

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

**To be implemented in school year: 2016-2017**

<b>Full School Name:</b> Shadow Ridge Middle School <b>District Name:</b> Adams 12 Five Star Schools <b>Co-leader Name(s):</b> Adam Ager and Kellee Gray				
<b>Priority Area:</b> What WSCC priority area have you selected to focus your efforts (nutrition, staff wellness, physical activity, etc)? <b>FAMILY, COMMUNITY, AND STUDENT INVOLVEMENT</b>				
<b>SMART Objective #1 (desired change):</b> Throughout the 2016-2017 school year, Shadow Ridge Middle School will accomplish an ongoing health and wellness awareness campaign (Discover Health) that will increase our community's awareness and involvement in health and wellness activities. The campaign will end with a culminating event that will involve Thornton community members and benefit the health and wellness of the Shadow Ridge community.				
By May 2017, SRMS will have provided health and wellness presentations at 5 Community Nights held through the school year. By May 2017, SRMS will have provided monthly education on health and wellness topics to 75% of their students.				
<input checked="" type="checkbox"/> New Objective <input type="checkbox"/> Continued/Expanded Objective				
<b>Data: What data will you collect that will indicate the objective has been achieved?</b> Presentations at Community Nights Student presentations at community nights Flyers developed and handed out at registration, back to school/parent nights Website development Types and amount of community involvement - number of vendors Number of participants in end of year event				
Action steps to achieve SMART Objective	Timeline (By When)	Person(s) Responsible	Budget Needed	Action Step Completed
Create theme for the year and develop graphic for the theme <ul style="list-style-type: none"> <li>• Speak to Art club about possible development</li> </ul>	April 8th 2016	Utesch		
Create monthly health and wellness topics to be	May 2016			

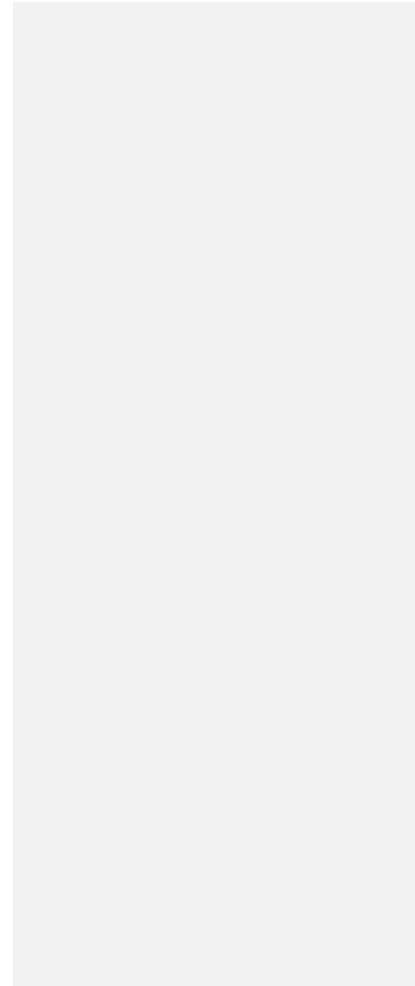
**Commented [1]:** For both objectives, how can you make them measurable? I see a few ways based on your data collection. I gave you a sample objective in green.

**Commented [2]:** Just make sure to update this, as soon as you know your costs.

used/discussed in advisory classes				
<ul style="list-style-type: none"> <li>Talk to Admin about using 2 days of [ ] within each month <ul style="list-style-type: none"> <li>first day intro to topic/second day follow-up</li> </ul> </li> <li>Find resources to use</li> <li>Develop a file/folder with calendar and resources for advisory teachers to use</li> </ul>				
Start the development of a Wellness web page on the Shadow Ridge website	May 2016 and continue throughout 2016-2017 school year	Lorenz		
<ul style="list-style-type: none"> <li>Have the year's theme displayed</li> <li>Have information regarding each month's wellness topics</li> <li>Add links to community resources that relate to wellness topics</li> </ul>				
Develop informational flyers that will include	May 2016		\$ ?? cost of flyers	
<ul style="list-style-type: none"> <li>Theme/graphic</li> <li>monthly topics</li> <li>address to web page</li> <li>info on end of year event</li> <li>Speak to print shop about development of flyers and cost</li> </ul>				
Determine and purchase prizes for end of year event	May 2016	Whole Committee	\$ Dependent of prizes chosen	
<ul style="list-style-type: none"> <li>grand prize (fit bit?)</li> <li>2nd and 3rd prizes? (possible donations from vendors)</li> </ul>				
Development and printing of 'scavenger hunt' cards	May 2016		\$ speak to print shop	
Have flyers available at registration and back to school/parent nights to hand out to families	August 2016			
Share theme and plan with staff	August 2016			
Work with Admin and appropriate staff to add plan into UIP	August 2016			
Share plan with the community at at first SRMS Community night	September 2016			
Announce monthly topics to students during morning announcements	First day of Sept 2016 and continuing on			

