

Plan developed by: 2010-2011 School Health Team

Date: 4/10

<b>CSH component or SHI item that we are targeting:</b> <b>Nutrition</b> <b>Physical Activity</b>	<b>SMART Objective (desired change):</b> Based on SHI item/module, describe targeted change By May 30 <sup>th</sup> 2010, Charles Hay World School will have planned, and implemented activities that take place before, during, and after school designed to promote healthy eating and physical activity.			
<b>Measure of Accomplishment:</b> What data will you collect that will indicate the objective has been achieved? Types and number of activities				
<b>School-level outcome we are targeting:</b> Describe a desired outcome at the school, related to the objective. Number of students, teachers, and parents taking part in activities Teachers integrating School Health Objective (SHO) into 2010-2011 IB planners				
<b>Student-level outcomes (health status, behavior or academic achievement):</b> Describe a desired behavioral, health, or academic outcome related to the achievement of the objective. 2010-2011 Planners include health/wellness integration objectives and activities Results (Jump Rope for Heart, Fit gram, participation in clubs)				
Action Steps	Timeline (by when)	✓	Person(s) Responsible	Budget Needed
Collecting, discussing, and planning ideas	2010-2011		School Health Team (HT)	
Before, during, and after school clubs and activities Examples include: Cooking/Nutrition club, Student Fit Club, Organized Sports, Staff/Parent Fit Club, Interactive Bulletin Boards, Recess and PE	2010-2011		Clubs sponsors Teachers Principal	

<b>School Lunch ideas/discussions/solutions</b> <b>Focus is on providing high quality fresh fruits and vegetables each meal. The goal is for each meal to be nutritionally balanced independently.</b>	<b>May 2010</b>		<b>Food/Nutrition director, (HT), Community</b>	
<b>Action Steps</b>	<b>Timeline (by when)</b>	<b>✓</b>	<b>Person(s) Responsible</b>	<b>Budget Needed</b>
<b>Integration of activities into all settings at Charles Hay World School</b> <b>(Bridges, International Days, Cougar Fit Club)(IB Planners)</b>	<b>2010-2011</b>		<b>Health Team</b> <b>Teachers</b> <b>Principal</b>	
<b>Back Pack Food Program</b> <b>Businesses in our community provide food to families once a week. The goal is to improve nutrition at home for our students.</b>			<b>Parent Volunteers</b> <b>Whole Foods,</b> <b>Safeway, Jansport,</b> <b>Community,</b> <b>Counselor</b>	
