

Healthy Schools Successful Students School Health Improvement Plan (SHIP)



What is the School Health Improvement Plan?

The School Health Improvement Plan is a school's one-year work plan to address the school's health need(s). The following provides guidance for completing each component of a SHIP.

<i>SHIP Components</i>	<i>SHIP Checklist</i>
<p><i>SMART Objective:</i></p> <p>Well-written objectives always answer the following question: WHO is going to do WHAT, WHEN, and TO WHAT EXTENT? They should describe participants, actions or interactions, and activities.</p> <ul style="list-style-type: none"> ● Specific: Who? (Target Population) and What? (Action/Activity) ● Measurable: How much change is expected? ● Attainable: Can it be realistically accomplished given current resources and constraints. ● Relevant: Does it address needs and proposes reasonable action steps to lead to desirable results. ● Time-phased: Does it provide a timeline indicating by when the objective will be met. 	<ul style="list-style-type: none"> <input type="checkbox"/> Specific <input type="checkbox"/> Measurable <input type="checkbox"/> Attainable <input type="checkbox"/> Relevant <input type="checkbox"/> Time-phased
<p><i>Data Collection:</i></p> <p>Data collected should show evidence that you successfully met or made progress towards meeting the SMART objective. Data can be qualitative (e.g., student reactions) or quantitative (e.g., student grades or results from an assessment.) Generally speaking, data are collected to get a baseline and then again after a plan has been implemented.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Data collection is aligned with the SMART objectives

Action Steps:

Action steps are the activities needed to implement the SHIP and reach the stated SMART objective. When writing action steps, start them with a verb.

In addition to the action steps necessary for achieving the SMART objective, SHIPs should also include the following action steps:

- *Regular meetings with your school health team*
- *Data collection activities (e.g., pre and post surveys, assessments, observations, etc.)*
- *Work on your school/district wellness policy (e.g., assessing communicating, revising, implementing, etc.)*

- Action steps are clear, complete, and in the correct sequential order
- Action steps are aligned with the SMART objective
- Budget is realistic and clearly aligned with action steps
- Responsibilities are shared across all team members
- Staff and students, beyond the team, are involved
- Data collection is built into the action steps
- Team and grant responsibilities are built into action steps

Things to Remember:

1. *Don't try to take on everything at once!*
2. *The focus of the SHIP should be on the health needs/highest priorities identified through the school assessment.*
3. *Get input from other individuals in your school on how best to address your school's health needs.*
4. *Meet regularly with your school health team and monitor SHIP progress.*
5. *Build sustainability efforts into your SHIP.*
6. *A final consideration, if you gave your SHIP to someone who is not familiar with your plan would they understand what you are planning on doing? If no consider adding more details!*

2015-2016 School Year Action Plan
Healthy Schools Successful Students: School Health Improvement Plan (SHIP)
Staff Wellness

Date: 2/18/2015

School Name: Thornton High School

Co-leader Name(s): Lisa Saunar & Melissa Hernandez

SMART Objective (desired change):

By May 15, 2016, 50 % of staff members will participate in up to 3 staff wellness opportunities offered by the THS School Health and Wellness Team.

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

- Pre and post surveys
- Attendance collection
- Staff feedback through survey monkey
- # of participating staff members

Action steps to achieve SMART Objective	Timeline (By When)	Person(s) Responsible	Budget Needed	Action Step Completed
-Staff involvement in Fitness Week: <ul style="list-style-type: none"> ● various fitness classes offered after school daily (in building) ● strength & conditioning club (in building) 	Apr 2016 (1 Week)	Wellness Team Members	\$300-500 -equipment	
-Pedometer Challenge This challenge will be done among that THS staff, three times throughout the school year (fall, winter, spring). Staff members will have a pedometer of their own to	Fall 2015 & Spring 2016	Co-Leaders	\$200.00 - purchase of pedometers to offer	

track their daily steps. A google doc will be created and staff members are responsible for logging their daily steps. Steps will be counted from 7am-3pm each day for one week. The staff member with the highest total steps at the end of the week will be awarded a prize.			staff members that do not have access to one. -Prize for winning challenge	
-Wall of Wellness This is a bulletin board updated monthly about health and wellness. Students Health 101, monthly activities available, active staff members, helpful tips for nutrition and fitness.	Updated Monthly	Co-Leaders	\$50.00 -bulletin board supplies	
-Fall staff meeting presentation (required)	Fall 2015	Wellness Team Members	\$20.00 -copies and/or prizes	
-Monthly meetings with School Health and Wellness Team (data collection, planning, evaluation of activities)	Monthly: on extended lunch	Wellness Team Members	\$100.00 -snack and lunch provided, if needed	
-Work on School /District Wellness Policy	District Planned	Co-Leaders	\$0.00	

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

2015-2016 School Year Action Plan

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

Student Health and Wellness

Date: 12/15/2015

School Name: Thornton High School

Co-leader Name(s): Lisa Saunar & Melissa Hernandez

SMART Objective (desired change):

By May 15th 2017 the School Health and Wellness Team at THS will work to connect and promote health and wellness among THS student body, 25% of the students population will participate in 2 of the following activities offered.

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

- Pre and Post surveys
- student participation
- student feedback through survey monkey

Action steps to achieve SMART Objective	Timeline (By When)	Person(s) Responsible	Budget Needed	Action Step Completed
<p>-Student involvement in Health and Wellness Month activities:</p> <ul style="list-style-type: none"> ● Zumba ● Kick-Boxing ● Yoga ● Tabata or Boot Camp ● Strength and Conditioning Club <p>These activities are communicated through our daily announcements. THS has offered the S/C club open to all students four times a week, the teacher is paid through other school funds. Each instructor will need to be contacted to see if they will be volunteering their time or being paid for</p>	Offered for one month	Health and Wellness Team		

their services.				
-Stall Street Journal Monthly Health and Wellness topics will be displayed in male and female bathroom stalls. The Stall Street Journal is a resource from Student Health 101, updated monthly that provides students with information and resources on relevant health topics.	Jan 2016 Monthly	Health and Wellness Team and Stu Co	\$50.0 0	

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