

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

To be implemented in school year:

**Full School Name:**The Studio School  
**District Name:**Adams 12  
**Co-leader Name(s):** Natalie Von Feldt, Rachele Kastle

**Priority Area: What WSCC priority area have you selected to focus your efforts (nutrition, staff wellness, physical activity, etc)?**  
 Physical Activity  
 New Objective    Continued/Expanded Objective

**SMART Objective #1 (desired change):**  
 By October 1, 2016, 100% of classroom teachers at The Studio School Elementary will implement the Flat 14er Challenge in their classrooms and as a class, document how many miles/steps a day they walked.

**Data: What data will you collect that will indicate the objective has been achieved?**  
 Number of classroom teachers currently implementing Flat 14er Challenge  
 Number of days per week classroom teachers currently implementing and collecting Data (aka steps based upon mileage maps of school and playground)

Action steps to achieve SMART Objective	Timeline (By When)	Person(s) Responsible	Budget Needed	Action Step Completed
Meet with team to discuss proposed School Health Improvement Plan and assign responsibilities for completing various tasks	2/15/16	Co-Leaders	none	
Purchase Pedometers (for every student that participates, they get a pedometer for buy-in and individual use (not meant for data collection)) <a href="http://www.heartratemonitorsusa.com/collections/low-cost-pedometer/products/cwmulti?variant=6911780739">http://www.heartratemonitorsusa.com/collections/low-cost-pedometer/products/cwmulti?variant=6911780739</a>	4/20/16	Office Manager	\$550	
Create maps of playground and school for teachers to	5/25/16	Co-Leaders, Principal, costodian	none	

use for the Flat 14er Challenge				
Create a school wide bulletin board that shows various 14ers in Colorado and where each class stands on their climb/mileage	5/25/16	Students, Natalie	none	
Present the maps and Challenge to Staff at ERD	9/15/16	Natalie and Rachelle	none	
All School assembly to Introduce Challenge	10/31/16	Parent Team, PBS, Healthy Grant Team	none	
Collect Results and track on school bulletin board	daily basis (December)	Classroom Teachers	none	
End of Semester Data collection and staff feedback/next steps	December 2016	Classroom Teachers	none	
<b>BUDGET NEEDED FOR THIS OBJECTIVE:</b>			\$550	

<b>Priority Area: What priority area have you selected to focus your efforts?</b>				
Physical Education				
<b>SMART Objective #2 (desired change):</b> Recess Time Policies: By May 1, 2017 100% of the classrooms will have a physical activity option during indoor lunch recess at all times. (Para support)				
<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> Number of students that choose indoor, physical activity option during lunch recess Behavior during inclement weather days				
<b>Action steps to achieve SMART Objective</b>	<b>Timeline (By When)</b>	<b>Person(s) Responsible</b>	<b>Budget Needed</b>	<b>Action Step Completed</b>
Meet with team to discuss proposed School Health Improvement Plan and assign responsibilities for	February 24,2016	Co-Leaders	none	

completing tasks				
Survey students on what physical activities they would like	April 25, 2016	Teachers	none	
Collect data and create indoor/physical activity options	May 1, 2016	Student Leaders/Natalie	none	
Buy materials for the activities <a href="http://www.amazon.com/Scooter-Safety-Handles-K-Roo-Sports/dp/B00FJDATEA">http://www.amazon.com/Scooter-Safety-Handles-K-Roo-Sports/dp/B00FJDATEA</a> <a href="http://www.amazon.com/Deluxe-Chinese-Jump-Rope-Color/dp/B000ICXLPQ/ref=sr_1_2?s=exercise-and-fitness&amp;ie=UTF8&amp;qid=1456850132&amp;sr=1-2&amp;refinements=p_n_feature_keywords_two_browse-bin%3A7122583011">http://www.amazon.com/Deluxe-Chinese-Jump-Rope-Color/dp/B000ICXLPQ/ref=sr_1_2?s=exercise-and-fitness&amp;ie=UTF8&amp;qid=1456850132&amp;sr=1-2&amp;refinements=p_n_feature_keywords_two_browse-bin%3A7122583011</a>  <a href="http://www.amazon.com/BuyJumpRopes-Segmented-Jump-Rope-white/dp/B00IU0L7WM/ref=sr_1_1?s=exercise-and-fitness&amp;ie=UTF8&amp;qid=1456850217&amp;sr=1-1&amp;keywords=kids+jump+rope">http://www.amazon.com/BuyJumpRopes-Segmented-Jump-Rope-white/dp/B00IU0L7WM/ref=sr_1_1?s=exercise-and-fitness&amp;ie=UTF8&amp;qid=1456850217&amp;sr=1-1&amp;keywords=kids+jump+rope</a>	May 1, 2016	Office Manager	\$300-500 (depending on what children want)	
Create rotation for Lunch Paras to stay inside or in the classroom	September 2016	Secretary	none	
Teach Paras how to do the activities	October 2017	Rachelle	none	
Present Initiative to Staff over ERD	October 2017	Co-Leaders	none	
Collect Data	May 2017	Teachers/Co-Leaders	none	
<b>BUDGET NEEDED FOR THIS OBJECTIVE:</b>			\$300-500	
<b>BUDGET NEEDED FOR <u>ALL</u> OBJECTIVES:</b>			\$850-\$1050	

\*\*\*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:**

We are looking at funding for the following items to help provide more movement into our classrooms: standing desks in the classrooms through [standupkids.org](http://standupkids.org) and materials from [thewalkingclassroom.org](http://thewalkingclassroom.org)