

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

To be implemented in school year:

Full School Name:Stukey Elementary
District Name: Adams 12 School District
Co-leader Name(s):Sarah Hunter and Kim McGinn

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

SMART Objective #1 (desired change): By May 1st 2017, 50% of staff will Increase activity in our health and wellness challenge

New Objective Continued/Expanded Objective

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

1. % of staff partispatng by sign in log
2. Survey to measure qualitative input from staff to gaurage impact of the program

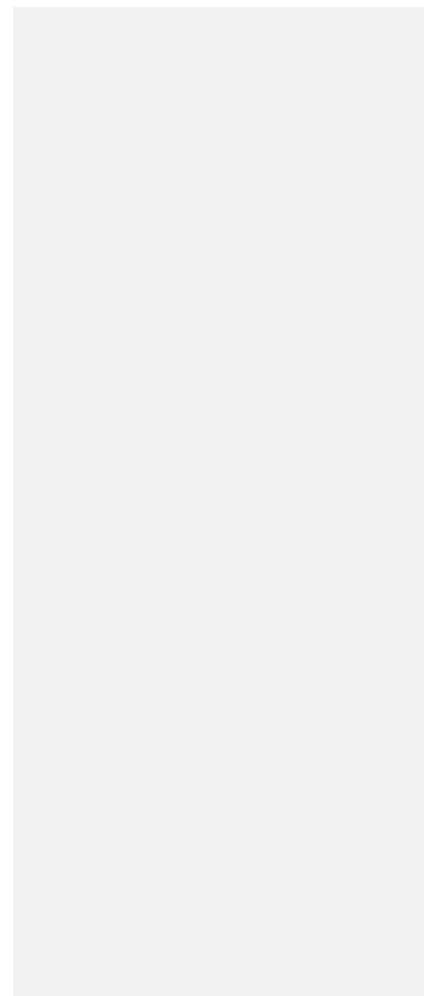
Action steps to achieve SMART Objective	Timeline (By When)	Person(s) Responsible	Budget Needed	Action Step Completed
Offer exercise classes for staff continue next year	2/2016-2017 2xs per week	Hvidevold	\$100	2/24/16
Poll Staff to see what activities they would like to do for the school year.	Sep 1st 2016	Wellness team	\$0	
Wellness Challenges Social, emotional, and Physical Staff will get to decide weekely what aspect of the wellness challenge they like to work on. They will fill out a paper every week to check the one they are working on.They will also have a sticker graph in the lounge to show what people have been working on. Top partispatng will be rewarded.	May 1st, 2017	Wellness team	\$?	

Commented [1]: See my comment above - by asking staff what activities they would like to have available, you will gain buy-in and support. Are these exercise classes part of the Wellness Challenge or are they separate?

Commented [2]: Can you provide some description of you Wellness Challenge? How is it organized? What does it look like?

Determine Prizes	May 1st, 2016	Wellness team	\$?	
Develop and implement a communication plan to promote the Wellness Challenge to staff and motivate staff	October 1st, 2017	Wellness team	\$ none	
Kick off the Wellness Challenge	November 1st, 2017	Wellness Team	\$0	
Post Weekly Progress	Ongoing 2017	Wellness Team	\$0	
Distribute Prizes	Jan and April 25th, 2017	Wellness Team	\$0	
Survey the staff to see if they liked the staff contest and if they wanted to do it again next school year and if we need to make any changes to it.	May 1st, 2017	Wellness Team	\$0	
Analyze, document, and utilize staff survey to see results and continue to improve Wellness challenge.	May 15th, 2017	Wellness Team	\$0	
Share with staff success story utilizing data collected and analyzed.	May 20th, 2017	Wellness Team	\$0	
Meet as a School Health Team once a month during the school year.	Aug-May 5th 2017	Wellness team	\$0	
BUDGET NEEDED FOR THIS OBJECTIVE:			\$?	

Priority Area: What priority area have you selected to focus your efforts?
Students will have the opportunity to participate more in running after school programs, and in a race during the school year.



SMART Objective #2 (desired change): By May 20th, 2017 90% of the kids will be able to take part in a running race at Stukey elm.

New Objective Continued/Expanded Objective

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

1. % of students participating in the Fun Run
2. % of students participating in the after school run clubs.
3. % of students participating in jogging during PE class

Action steps to achieve SMART Objective	Timeline (By When)	Person(s) Responsible	Budget Needed	Action Step Completed
Have at least 2 after school running clubs for both primary and intermediate	Sep-April 2017	PE teacher	\$ 0	
During PE class all students will be jogging as a warm up in the gym or on the playground area	Aug 22, 2016	PE teacher	\$0	
Draft plan for event with school wellness team-decide on the theme of run and outline of event.	Aug 27th, 2017	Wellness Team	\$0	
Finalize the fun run race. Make sure its during a normal school day and time.	Sep 5th, 2017	Wellness Team	\$?	
Introduce event to staff and get staff buy in and soliste volunteers to help the day of event.	Sep 20, 2017	Wellness Team	\$0	
Share at PTO meeting to get buy in and volunteers.	Oct 5th, 2017	Wellness Team	\$0	
Partner with community agencies to get supplies donated. Such as snacks, prizes, etc for event day.	Oct 5th 2017	Wellness Team	\$0	
Hold event before May 20th, 2017	May 20th, 2017	Wellness Team	\$0	
Write and share success story about the event.	May 22th, 2017	Wellness Team	\$0	
			\$?	

Commented [3]: Do you have a 2nd SHIP focused on PA or Nutrition for students? Please add that info here or send to Jill.

Commented [4]: You can certainly do after school running clubs but are there ways that you can impact a larger number of students? The challenge with after school clubs is that only student with alternative transportation can participate and you have to have a staff members or volunteer commit their time to being there. Other schools have developed 100 mile or Flat 14er clubs that students can run or walk during recess - maybe they do one or two laps on the playground field each day - students can be work toward a distance goal, have time to play, and all students have the opportunity to participate.

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

***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:

