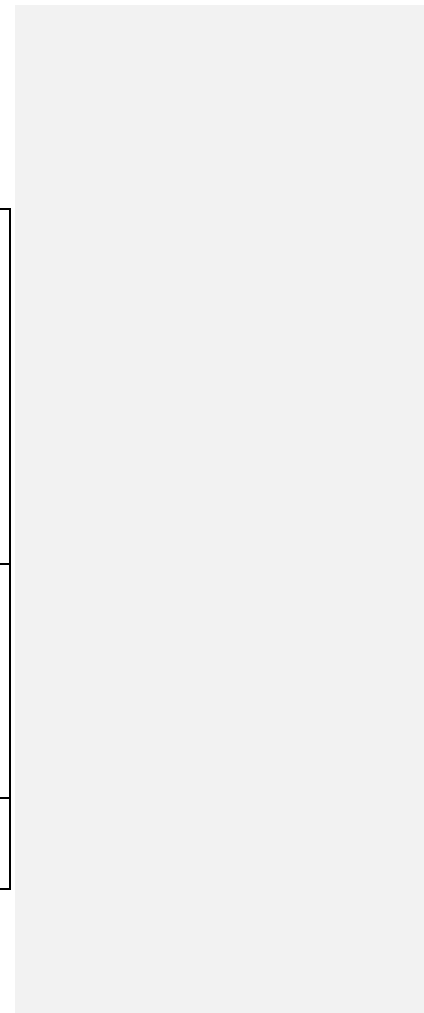


### Healthy Schools Successful Students: SHIP #1: Staff Wellness

Date: 2/15/2015

<p><b>School Name:</b> Silver Creek Elementary</p> <p><b>Co-leader Name(s):</b> Joel Bunn, Amber Jaques, Debbie Gough, Linda Young, Charlene Baker, Vincie Eulberg,</p> <p><i>For this SHIP - I made a copy (so that you could see what I changed and keep the 2014-2015 one since you're still working on that) and cleaned it up a bit so that it is clearer/cleaner for RMC Health. I eliminated everything from this year and just focused on your plan for moving forward.. let me know your thoughts as you read through below, including some additional comments in blue.</i></p>				
<p><b>SMART Objective (desired change):</b></p> <p>By May 30, 2016, SCE will have at least 50% of the staff participating in one of the wellness classes offered during the year. (Exercise classes, Nutrition/Cooking classes, Dodgeball Tournament)</p> <p>By May 30, 2016 50 % of the SCE staff will have used the massage chair purchased for stress relief/reduction.</p>				
<p><b>What data will you collect that will indicate the objective has been achieved?</b></p>				



<ol style="list-style-type: none"> <li>1. Report the number of staff wellness programs that were presented throughout the year</li> <li>2. Report the number of staff members that participated in the programs offered at the workplace</li> <li>3. Compare the data of the number of staff members associated with staff wellness programs before and after implementing CSH wellness programs at the school</li> </ol>				
<b>Action steps to achieve SMART Objective</b>	<b>Timeline (By When)</b>	<b>Person(s) Responsible</b>	<b>Budget Needed</b>	<b>Action Step Completed</b>
Order all necessary equipment, including a massage chair and fitness/yoga video. Your team is going to love you for getting them a massage chair - Tarver went this route too.	April 30, 2015	Joel Bunn and Vincie Eulberg	\$300 Chair \$20 DVD	
Discuss with wellness team and district wellness coordinator what are some programs that other schools are using, including contacting TJ for information on cooking classes he teaches.	May 15, 2015	Joel Bunn	0	
Present staff with three class ideas that will be held at SCE throughout the year. I highly recommend this free staff program from Kaiser, Laughceuticals, from personal experience and from	By August 16, 2015	Joel Bunn	0	

**Commented [1]:** I've seen schools that created a Zen area in their staff lounge or other quiet area - consider how you can make a relaxing stress free zone for you teachers with decor, music, etc.

**Commented [2]:** These expenses will be coming out of your 2014-15 funding, correct? Just double checking!

**Commented [3]:** Consider a survey to get staff input on staff wellness offerings

<p>recommending to other schools:  <a href="http://www.etpcolorado.org/laughaceuticals">http://www.etpcolorado.org/laughaceuticals</a></p> <p>I also have a list of other contacts/program, so feel free to reach out when you get to this action step.</p>				
<p>Communicate staff wellness opportunities to all staff by posting information in the lounge on what classes are being offered and when</p>	By August 25, 2015	<b>Deb Gough</b>	<b>0</b>	
<p>Begin staff wellness programs</p>	By Oct.1, 2015	<b>Joel Bunn and Vincie Eulberg</b>	<b>0</b>	
<p>Create a survey (Survey Monkey) for staff to complete to see if they valued the wellness programs, cooking classes, and valued the massage chair presented and collect data on number of staff members that participated in the wellness programs.</p>	Feb. 15, 2016	<b>Charlene Baker</b>	<b>0</b>	
<p>Collect data on the number of members who participated, what they thought of the programs offered, and if they felt the programs impacted their overall health and wellness</p>	By May 10, 2016	<b>Charlene Baker and Linda Young</b>	<b>0</b>	
<p>Document data results and use data to continue to improve programs offered, if need be. Continue to look back at participant feedback to improve program value</p>	By May 15, 2016	<b>Charlene Baker and</b>	<b>0</b>	

