

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

Date:

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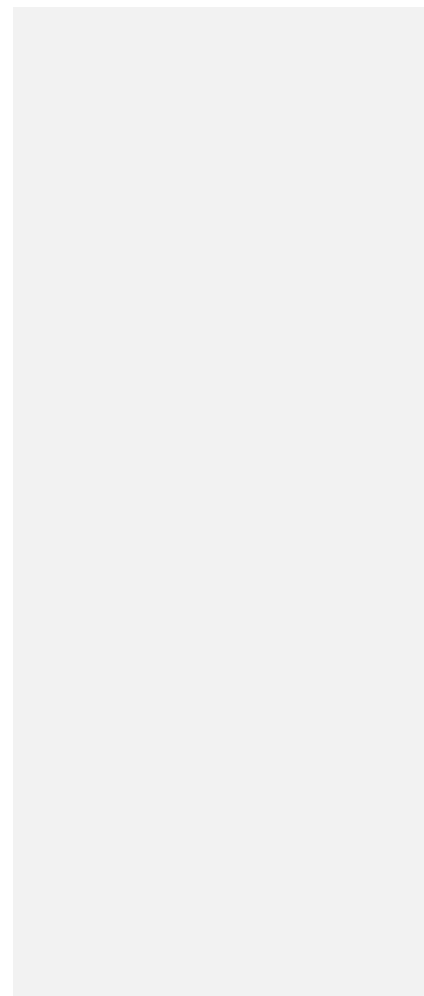
Full School Name: Woodglen Elementary School District Name: Adams 12 Co-leader Name(s): Heather Espinosa and Erin Marquez				
Priority Area: What WSCC priority area have you selected to focus your efforts (nutrition, staff wellness, physical activity, etc)? Physical activity				
SMART Objective #1 (desired change): Throughout the 2016 and 2017 school year, 80% of instructional staff at Woodglen School will implement physical activity or brain-based strategies for their students at least three days per week.				
Data: What data will you collect that will indicate the objective has been achieved? <ol style="list-style-type: none"> Number of classrooms offering daily brain-break strategies and the frequency of the brain-break strategies each week. Number of classrooms offering opportunities for physical activity and the frequency of physical activity each week. Documentation of types of brain-break strategies utilized and types of physical activity opportunities utilized. 				
Action steps to achieve SMART Objective	Timeline (By When)	Person(s) Responsible	Budget Needed	Action Step Completed
Gather/review studies supporting increased physical activity/brain breaks and the associated positive academic impacts	April 15 2016	Erin Marquez Heather Espinosa	\$0	
Conduct a survey to obtain baseline data collection on current offerings and number of students participating	April 15 2016	Wellness Team	\$0	
Present draft of brain break initiative and offerings to staff and/or PTO for feedback and questions	April 20 2016 Staff PTO May 2 2016	Wellness Team	\$0	

Finalize offerings based on input from staff and/or parents	May 15 2016	Wellness Team	\$0	
Schedule a time and finalize a method for updating staff and parents regarding new brain breaks initiative	August 10 2016	Wellness Team	\$0	
Develop and disseminate a school tracking tool for staff to measure participation	August 10 2016	Erin Marquez Heather Espinosa	\$0	
Purchase resources for brain breaks and physical activity in the classroom, based on needs. Develop a list of resources and activities teacher resources can utilize to implement brain breaks in the classroom	May 27 2016	Erin Marquez Heather Espinosa	\$900	
Distribute supplies and begin implementation of Brain Breaks initiative	August 10 2016	Wellness Team	\$0	
Attend annual HSSS Training	?	Erin Marquez Heather Espinosa	\$0	
Meet as a School Health Team four times during the school year	August, November, February, May	Erin Marquez Heather Espinosa Brett Drobney Shannon Loveridge Jennifer Reed	\$0	
Develop a survey to gather feedback from teachers and students participating in brain breaks	January- Check in and adapt if needed	Erin Marquez Heather Espinosa	\$0	
Evaluate tracking tool results to measure participation	April 15, 2017	Wellness Team	\$0	
Analyze, document, and utilize assessment results and continue to improve brain break guidelines and teacher resources based on assessment and feedback/testimonials from students	May 5, 2017	Wellness Team	\$0	
Write a minimum of one success story related to brain breaks utilizing data collected and analyzed (School Wellness Coordinator will provide template)	May 15, 2017	Erin Marquez Heather Espinosa	\$0	
BUDGET NEEDED FOR THIS OBJECTIVE:			\$900.00	

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

Staff Wellness

SMART Objective #2 (desired change):				
By May 25 , 2017, 50% of the Woodglen Elementary staff will participate in one or more Staff Wellness opportunities in the area of physical, mental/emotional well-being, healthy eating including, but not limited to staff Zumba, Amazing race,flat 14rs, Laugheceutical presentations, and the sharing of healthy snacks and recipes.				
Data: What data will you collect that will indicate the objective has been achieved?				
<ul style="list-style-type: none"> • Track the number of teachers that participate in physical activities provided such as Zumba, flat 14rs and Amazing Race. • Survey teachers after the completion of the wellness activities to determine health and wellness benefits . • Collect qualitative data (including testimonials/feedback) from staff on impact of the Wellness movement. 				
Action steps to achieve SMART Objective	Timeline (By When)	Person(s) Responsible	Budget Needed	Action Step Completed
Review other schools SHIPS that focused on staff wellness to review gather and review best practices.	March 23, 2016	Erin Marquez Heather Espinosa	\$0	
Meet with School Wellness Team to draft an implementation and create a logistics plan for a Staff Wellness Movement.	March 30, 2016	Erin Marquez Heather Espinos Brett Drobney Shannon Loveridge Jennifer Reed	\$0	
Create a survey to identify staff interest in what type of staff wellness activities they would like to see offered.	April 13, 2016	Erin Marquez Heather Espinos Brett Drobney Shannon Loveridge Jennifer Reed	\$0	
compile data from survey to aid in developing our draft plan. create a draft plan.	April 30, 2016	Erin Marquez Heather Espinos Brett Drobney Shannon Loveridge Jennifer Reed	\$0	
Share draft plan at a staff meeting and/or PTO meeting	May 2 2016	Erin Marquez	\$0	



to gather input and garner support	Staff PTO May 2 2016	Heather Espinosa		
Finalize the plan based on input from Wellness Team and Administration for increased wellness offerings.	May 15 2016	Erin Marquez Heather Espinosa	\$0	
Develop and implement a communications plan to inform staff.	May 25, 2016	Wellness Team	\$0	
Create a wellness board for communicating the monthly Wellness Offerings	August 15 2016	Erin Marquez Heather Espinosa	\$0	
Provide Offerings for staff wellness through healthy snacks, physical activity, mental health.	August 10 2016	Erin Marquez Heather Espinosa	\$400.00	
Analyze data and give participation awards	May 18, 2017	Erin Marquez Heather Espinosa Shannon Loveridge Jennifer Reed		
BUDGET NEEDED FOR THIS OBJECTIVE:			\$400.00	
BUDGET NEEDED FOR <u>ALL</u> OBJECTIVES:			\$1300.00	

Commented [1]: Remember that you have \$1,000 to spend by May 13th of this year, so if you are unable to purchase items for this action step in advance, hopefully you can use the funds for your Brain Boost Initiative

***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:

