

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

To be implemented in school year: 2016-2017

<b>Full School Name:</b> <b>Alternative Education Campus: Vantage Point High School, Crossroads Middle School, Vista View</b> <b>District Name: Adams 12 Five Star Schools</b> <b>Co-leader Name(s): Stacey Bernstein, Andrea Okell</b>				
<b>Priority Area: What WSCC priority area have you selected to focus your efforts?</b> Staff Wellness				
<b>SMART Objective #1 (desired change):</b> By January 1 2017, the AEC staff lounge will be a more inviting place that provides better access to nutritional choices and stress-relieving activities. x New Objective				
<b>Data: What data will you collect that will indicate the objective has been achieved?</b> <ul style="list-style-type: none"> <li>- Pre and post staff survey</li> <li>- Photos of staff lounge before and after the project has been completed</li> <li>- Log of staff uses of lounge for a month-long period in second semester 2016-2017</li> </ul>				
Action steps to achieve SMART Objective	Timeline (By When)	Person(s) Responsible	Budget Needed	Action Step Completed
Renovation/rearranging of staff lounge	January 1, 2017	Georgieann Anderson Josh Brewer Nita Laramie-Eaton	\$0	
Wellness information as a standing item on Staff Meeting Agenda	August 2016	All Team Members	\$0	
Purchases for nutritional focus: <ul style="list-style-type: none"> <li>- 2 Professional Blenders</li> <li>- Electric Kettle</li> <li>- 30 Boxes of Tea</li> <li>- 2 Powdered Protein and Powdered Greens</li> </ul>	May 1, 2016	Stacey Bernstein Andrea Okell	\$300 \$40 \$60 \$120	
	May 1, 2016	Stacey Bernstein		

Purchases for stress relief: - 2 Everlast Folding Mats - Scenic and Stretch Pose Posters		Andrea Okell	\$65 \$200	
<b>BUDGET NEEDED FOR THIS OBJECTIVE:</b>			\$785	

<b>Priority Area: What priority area have you selected to focus your efforts?</b> Student hygiene and hydration				
<b>SMART Objective #2 (desired change):</b> By October 15, 2016 students will have access to hand sanitizer stations, hygiene kits for middle school students, and refillable water bottles (for use with hydration station and water fountains). x New Objective				
<b>Data: What data will you collect that will indicate the objective has been achieved?</b> - Records of supply/product use - End of year survey for CRM students to assess use of personal care kits67t56				
Action steps to achieve SMART Objective	Timeline (By When)	Person(s) Responsible	Budget Needed	Action Step Completed
200 refillable water bottles	October 1, 2016	Stacey Bernstein	\$850	
Purchase (March 2016) and installation (over the summer 2016) of 5 Electric Hand Sanitizers for Vantage Point and Vista View hallways (w/ refills and batteries)	August 17, 2016	Stacey Bernstein Georgieann Anderson	\$310	
Healthy hygiene habits posters/flyers in the restrooms and along main hallways	January 1, 2017	Josh Brewer Andrea Okell Stacey Bernstein	\$100	
Periodic morning announcements reminding students of healthy hygiene habits	August 2016	Edee Marcanno Sarah Eads Michelle Sepulveda	\$0	
Purchase and distribution of 30 Personal Care Kits for Crossroads Middle School students (to distribute as	October 1, 2016	Sarah Eads Michelle Sepulveda	\$400	

needed)				
<b>BUDGET NEEDED FOR THIS OBJECTIVE:</b>			\$1660	
<b>BUDGET NEEDED FOR <u>ALL</u> OBJECTIVES:</b>			\$2445	

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

Staff

- GoogleDoc for healthy recipes
- Workout room access
- Spring water dispensers in office

Students & Families

- PEAK
- Sports club
- Coping skills workshops
- Mental health fairs
- Opportunities to purchase or earn water bottles to encourage use of hydration stations