

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

To be implemented in school year:

**Full School Name:** Tarver Elementary  
**District Name:** Adams 12  
**Co-leader Name(s):** Natalie Wilkos and Rene Brosch

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

**SMART Objective #1 (desired change):**  
 Between January 2016 - May 2017, Tarver Elementary will support a School Garden Committee of at least ten staff members, parents, community members and students for garden planning/development, implementation/harvest, and maintenance.

New Objective  Continued/Expanded Objective

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

1. Number of Garden Committee meetings held and number of active participants on School Garden Committee
2. Documentation of process related to garden planning/development
3. Document number of students, staff members, and parents/community members participating in garden development, harvest and ongoing maintenance through sign-in sheets

Action steps to achieve SMART Objective	Timeline (By When)	Person(s) Responsible	Budget Needed	Action Step Completed
Gather/review policy information addressing school gardens from the district and from non-profits focused on school gardens, including DUG, Slow Foods Denver, and Community Enterprises	By January 14, 2016	Natalie Wilkos and Rene Brosch	0	Yes
Obtain examples of garden designs from other schools	By January 14, 2016	Chris Trujillo, Rene Brosch and Natalie Wilkos	0	Yes
Conduct a survey to obtain baseline data collection on teacher/staff interest in utilizing the garden for instructional purposes	By February 12, 2016	Natalie Wilkos and Rene Brosch	0	Yes
Research and identify additional grant and donation funding needed to maintain/expand the garden	By February 12, 2016	Audra Webb (PTO), Rene Brosch and	0	Yes

Inform parents, staff, students and community members of garden development, opportunities to join the School Garden Committee, and opportunities to support the school garden and assist in monitoring the school garden	By April 2016	Natalie Wilkos Chris Trujillo	0	no
Finalize School Garden Committee members and meet with members monthly to plan and finalize garden logistics (volunteers, student-led garden design, donations, purchases, etc.)	By April 18, 2016	Chris Trujillo, Rene Brosch and Natalie Wilkos	0	no
Finalize garden location and get approval from district and school facilities (includes getting final district approval and outline needs related to soil testing, irrigation, materials used, etc.)	By May 13, 2016	Chris Trujillo	0	no
Purchase supplies, including resources, seeds, plants, soil, lumber for raised beds, etc.	By May 13, 2016	Chris Trujillo, Rene Brosch and Natalie Wilkos	\$300	no
Determine summer maintenance plan for the garden with Committee members - consider a volunteer sign-up for watering, weeding, etc.	By May 13, 2016	Jen Parsons, Rene Brosch and Natalie Wilkos	0	no
Implement summer maintenance plan for the garden	June 1, 2016 - Aug 2016	Chris Trujillo, Rene Brosch and Natalie Wilkos	0	no
Document and track the progress related to creating and maintaining the garden, including photographing the process	Between April 2016- May 2017	All members	0	no
Survey the staff, students, and parents on their perceptions/use of the school garden since it was built	April 15, 2017	Rene Brosch and Natalie Wilkos	0	no
Write a success story related to healthy food choices (School Wellness Coordinator will provide template)	May 10, 2017	Raelene Alvarez	0	no
Report to staff on all data collection and success stories related to the school garden at a staff meeting	May 2017	Rene Brosch and Natalie Wilkos	0	no
Meet as a School Garden Committee at least four times per year and update the School Health Team of progress at least two times during the school year	During January 14, 2016, February 12, 2016, May 13, 2016, September 2016, January 2017, and	All members	0	some

	March 2017			
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**Priority Area: What priority area have you selected to focus your efforts?**

Nutrition

**SMART Objective #2 (desired change):**

By May of 2017, 80% of birthday celebrations in 80% of classrooms at Tarver Elementary School will be Healthy Celebrations.\*

\* Healthy Celebrations will be defined as including one or more of these options: be activity-based, distribute non-food items/trinkets, or provide 100% healthy\*\* treats.

\*\*Healthy is defined as consistent with the District Wellness Policy.

