

Bishop Elementary School Health Improvement Plan



Plan developed by: Linda, Liz, Karin, Heather, Mary, Mike, Tiffany, and Dallas

Date: 4/11/10

CSH component or SHI item that we are targeting:
This may be as specific as a single question from the SHI, or as broad as a CSH component.

Module 3 health related to physical fitness (PA 7).

Module 4 promotes healthy food and beverage choices (N.8).

SMART Objective (desired change): Based on SHI item/module, describe targeted change.

By June 24, 2010, 100% of our students had the opportunity to participate in activities during, and after school. Teachers and students were aware of healthy snacks during the year for special events.

Measure of Accomplishment: What data will you collect that will indicate the objective has been achieved?

- 1. Personal observation of increased positive habits overall with snacks at parties, health education within PE and after school athletic activities.**
- 2. All students have the opportunity to participate in after school and during school physical activities.**
- 3. All students have the opportunity to make healthy food and beverage choices.**

School-level outcome we are targeting: Describe a desired outcome at the school, related to the objective.

An outgoing staff that will support and engage students in healthy eating choices as well as increased optimal physical fitness awareness.

Student-level outcomes (health status, behavior or academic achievement): Describe a desired behavioral, health, or academic outcome related to the achievement of the objective.

Pre/Post survey of student's knowledge in compliance with state and national standards.

Action Steps	Timeline (By when)	✓	Person(s) Responsible	Budget Needed
Bishop Health Committee will communicate with other PE teachers to develop an appropriate health plan	4/11/10		Health Committee	N/A
Health Committee will come up with physical fitness activities and healthy habits for students	4/30/10		Health Committee	N/A
Health Committee will author the SHIP	4/30/10		Health Committee	N/A
Committee present SHIP to administration for approval	4/30/10		Health Committee	N/A
Committee will research various activities for before and after school physical fitness programs	4/30/10		Health Committee	N/A
Committee will also look at data of students knowledge of health	4/30/10		Health Committee	N/A
Committee will analyze data of student participation	4/30/10		Health Committee	N/A



Bishop Elementary
School Health Improvement Plan: Documenting Progress

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<p>CSH component or SHI item that we are targeting:</p> <p>Module 3 related physical fitness (PA7).</p> <p>Module 4 promoting healthy food and beverage choice (N.8).</p> <p>Do all teachers support and adopt optimal health for each students.</p>	<p>Objective (desired change):</p> <p>By August 2010 100% of students will have the opportunity to participate in before and after school fitness activities as well as having knowledge of healthy food and beverage choices inline with state and national standards for physical education.</p>
<p>Measure of Accomplishment:</p> <p>1. After school programs have been established for student body.</p> <p>2. All students are aware of healthy food and beverage choice.</p>	
<p>School-level outcome we are targeting:</p> <p>Bishop will support and promote before and after school fitness programs as well as educating our students on healthy food and beverage consumption.</p>	
<p>Student-level outcomes (health status, behavior or academic achievement):</p> <p>Students will learn the importance of lifetime physical fitness activities as well as healthy food choices.</p>	

Tell the Story

- Turkey Trot
 - Oranges for post run
 - Santa gave tangerines instead of candy canes
 - Walk to School Bike to School
 - Avalanche Clinic
 - Jump Rope for Heart
 - Mileage Club
 - Healthy treats for school parties
 - Karate Club
 - Healthy Committee
 - New physical education equipment
 - Integration of health in to PE
 - Girls/Boys basketball
 - Co-ed volleyball
 - Community Day
 - Field Day
 - Fitness Gram
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