

# SAMPLE SCHOOL HEALTH IMPROVEMENT PLAN (SHIP)

<b>School Name:</b> Happy Kids Elementary		<b>District Name:</b> Very Fine School District		
<b>Co-leader/School Health Champion(s):</b> Alex Rice, and Cam Boothe		<b>Principal:</b> Dr. Cool		
<b>SMART Objective:</b> By December 31, 2022, 75% of classroom teachers at Happy Kids Elementary will implement physical activity breaks in their classrooms at least three times per week.				
<b>What data will you collect that will indicate the objective has been achieved?</b>				
<ul style="list-style-type: none"> <li>• Baseline: # of classrooms currently implementing physical activity breaks in the classroom and # of days per week classroom teachers are currently implementing physical activity breaks</li> <li>• Progress: observations and conversations with teachers to determine success and barriers to implementing physical activity breaks in the classroom</li> <li>• Summative: # of teachers implementing physical activity breaks in the classroom at least three times per week on or before Dec 31, 2022.</li> </ul>				
Action Steps to Achieve SMART Objective	Timeline (By When)	Person(s) Responsible	Budget Needed	Action Step Completed
Research books about physical activity breaks in the classroom	Sept. 9	Co-leaders	none	
Purchase three copies of <i>The Kinesthetic Classroom: Teaching and Learning Through Movement</i> (Lengel & Kuczala)	Sept. 9	PE Teacher	\$90	
Develop a survey to measure the baseline data	Sept. 16	PE Teacher, Parents, District Wellness Coordinator	none	
Implement the survey to gather baseline data at September 23 weekly staff meeting	Sept. 23	Co-leaders, Office Manager	none	
Develop one hour in-service	Sept. 29	PE Teacher and two other School Health Team members (In-service team)	none	
Conduct hour-long in-service to fellow teachers utilizing <i>The Kinesthetic Classroom Teaching and Learning Through Movement</i>	Sept. 30	In-service Team	none	
Provide brain break example as warm-up activity at weekly staff meetings during October	Oct. 28	In-service Team, Students	none	
Schedule meetings with teachers to collect qualitative data about successes and barriers to implementing physical activity breaks in the classroom.	Oct. 28	Co-leaders, Office Managers	none	
Meet with teachers one-on-one to collect observations and reflections	Nov. 10	Co-leaders, Office Managers	none	
Conduct post-test survey at November staff meeting	Nov. 25	PE Teacher, District Health and Wellness Coordinator	none	
Tabulate results	Dec. 2	Parents, District Wellness Coordinator	none	
Share results with Wellness Team and consider next steps (i.e. new SHIP)	Dec. 16	Co-leaders	none	
Share results with accountability committee	Dec. 18	Co-leaders	none	