**Commented [3]:** Spoke to Admin and they will not let us use Advisory time. Will work on other options. Possibly asking Science to work with us. If not then we will use Health class (this option however will not reach every student)

	the first of every month throughout school year			
Address monthly topics throughout the month on the school announcements <ul style="list-style-type: none"> <li>work with Media class</li> </ul>	2016-2017 School Year			
Community Night Share <ul style="list-style-type: none"> <li>explain to parents what was done previous month around wellness topic</li> <li>invite students to share work/experiences</li> </ul>	Sept 2016 Oct 2016 Nov 2016 Dec 2016 Feb 2017			
Reach out to the community to determine interest for end of year event <ul style="list-style-type: none"> <li>explain event and how they would be 'used'</li> <li>promotion/'goody bags'</li> <li>possible donation of goods/services for prizes</li> </ul>	Starting Nov. 2016			
Start the development of 'Scavenger Hunt' end of year event info. <ul style="list-style-type: none"> <li>Determine number of stops/vendors needed/involved</li> <li>Start and end time of event</li> <li>Event description and completion requirements <ul style="list-style-type: none"> <li>prizes for finishing (goody bags)</li> <li>drawing for 'big prize'</li> </ul> </li> </ul>	Starting in Nov and continuing through Feb. 2017	Whole Committee		
Promotion for event <ul style="list-style-type: none"> <li>Posters (talk to art club)</li> <li>Fliers to gym locations around Thornton</li> <li>Shadow Ridge announcement video</li> <li>Auto dialer</li> <li>Assign race photographer (yearbook)</li> </ul>	March 2016			
Staff involvement <ul style="list-style-type: none"> <li>Recruit staff members to help out at the event</li> </ul>	February/March 2016	Gray/Ager		



Hold 1st annual SRMS event	April 2017	Whole Committee		
<b>BUDGET NEEDED FOR THIS OBJECTIVE:</b>			\$	????

**Priority Area: What priority area have you selected to focus your efforts?**  
**NUTRITION**

**SMART Objective #2 (desired change):** As part of the Discover Health campaign, by October 2016, Shadow Ridge Middle School will educate parents and students about the importance of eating a healthy breakfast. Along with the education, SRMS will provide healthy breakfast options, based on student input, to students through the school store and at a before school 'Breakfast Time'.

By October 2016 100% of SRMS parents and students will have been provided information around healthy breakfast options.  
 By October 2016 100% of the breakfast options in the school store will be considered "healthy" using Smart Snack guidelines.  
 By October 2016 100% of SRMS students will have access to healthy breakfast options at the school store.  
 By October 2016 100% of SRMS students will have access to 'Breakfast Time' in the cafeteria for 20 minutes before school starts.

New Objective  Continued/Expanded Objective

**Data: What data will you collect that will indicate the objective has been achieved?**  
 Information provided through flyer and website  
 Student input for items sold at the school store  
 Items and number of items sold at school store  
 Student Surveys

Action steps to achieve SMART Objective	Timeline (By When)	Person(s) Responsible	Budget Needed	Action Step Completed
Speak to Administrators regarding plan <ul style="list-style-type: none"> <li>gain support in providing education, purchasing of food items, providing supervision of 'breakfast time'</li> </ul>	March - April 2016	Gray/Ager		