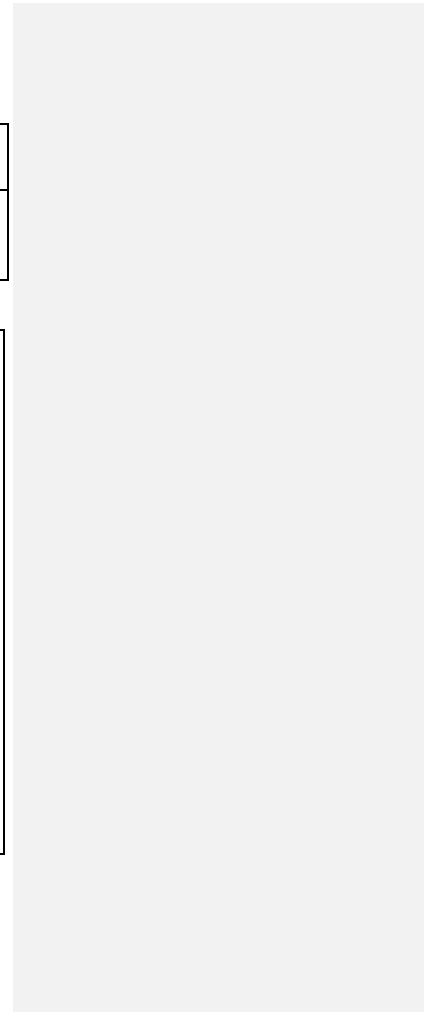
and results for staff		<b>Linda Young</b>		
Write a minimum of one success story utilizing data collected and analyzed (School Wellness Coordinator will provide template)	By May 20, 2016	<b>Joel Bunn</b>	<b>0</b>	

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

Our school prides itself in the health and wellness improvement of staff and students. One way we support this is by offering a running/walking club that begins in the spring and continues through the end of the year. This after school club competes in a 5k race as well as the Lyons Club Relays. In this club we have staff members run and walk along side the students to show our personal commitment to the improvement of our own health and the willingness to help improve the lives of our students.

We have introduced the Silver Creek Sneak to the community which is an event where we are fundraising for the schools most prevalent needs. This is a family friendly event where we are running a mini 1.5k We will eventually eliminate/replace the other fundraisers (food based) with this event.

[Love the Silver Creek Sneak - thanks for sharing that that is the route that you're going relating to fundraisers!](#)



### Healthy Schools Successful Students: SHIP #2: Health Education

Date: 2/28/14

<p><b>School Name:</b> Silver Creek Elementary</p> <p><b>Co-leader Name(s):</b> Joel Bunn, Amber Jaques, Debbie Gough, Linda Young, Charlene Baker, Vincie Eulberg,</p>				
<p><b>SMART Objective (desired change):</b></p> <p>By May 30, 2016 the School Wellness Team, along with the student health ambassadors, will create a health and wellness campaign reaching 100% of students regarding priority health and nutrition topics.</p>				
<p><b>Action steps to achieve SMART Objective</b></p>	<p><b>Timeline (By When)</b></p>	<p><b>Person(s) Responsible</b></p>	<p><b>Budget Needed</b></p>	<p><b>Action Step Completed</b></p>
<p>Complete school health assessment and SHIP planning.</p>	<p>Feb. 5, 2015</p>			
<p>Brainstorm with health ambassadors and wellness team topics for a social marketing campaign at the school (e.g., topics may include nutrition, bullying, mental health,</p>	<p>By August 15, 2015</p>	<p><b>Student health ambassadors/Well</b></p>		

fire safety, household safety).We included a fire safety assembly and healthy tooth care assembly. Social marketing team will focus on healthy eating nutrition. Bringing in Kaiser's free Educational Theatre to do an all-school health/wellness assembly.		<b>ness team</b>		
Purchase nutrition and health posters for each classroom and update hallway signs.	By May 29, 2015	<b>Joel Bunn/Wellness Team</b>	<b>Updated posters for classrooms. \$350</b>	
Publish monthly health and wellness updates and articles in school newsletter and/or separate Health & Wellness newsletter sent home to families	Throughout entire 1st semester: September - December 2015 Throughout entire 2nd Semester January - May, 2016	<b>Student health Ambassadors/Wellness team</b>	<b>0</b>	
Implement the health and wellness social marketing campaign and tie messages to planning a spring wellness fair. Wellness team will use RMC Health resources to create wellness fair during field day.	January 30, 2016	<b>Joel Bunn</b>	<b>0</b>	
Based on needs, offer one to two follow-ups with staff and/or students to debrief and promote ongoing support	By December 1, 2015 and April 1, 2016	<b>Charlene Baker/Debbie Gough</b>	<b>0</b>	

Develop and distribute a survey (Survey Monkey) for student body to gather qualitative feedback and testimonials from teachers and students (including recall of messages, changes in attitudes/behaviors, etc.).	Develop By Dec 12, 2015 Distribute By April 20, 2016	<b>Linda Young</b>	<b>0</b>	
Plan Spring Field Day wellness fair	April 30, 2016	<b>Joel Bunn</b>	<b>0</b>	
RMC Health and North Suburban Medical Center	By April 30, 2016	<b>Amber Jacques/Wellness team</b>	<b>0</b>	
Analyze, document, and share assessment results. Utilize data to plan for next school year.	By May 1, 2016	<b>Joel Bunn/Wellness Team</b>	<b>0</b>	
Write a minimum of one success story utilizing data collected and analyzed (School Wellness Coordinator will provide template)	By May 15, 2016	<b>Joel Bunn/Wellness Team</b>	<b>0</b>	

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

**Our school prides itself in the health and wellness improvement of staff and students. One way we support this is by offering a running/walking club that begins in the spring and continues through the end of the year. Our club competes in a 5k race as well as the Lions Club Relays. In this club we have staff members run and walk alongside the students to show our personal commitment to the improvement of our own health and the willingness to help improve the lives of our students**

