



School Wellness Action Plan

School Wellness Team Members:				
Key Target Area: Based on your assessment, what area(s) of school wellness do you want to target?				
SMART Objective: What do you want to happen? The objective should be specific, measurable, attainable, relevant, and time-focused.				
Measure of Accomplishment: What data will you collect to determine if you met your objective?				
School-Level Outcome: What change will happen at the school over time as a result of meeting this objective?				
Student-level Outcome: What desired behavioral, health, or academic change do you hope to see as a result of meeting this objective?				
Action Steps to Achieve Objective		Person(s) Responsible	Timeline	Budget Needed

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<p>Communication Plan: How will you communicate the objective and action steps to all people involved (i.e. staff, teachers, parents, students)?</p>			
<p>Final Evaluation: What outcome(s) did you accomplish? What went well? What would you do differently next time?</p>			

Adapted from the Colorado Connections for Healthy Schools School Health Improvement Plan: http://www.rmc.org/CSH/Docs/SHIP_template.doc



CanDo – Coalition for Activity and Nutrition to Defeat Obesity

Poudre Valley Hospital Foundation | 1024 South Lemay Avenue | Fort Collins, CO 80524 | (970) 495-7517 | ve2@pvhhs.org | www.CanDoOnline.org

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School Wellness Action Plan – Sample

School Wellness Team Members:

Sarah, Michael, Tom, April, Jason, Holly, Sue, Kim

Key Target Area: Based on your assessment, what area(s) of school wellness do you want to target?

Physical activity in the classroom.

SMART Objective: What do you want to happen? The objective should be specific, measurable, attainable, relevant, and time-focused. 60% of classroom teachers will incorporate at least 10 minutes of physical activity into the classroom on 3 or more days per week during the 2007-2008 school year.

Measure of Accomplishment: What data will you collect to determine if you met your objective? Teachers will put a sticker on the Kids on the Move Activity Calendar each day that they incorporate 10 minutes of activity into the classroom. Calendars will be collected at the end of each semester.

School-Level Outcome: What change will happen at the school over time as a result of meeting this objective?

More physical activity will be incorporated into the classroom.

Student-level Outcome: What desired behavioral, health, or academic change do you hope to see as a result of meeting this objective?

Students will get more physical activity time during school and will perform better academically.

Action Steps to Achieve Objective	Person(s) Responsible	Timeline	Budget Needed
Get Kids on the Move Activity Calendars and stickers from Healthy Kids Club.	Sarah	Sept. 1	donated
Explain wellness team's goal and Kids on the Move Activity Calendars to teachers at staff meeting. Distribute calendars and stickers.	Michael	Sept. 7	\$0
Teachers incorporate activity into classroom and track progress.	All Teachers	Sept. - June	\$0
Collect calendars from teachers and analyze data to see if objective was met.	Jason	Dec. + June	\$0

Action Steps to Achieve Objective	Person(s) Responsible	Timeline	Budget Needed
Host healthy lunch for teachers who achieved activity goal.	April	Dec. 4 June	\$300
Report results at staff meetings.	Michael	Dec. 16 June 1	\$0
<p>Communication Plan: How will you communicate the objective and action steps to all people involved (i.e. staff, teachers, parents, students)?</p>			
<p>Present information at staff meetings.</p>			
<p>Final Evaluation: What outcome(s) did you accomplish? What went well? What would you do differently next time?</p> <p>After collecting the calendars, we found that 80% of teachers incorporated 10 extra minutes of physical activity into their classroom 3 or more days per week. Teachers and students reported that they liked tracking their activity on the calendars.</p> <p>Teachers requested more ideas on how to incorporate fun physical activity into the classroom. Next year we will provide 10-minute Fit Kid videos to give teachers another tool to help them engage their students in fun physical activity.</p>			

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