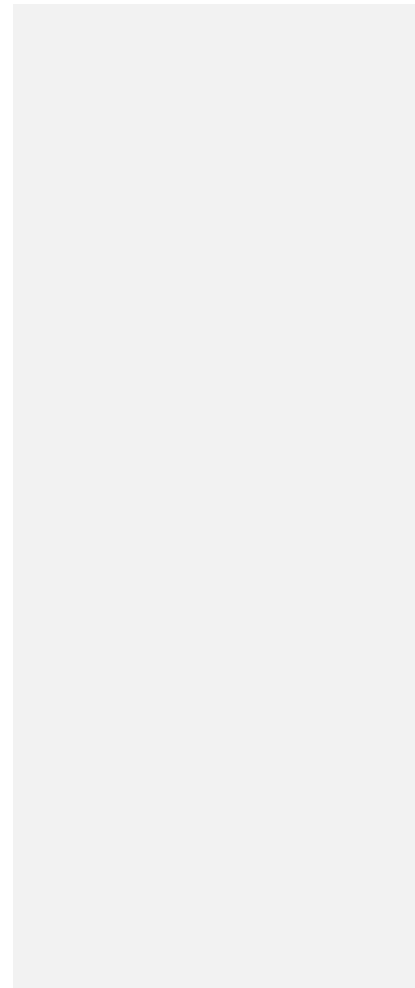
**Commented [4]:** With this objective, you can measure it several ways but I wanted to leave it up to you. Here are some examples: 100% of breakfast options are considered "healthy" using Smart Snack guidelines; 50% of students are participating in the school breakfast program; 100% of student will receive health education class focused on the importance of a healthy breakfast.

**Commented [5]:** Do you have information to provide us as guidelines for healthy school store options/food?

**Commented [6]:** Here's one way to evaluate what you currently have or new options you are considering: [https://www.healthiergeneration.org/take\\_action/schools/snacks\\_and\\_beverages/smart\\_snacks/alliance\\_product\\_calculator/](https://www.healthiergeneration.org/take_action/schools/snacks_and_beverages/smart_snacks/alliance_product_calculator/)

**Commented [7]:** And here is another resource: <https://healthymeals.nal.usda.gov/smartsnacks>. A lot of "less healthy" options will pass the calculator evaluation as the portion sizes are small enough (i.e. hot cheetos(!)) so you may want to establish stronger guidelines just for your school and I could help with that. Something along the lines of Go, Slow, Whoa, focusing on Go foods: chrome-extension://adfmefcafklploajmphlcagkkjocjimp/http://www.nhlbi.nih.gov/health/educational/wecan/downloads/gswtips.pdf

Develop expectations around 'Breakfast Time' - Speak with both Admin and Custodial Staff <ul style="list-style-type: none"> <li>• who can come in?</li> <li>• what are the rules?</li> <li>• who/how will it be supervised?</li> <li>• cleaning/throwing out trash?</li> </ul>	April -May 2016	Gray/Ager		
Start the development of a Wellness web page on the Shadow Ridge website <ul style="list-style-type: none"> <li>• Healthy vs Unhealthy breakfast options</li> <li>• Information about options available at the school store</li> <li>• Information and expectations about 'Breakfast Time'</li> </ul>	May 2016	Lorenz Gray Ager	\$	
Develop informational flyers and posters that will include <ul style="list-style-type: none"> <li>• Healthy vs Unhealthy breakfast options</li> <li>• Information about options available at the school store</li> <li>• 'Breakfast Time' information and hours</li> </ul>	May 2016	Workman	\$ ?? cost of posters/flyers	
Develop a survey for students regarding healthy choices and options <ul style="list-style-type: none"> <li>• used to inform wellness committee about the knowledge of students and possible options to have at school store</li> </ul>	August - Sept. 2016	Lorenz		
Have school store open during 6th grade Open House and registration <ul style="list-style-type: none"> <li>• inform parents and students that there is a school store and what healthy options are available</li> <li>• School store hours shared</li> </ul>	May 2016 August 2016	Gray		
As part of the Discover Health campaign, and using survey results, students will receive education during advisory class <ul style="list-style-type: none"> <li>• first day intro on nutrition and importance of breakfast</li> <li>• second day follow-up; i.e. reflection on eating habits since first lesson/parent ed/school store</li> </ul>	September 2016	Gray/Ager/Campbell /Cordell	\$ Possible printing costs for lessons	
Have 'Breakfast Time' and school store open for	August 2016 -	Whole Committee		



students	May 2017			
<ul style="list-style-type: none"> <li>• Breakfast - every morning</li> <li>• School Store - morning and afternoon</li> </ul>				
Have students take end of year survey to get feedback about breakfast, school store and healthy options	April-May 2017	Lorenz		
<b>BUDGET NEEDED FOR THIS OBJECTIVE:</b>			\$ ????	
<b>BUDGET NEEDED FOR <u>ALL</u> OBJECTIVES:</b>			\$ ????	

\*\*\*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:**

