

Snow Hill Elementary School - Project Charter

PROJECT NAME: Health and Wellness	START DATE: July 24, 2018	CURRENT DATE: Select Date
PROJECT LEADER(S): Karen Baker, Susan Smith		
TEAM MEMBERS: Colby Haines, Kalie Sprankle, Aisha Tariq, Jen Baker, Dotsie Smith, Lisa Cropper, Jon Gates		

OPPORTUNITY STATEMENT (PROJECT DEFINITION – what is the project about?)

SHES' Health & Wellness plan will outline how information is shared with students, staff, and families about healthy eating, physical activity, health services, and other local health and wellness resources. It is also an opportunity to build relationships and partnerships with local businesses and community organizations who can provide ongoing supports for our school's health and wellness efforts and initiatives.

PROBLEM STATEMENT, OBJECTIVES & SCOPE

(What is the existing problem?, What is the goal of the project?, What does the project aim to accomplish?, What is the scope of the project with regards to those involved and timeframe?)

The overall goal of SHES' health and wellness plan is to strengthen and coordinate the components of school health for all students and staff. By doing this, we can provide a comprehensive learning environment for developing and practicing positive health behaviors that will contribute to student and staff wellness and lifelong health.

The goal of family, school and community involvement within a coordinated school health approach is to create a total school environment that promotes student health and supports academic achievement through effective partnerships among families, schools and communities.

ASSUMPTIONS (What can we assume, know about related to the problem?)

CONSTRAINTS (What will cause difficulties for the project to be successful?)

The intent of this plan is to provide coordinated, accessible health and wellness education and opportunities for students, families and staff. Schools have always connected the relationship between high-quality instruction and student academic performance, but far too often, schools overlook the important role that health and wellness play in student achievement. Health matters to academic achievement. Research supports the important connection between health and learning, showing that health-related barriers limit students' ability and motivation to learn, and that improving access to healthy foods and physical activities in particular can positively influence the health of students and improve academic achievement. A collaborative approach to learning and health, taking into account the individual needs of the child, is the most successful approach to educating the whole child.

KEY PERFORMANCE INDICATORS

District Indicators

SHES Indicators

Key Performance Indicators –

KPI 4.1 – Percentage of staff attendance

BASELINE

SY 2017-2018
91.68%

Mid Year Data

End of Year Data

KPI 4.2 – Percentage of minorities hired into professional positions	SY 2018-2019 2/3 Hired were Minorities (66%)		
KPI 4.5 – Percentage of schools/workplaces offering multiple, on-going health and wellness activities for their staff	100%		

FUTURE STATE

All students and staff at SHES will be more informed and have access to opportunities to promote healthy eating, physical activity, and other local health and wellness resources.

ACTION PLAN (HIGH LEVEL)	WHO	DUE DATE	COMPLETION
<p><u>FAMILY, SCHOOL & COMMUNITY INVOLVEMENT</u></p> <p>SHES has a designated committee charged with the creation of a school health & wellness plan that promotes the health and wellness of students, staff, and community members.</p> <p>*Team meets monthly to plan and review activities. *Specific Events include:</p> <p>Claude Hall 5K Big Bash Health Info Table Judy Center Food Pantry PTA Dance Auction Autism Awareness Day Breast Cancer Awareness Day Hoops for Heart Fundraiser</p>	<p>*SHES Health & Wellness Team</p> <p>-Mia Byrd & Colby Haines -Health Department -Gray Jack -Judy Center -PTA, Jon Gates, Colby Haines -Dr. Cooper -Dr. Cooper -Colby Haines</p>	<p>June 2019</p>	
<p><u>NUTRITION</u></p> <p>SHES has programs that provide access to a variety of nutritious, affordable and appealing meals and snacks for students; nutrition education; and an environment that promotes healthy eating behaviors.</p> <p>*Health Education curriculum is provided by county and implemented by PE teacher and grade level classroom teachers.</p> <p>Specific Events Included:</p> <p>-Title 1 Healthy Treats</p>	<p>*WCPS Central Office Health & Wellness Coordinator</p> <p>*PE Teacher – Colby Haines *Grade Level Classroom Teachers</p> <p>-Kristina Belcher</p>	<p>June 2019</p>	

