

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

To be implemented in school year: 2016-2017

Full School Name: STEM Launch
District Name: Adams County District 12
Co-leader Name(s): Michelle Kerber

Priority Area: What WSCC priority area have you selected to focus your efforts (nutrition, staff wellness, physical activity)
STEM Launch's WSCC priority areas are student wellness and physical movement in the classroom (brain breaks) to support student achievement.

SMART Objective #1 (desired change):

By October 1st, 2016 STEM Launch will form a Student Wellness Team and identify two health and wellness priority areas to focus on during the 2016-2017 school year.

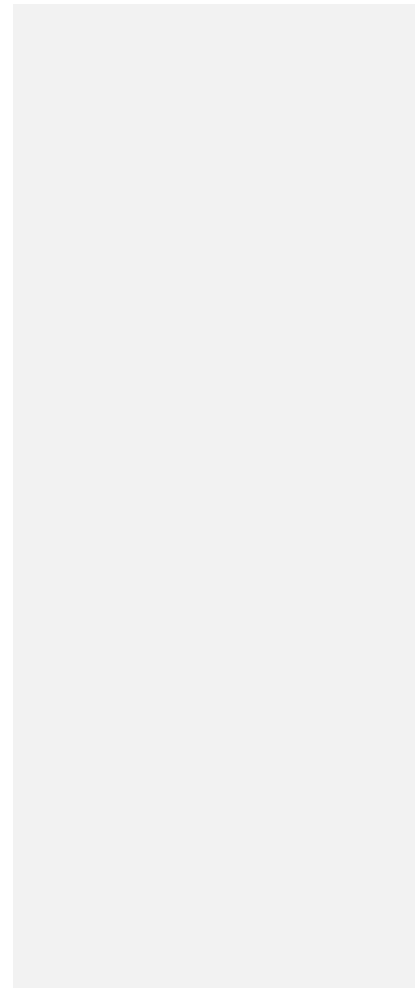
New Objective Continued/Expanded Objective

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

1. Agenda and minutes from each Student Wellness Team Meeting.
2. Action plan(s) for two priority areas.
3. Videos, photos, or written success stories documenting efforts around the two priority areas.

Action steps to achieve SMART Objective	Timeline (By When)	Person(s) Responsible	Budget Needed	Action Step Completed
Identify a parent or staff member to act as advisor for the Student Wellness Team. (Note: Consider paying this person a small stipend. If the advisor is a parent, look to FUTP Parent Coach Program for stipend funding)	April 29, 2016	Kerber/Brown	\$Stipend 200 for the year	
Schedule a time and finalize a method for updating student body regarding opportunities to be part of the Student Wellness Team (SWT) beginning in Fall 2016.	August 26, 2016	Kerber/Brown	\$	
Build and finalize the Student Wellness Team	September 16, 2016	Kerber/Brown	\$	

Meet as a Student and Teacher Wellness Team monthly (September - May) during the school year	October 2016- May 2017	STWT Leader	\$ 50--70 per meeting for healthy snacks	
Have STWT brainstorm ideas for health and wellness policies, activities, or programs they would like considered as priority areas. The School Wellness Team (adults) will share relevant information and results of the Smart Source Assessment to provide some guidance as to currently existing gaps/needs.	By October 28, 2016	STWT Leader	\$	
Have students write a draft action plan for the top two priority areas identified in the needs/interests identified in student survey. This action plan will include plans for promoting and communicating the activities linked to the two priority areas to staff/students/parents.	By November 18, 2016	STWT/Leader	\$	
Students will present the plan/offerings to Wellness Coordinators/School Wellness Team and/or parents and/or Student Council	By December 2, 2016	STWT/Leader and Kerber/Brown	\$	
Order needed equipment, resources, and incentives/awards for participation, as needed.	By December 16, 2016	Kerber/Brown	\$ - Not sure depends on the student's plan	
Hold an all-school kickoff event to build excitement and support for the SWT initiatives.	By January 13, 2017	STWT/Leader and Kerber/Brown	\$	
Begin implementation of student wellness initiatives/programs	By February 10, 2017	STWT/Leader and Kerber/Brown	\$	
Develop and distribute data collection methodology to measure input from students/staff to gauge impact of the program (do students/staff think the effort is valuable, should it continue, etc.), and student participation numbers, if applicable	By March 24, 2017	SWT/Leader and Kerber/Brown	\$	
Obtain data collection results to measure participation, input, and impact	By May 12, 2017	SWT/Leader and Kerber/Brown	\$	
Analyze, document, and utilize assessment results and continue to improve offerings based on data collected and feedback/testimonials received from students	By May 12, 2015	SWT/Leader	\$	
Write a minimum of one success story utilizing data collected and analyzed	By May 19, 2017	SWT Leader and/or Kerber/Brown	\$	
			\$600	



