

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

Date: 11/6/15, 3/4/16, 3/10/16

Full School Name: Thornton Elementary District Name: Adams 12 Co-leader Name(s): Adrienne Foubert, Kelliann Cook				
Priority Area: What WSCC priority area have you selected to focus your efforts (nutrition, staff wellness, physical activity, etc)? Staff Wellness				
SMART Objective #1 (desired change): By May, 2017, 60% of staff will report an overall increase in positive health and wellness (increase in physical activity and knowledge of district resources).				
Data: What data will you collect that will indicate the objective has been achieved? Pre and post survey.				
Action steps to achieve SMART Objective	Timeline (By When)	Person(s) Responsible	Budget Needed	Action Step Completed
Develop on-line survey to collect pre and post results of staff wellness -Interest in activity competition -Do they have a tracker? Type? -Do they have any special skills in fitness they would be willing to share with staff? (yoga instructor, etc.) -Would they be interested in purchasing a tracker with \$25 reimbursement.	April 15, 2016	Shannon Adrienne Kelliann	0	Completed 5/6/16
Monthly positive notes/gifts in mailboxes to let staff know that they are valued and appreciated.	September, 2016-- Ongoing	Felicia Debra		
Activity/steps competition (Individual and Team (developed based on staff interested). Survey staff to see if they use activity	October-Fall 2016	Emaleigh Jeremy Adrienne/S	\$250	

tracker (what kind). Offer reimbursement to staff for purchase of tracker--\$25 each (up to 10)		hannon		
Walking groups during lunch				
Offer monthly competition incentives for increasing staff fitness through steps competition.	Fall 2016 - spring 2017		\$160	
Promote activities that the district offers (Cottonwood Classic, district exercise classes, Sharon Bruns team competition)	Ongoing		\$0	
Distribution and short training on resources available to staff (EAP, wellness, Kaiser, classes)	December 2016 October 2016	Adrienne Kelliann	\$0	
Write success story	April/May 2016	Adrienne Kelliann	0	
Distribute post survey	April/May 2016	Adrienne Kelliann	0	
BUDGET NEEDED FOR THIS OBJECTIVE:			\$410	

Priority Area: What priority area have you selected to focus your efforts?				
Student Physical Activity				
SMART Objective #2 (desired change):				
By May 2017, 80% of classroom teachers will use brain breaks/booster (go noodle, activity dice, etc.) at least 3 out of 5 days per week (on average).				
Data: What data will you collect that will indicate the objective has been achieved?				
Survey teachers and recess paraprofessionals pre and post.				
Action steps to achieve SMART Objective	Timeline (By When)	Person(s) Responsible	Budget Needed	Action Step Completed

Activity Boxes-- Tumble n Teach activity Dice 20x11.66=\$233 Fitdeck Junior 20x7.95= \$159 Go Noodle instructions Fit Sticks 20x16=\$320 (need to add SH) Jamin minute print-outs. CEI: Brain Breaks in the Secondary Classroom Print out and put on ring	Order by May 2016	Adrienne/Kelli ann	\$712	
At orientation--model different options for giving brain breaks. Provide teachers with resources and recommendations for use in the classroom. Continue to model brain booster activities from activity boxes with staff throughout the year at staff meetings, ERDs, inservices.	August, 2016, ongoing	Wellness Team	\$0	
80% + Teachers will implement 1 brain break per week	September, 2016	Certified	0	
80% +Teachers will implement 2 brain break per week	December 2016	Certified	0	
80% +Teachers will implement 3 brain break per week	March 2017	Certified	0	
Pre and post Survey	April 2016, April 2017	Adrienne	0	Pre- survey comple ted 5/6/16
Write Success Story		Wellness Team	0	
BUDGET NEEDED FOR THIS OBJECTIVE:			\$712	
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:

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

Student Physical Activity

SMART Objective #3 (desired change):

By May 2017, all students will have access/opportunity to participate in physical activity opportunities during indoor recess.

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

Observation of indoor recess pre-post

Action steps to achieve SMART Objective	Timeline (By When)	Person(s) Responsible	Budget Needed	Action Step Completed
Activity Box for indoor recess cart. Activity dice (2 @ 11.66) Hot Spots Go Noodle	October, 2016	Adrienne/Kelli ann	23.32	
Meet with members of the recess team at Skyview to discuss their implementation of indoor recess.	May 2016	Adrienne/Kelli ann		
Meet with recess paraprofessionals-	September	Adrienne/Kelli	0	

Commented [1]: Here's a link to Skyview's indoor recess SHIP from a few years ago that might be helpful:
<https://docs.google.com/document/d/1NWgSMearj-TxBaA23mrf6G0wlpqS1RxVtWhQQ87zBA/edit>

-Activity dice, other brain booster ideas, indoor playworks games, center rotations, Go Noodle (Indoor recess activities in different increments--can paras start them with physical activity rotations).	r 2016, monthly check in	ann		
Post observation	March/April 2017	Tracie, Adrienne, Kelliann	0	
Write success story	April/May 2017	Wellness Team	0	
BUDGET NEEDED FOR THIS OBJECTIVE:			\$23.32	
BUDGET NEEDED FOR <u>ALL</u> OBJECTIVES:			\$1145.32	

Commented [2]: Do these need to be purchased or do you have them already?

***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: