

Sample School Health Improvement Plan Update

This report coincides with the original School Health Improvement Plan (SHIP) completed 9/28/07. Copy each action from the SHIP into the table below and report its status in the "Outcome" column as completed or not completed.

Action	Outcome
1. Start a fitness program for staff.	Completed. Fitness room opened on 11/2/06. 25 staff competed in wellness challenge.
2. Develop Health Dramatization Traveling Production	Students wrote play. Play performed at 3 elementary schools.
3.	

Did your team write or update a health/wellness goal into the School Improvement Plan for the 2008-2009 school year? yes no

Please record the goal here:

Objective

Students in K-5th grade will increase their awareness of how to stay healthy and fit.

Strategies

1. K-5 PE/library classes will be exposed to: a nutritional unit and a physical fitness unit. 2. Information will be given to the parents concerning good nutrition and physical fitness activities 3. The PE classes will devote 10 minutes to aerobic exercises weekly. 4. The cafeteria will avoid serving foods that are high in sugar for breakfast and lunch. 5. There will be a field day competition in May. 6. The counselor will meet in a small group with obese students once a month throughout the year. 7. Teachers in grades Prek-5 will have in-service concerning nutrition and physical fitness. Nutritional in-service will be delivered by the school nurse. Physical fitness training will be delivered by the physical education teacher.

Evaluation

1. Nutrition and Physical Fitness units will be documented in Lesson Plans. 2. An agenda and sample will be evidence of documenting the strategies. 3. Lesson Plans will indicate that this strategy is accomplished. 4. Minutes of meetings and menus will document this strategy. 5. The calendar will indicate the Field Day. 6. The counselor's log will indicate the meetings of the small group. 7. Agenda of the in-service will indicate completion of the strategies.