BUDGET NEEDED FOR THIS OBJECTIVE:

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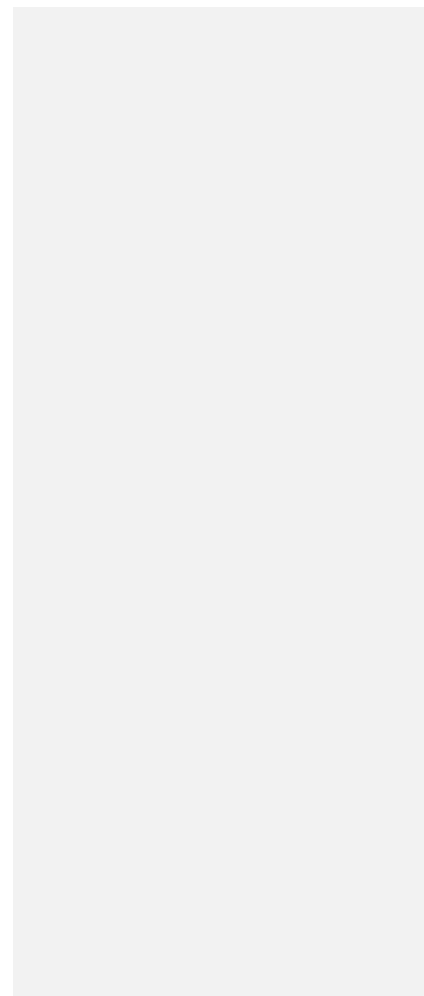
Priority Area: What priority area have you selected to focus your efforts?
 Implement a more in-depth "Brain Boost" plan with students and teachers working together to sustain throughout the day and year.

SMART Objective #2 (desired change):
 Increasing MVPA (Moderate to Vigorous Physical Activity) in students during class time utilizing Brain Boost Kit resources, GoNoodle, and/or turnkey strategies, like doing lunges to turn in papers or partner discussions while walking.
 New Objective Continued/Expanded Objective

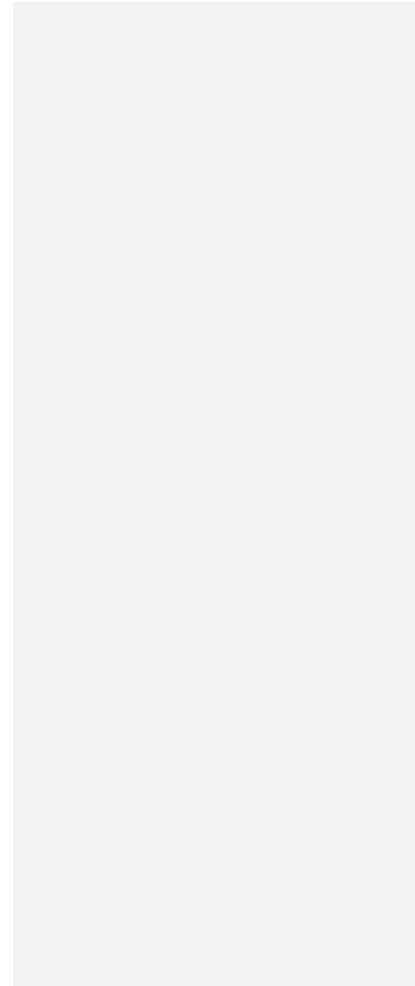
Data: What data will you collect that will indicate the objective has been achieved?

- Percentage of classrooms implementing Brain Boosts each month
- Monthly surveys from participating teachers on whether they are implementing and to what extent
- Two student testimonials and two staff testimonials on how Brain Boosts have positively impacted them/the school