New Objective  Continued/Expanded Objective

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

1. Classroom surveys on the percent of healthy vs. non healthy birthday celebrations in 2016-2017 school year.
2. Qualitative survey for staff, students, and parents on their perceptions related to Healthy Celebrations since the new policy was implemented.

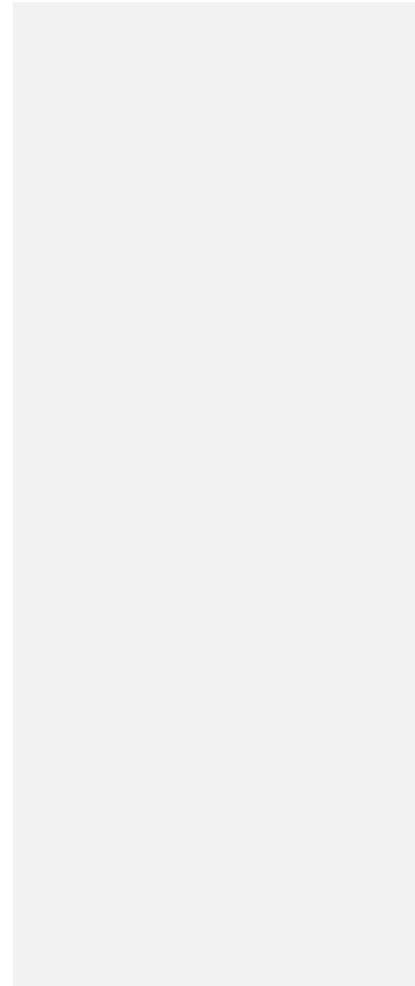
Action steps to achieve SMART Objective	Timeline (By When)	Person(s) Responsible	Budget Needed	Action Step Completed
Purchase games/activities/totes for Healthy Celebration choices.	May 8, 2016	Natalie Wilkos Rene Brosch	\$50	no
Present the Healthy Celebration plan to the staff for feedback and questions.	August 2016	Natalie Wilkos Rene Brosch	n/a	no
Revise Healthy Celebration plan based on results and feedback from staff.	September 2016	Natalie Wilkos Rene Brosch Raelene Alvarez	n/a	no
Finalize the plan that supports the District Wellness Policy language and provides recommendations for healthy foods for celebrations and school functions.	September 2016	Natalie Wilkos Rene Brosch Raelene Alvarez Jen Parsons	n/a	no
Monitor the system for supporting the plan implementation for celebrations, including a tracking tool		Natalie Wilkos Rene Brosch	n/a	no

**Commented [1]:** As continued/expanded objective, have you increased the number of classrooms and celebrations that are healthy for next year?

**Commented [2]:** We did increase the percentage of celebrations and classrooms participating!

for staff and collect data about: <ul style="list-style-type: none"> <li>• The number of healthy/not healthy foods at parties and/or activity base celebration.</li> <li>• A survey for staff on their perceptions related to Healthy Celebrations since the revised policy was implemented</li> </ul>	Ongoing  May 2017			
Present the finalized plan to Tarver community.	August 2016	Natalie Wilkos Rene Brosch	n/a	no
Create parent information letter regarding healthy birthday celebrations.	August 2016	Raelene Alvarez	n/a	no
Revise birthday activity based menu option ideas for classroom teachers.	August 2016	Natalie Wilkos Rene Brosch Raelene Alvarez Jen Parsons	n/a	no
Meet as a School Health Team four times during the school year	During August 2016, October 2016, January 2016 and May 2016	Natalie Wilkos Rene Brosch	n/a	no
Write a success story related to healthy food choices (School Wellness Coordinator will provide template) on healthy vs. non-healthy celebrations.	May 2017	Jen Parsons Natalie Wilkos Rene Brosch	n/a	no
Report to staff on results of increasing healthy food choices at school celebrations (observations, success stories)	August 2017	Natalie Wilkos Rene Brosch	n/a	no

\*\*\*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:**

