

Plan developed by: Eva Pasiewicz, Kim Tooze, Cerri Norris, Marisa Kanold, Barb Glee, Laura Horan, Hanna Naiman

Date: 4/12/10

CSH component or SHI item that we are targeting: Module 1 CC.6 <div><div>1.</div><div>Does Cherrelyn provide at least 20 min. of recess during each day and do teachers or recess monitors encourage students to be active?</div></div> <div><div>2.</div><div>Does the school prohibit using physical activity and with holding Physical Education as punishment?</div></div> <div><div>3.</div><div>Increase staff wellness by decreasing stress.</div></div>	SMART Objective (desired change): Based on SHI item/module, describe targeted change. <div><div>1.</div><div>A master schedule will be created that includes 20 minutes of recess before lunch this would rate our question as “fully in place” on the School Health Index.-</div></div> <div><div>2.</div><div>Students will view Physical Education class as an academic subject not only as an enrichment and also view activity as “fun’ instead of as punishment.</div></div> <div><div>3.</div><div>Increase School Employee Wellness from “working toward bronze” to “bronze” as measurd by the Healhy Schools Builder Inventory.</div></div>			
Measure of Accomplishment: What data will you collect that will indicate the objective has been achieved? <div><div>1.</div><div>2010-2011 Master Schedule- “Fully in place” on the Healthy School Index.</div></div> <div><div>2.</div><div>The staff handbook will include a specific policy regarding PE, physical activity and punishment.</div></div> <div><div>3.</div><div>Testimonials from teachers</div></div>				
School-level outcome we are targeting: Describe a desired outcome at the school, related to the objective. <div><div>1.</div><div>Students will have adequate time for play before eating lunch. Lunch will be a calmer and more relaxing environment</div></div> <div><div>2.</div><div>Missing PE will not be used as a behavior consequence. Using physical activity will not be used as a punishment.</div></div> <div><div>3.</div><div>Teachers will understand and practice a variety of stress reducers during the school day.</div></div>				
Student-level outcomes (health status, behavior or academic achievement): Describe a desired behavioral, health, or academic outcome related to the achievement of the objective. <div><div>1.</div><div>Students will improve their overall health and fitness and understand he connections between healthy choices and their behavior and how this impacts their focus on schoolwork. Less behavior problems and referrals during lunchtime.</div></div> <div><div>2.</div><div>Students will increase their overall physical activity and not view physical activity as a punishment.</div></div> <div><div>3.</div><div>Teachers will be more aware of ways to reduce stress and improve their daily health, wellness and performance.</div></div>				
Action Steps	Timeline (by when)	✓	Person(s) Responsible	Budget Needed
Formation of School Health Team	11/09		Kim Tooze, Eva Pasiewicz	
Complete School Health Index	12/09		Healthy Schools Team	

Action Steps				Budget Needed
Write a behavior consequence policy	5/10		Healthy Schools Team	
Send a "joke of the week" and "adult survival skill" weekly	4/10		Cerri Norris, Eva Pasiewicz	
Offer a 50 minute break for teachers once before the end of the year.	4/10		Kim Tooze	
Celebrated Walk To School Day	9/09		Kim Tooze	
Participated in a jump rope competition-Skipper of the Year	2/10		Kim Tooze	
Opportunity for Staff and Family Gardening at school	5/10		Leadership Team	