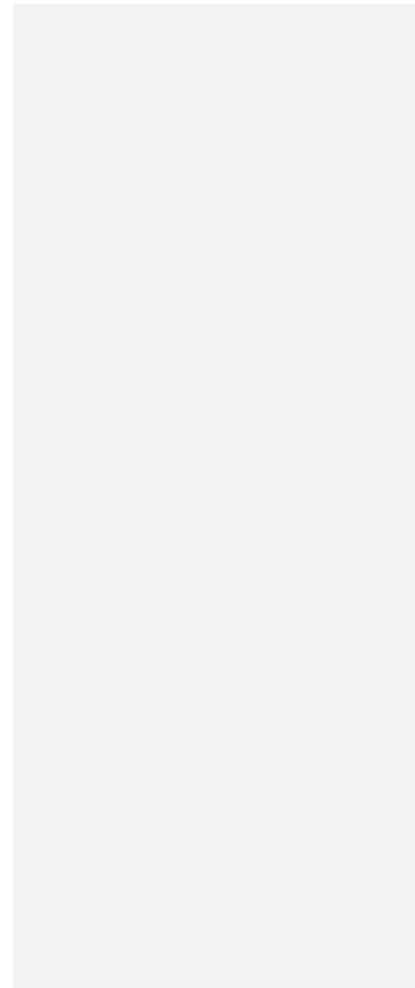
Action steps to achieve SMART Objective	Timeline (By When)	Person(s) Responsible	Budget Needed	Action Step Completed
Work with administrators to set up a PD on the back to school days or first ERD on the school year.	May 30, 2016	Kerber/Brown/Wellness Team 2015	\$	
Hold a PD Session on Brain-Based Learning, PA in the Classroom, etc. taught by TJ Ricciardi to provide further motivation, build excitement, and increase the knowledge and skills of participants.	August 2016	TBD	\$	
Build and Finalize a Teacher Wellness Team for the school.	September 14th, 2016	Keber/Brown	\$ 300- for healthy incentives to be on the team (for example water	



			bottles)	
Conduct a teacher survey to obtain baseline data collection on current number of teachers offering Brain Boost to their students on a regular basis.	September 30th, 2016	Wellness Team	\$	
Conduct a student survey on what types of Brain boost activities that students prefer and ideas from different Brain Boosting Activities in the classroom.	September 30th, 2016	Wellness Team	\$	
Meet as a Wellness Team monthly (September - May) during the school year.	September 2016- May 2017	Kerber/Brown	\$ 50 per meeting for snacks (can piggy back with the SWT) \$400	
Team will develop an action plan or the year. This action plan will include plans for promoting and communicating the activities linked to the two priority areas to staff/students/parents.	October 28, 2017	Wellness Team	\$	
Purchase supplies for Brain Boost Kits, GoNoodle Subscription, etc. Will use data from both teacher and student surveys and brain Boost Team's plan to make purchases.	October 28, 2017	Kerber/Brown	\$300	
Begin implementation of Brain Boost initiatives/programs	October 28, 2017	Wellness Team	\$	
<p>Communication methods may include:</p> <ul style="list-style-type: none"> • Staff: <ul style="list-style-type: none"> o Weekly staff meeting o Follow-up email after weekly staff meeting o Focus group o Share free Physical Activity and the Brain PD opportunity that is only available to participating teachers that will help increase their skills and build the capacity of the Brain Boost Initiative o Posters posted around the school for staff, students and parents to see (i.e. the brain slide) • Students: <ul style="list-style-type: none"> o Focus group 	October 2016- May 2017	Wellness Team and/or Kerber/Brown	\$	



<ul style="list-style-type: none"> o Morning announcement o Video presentation from principal or other staff member(s) shown in all classrooms o Press release/article in school newspaper o Signs posted outside the schools or on the marquee o Posters posted around the school for staff, students and parents to see (i.e. the brain slide) • Families: <ul style="list-style-type: none"> o Morning announcement o School website o School Facebook/Twitter page o Letter home o Eblast o PowerPoint presentation/video to be shown while parents wait for conferences or upcoming events to start (i.e. choir concerts) o Information on participating teachers' classroom website o Information on the district website o Signs posted outside the schools or on the marquee o Posters posted around the school for staff, students and parents to see (i.e. the brain slide) 				
Obtain data collection results to measure participation, input, and impact	December 16, 2016	Wellness Team and/or Kerber/Brown	\$	
Hold a PD on Brain Boosting activities	January 2017	Kerber/Brown		
Analyze, document, and utilize survey results to improve Brain Boosts Initiative based on data collected and feedback/testimonials from students to modify and/or change existing plan to meet the needs of the teachers and students.	January 27, 2017	Wellness Team and/or Kerber/Brown	\$	
Continue to collect monthly data and host monthly meetings with participating teachers	January- May	Kerber/Brown	\$	
Analyze, document, and utilize survey results to improve	May 19, 2017	Wellness Team	\$	



Brain Boosts Initiative based on data collected and feedback/testimonials from students		and/or Kerber/Brown		
Write a minimum of one success story related to the Brain Boosts Initiative utilizing data collected and analyzed (District Wellness Coordinator will provide template in late spring)	May 19, 2017	Wellness Team and/or Kerber/Brown	\$	
			\$1000	
BUDGET NEEDED FOR <u>ALL</u> OBJECTIVES:			\$ 1,600 (approx)	

Commented [1]: Please clarify what expenses will come from which sources of funding.

***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:

- Launch Loser- Staff Weight Loss and Exercise Program
- Wellness Fair- For Families and Students
- STEM Strong 5K family run/walk
- Soccer to Success
- Love and Logic classes for parents
- Parenting Classes