<ul style="list-style-type: none"> -Editable Alphabet -Breakfast, Lunch, Supper Programs -P.E./ Health Curriculum -Odtis Collins working with kids -Odtis Collins providing alternative meals for staff (Like SHHS) -Eagle Sprouts Garden Club -Health Literacy 	<ul style="list-style-type: none"> -Early Childhood Teachers -Odtis Collins, Gail Hall -Colby Haines -Odtis Collins -Mia Byrd -Classroom Teachers 		
<p><u>PHYSICAL ACTIVITY</u></p> <p>Physical activity within the coordinated school health approach provides students with increased opportunities to engage in moderate to vigorous physical activity during and after school.</p> <p>*SHES provides opportunities for all students to participate in physical activity outside of physical education programs.</p> <p>*These opportunities are diverse and developmentally appropriate activities for all students of a competitive and non-competitive nature.</p> <p>*Specific Events include:</p> <ul style="list-style-type: none"> -P.E. Class -Recess -Brain Breaks (Go Noodle) -Field Day/Water Day -Afterschool Physical Activity Club (2nd and 3rd) 	<ul style="list-style-type: none"> *WCPS Central Office Health & Wellness Coordinator *SHES Health & Wellness Team *PE Teacher *Grade Level Classroom Teachers -Colby Haines -Classroom Teachers & EA's -Classroom Teachers -Colby Haines -Colby Haines 	<p>June 2019</p>	
<p><u>PHYSICAL EDUCATION</u></p> <p>SHES provides a planned, sequential, physical education curriculum that is aligned to physical education content standards with benchmarks and performance standards.</p> <p>Specific Events include:</p> <ul style="list-style-type: none"> -P.E. Class -Health Literacy -Field Day/ Water Day -Quarterly Sports Assemblies 	<ul style="list-style-type: none"> *WCPS Central Office Health & Wellness Coordinator *PE Teacher -Colby Haines -Classroom Teachers -Colby Haines -Colby Haines 	<p>June 2019</p>	
<p><u>HEALTH EDUCATION</u></p> <p>SHES provides a planned, sequential, health education curriculum that addresses the physical, mental, emotional and social dimensions of health,</p>	<ul style="list-style-type: none"> *WCPS Central Office Health & Wellness Coordinator 	<p>June 2019</p>	

<p>and aligns to the health education content standards with benchmarks and performance standards.</p> <p>Specific Events include: -P.E. Class -Red Ribbon Week -Health Literacy -Dental Month</p>	<p>*SHES Health & Wellness Team *PE Teacher</p> <p>-Colby Haines -Susan Smith -Classroom Teachers -Classroom Teachers</p>		
<p><u>HEALTHY & SAFE ENVIRONMENT</u></p> <p>SHES has created a school safety plan that includes prevention, policies & and procedures and tactical emergency response plans that focus on supporting healthy and safe environment.</p> <p>*SHES practices all required drills monthly. *SHES Administrative Team meets with teachers to update them on the latest safety procedures. *SHES Administrative Team conducts safety lessons with students through age appropriate children’s literature and specific examples of safe practices.</p> <p>Specific Events include: -Safety Plan -Fire Prevention Week -Safety Lessons -Coffee Bar -Drills -School Resource Officer -Safety Training -Safe schools -Stomp Out Bullying Day -Fingerprinting</p>	<p>*WCPS Central Office Safety Coordinator *SHES Administrative Team</p> <p>-Dr. Cooper & Karen Baker -SHES Teachers and SHVFD -Dr. Cooper & Karen Baker -Colby Haines, Mia Byrd, Susan Smith -Karen Baker -Rick Klebon -Dr. Cooper & Karen Baker -WCPS Safety Coordinator -Dr. Cooper Optimist Club</p>	<p>Ongoing until June 2019</p>	
<p><u>SOCIAL & EMOTIONAL WELL-BEING</u></p> <p>*The school will collaborate with students, parents, staff and community to influence student success by building awareness and promoting strategies to maintain and/or improve student mental health. *SHES Administrative Team and Teachers meet at least monthly to review specific student concerns. *SHES has an active Health/Mental Health team consisting of at least a nurse, counselor, social worker, and psychologist that meets at least</p>	<p>*WCPS Central Office Student Services Administrator *SHES Administrative Team *SHES Techers</p> <p>-LaVerne Cray -Early Childhood Teachers</p>	<p>June 2019</p>	

<p>monthly to address student specific and school-wide issues. This team meets at least monthly to address specific student concerns.</p> <p>Specific Events include: -Pop Meetings -SEFEL -Kindness Bus</p>	<p>-Dr. Cooper</p>		
<p><u>HEALTH SERVICES</u></p> <p>Services provided for students to appraise, protect, and promote individual, family and community health. These include preventive services, education, emergency care, referrals, management of acute and chronic health problems, and services that promote and provide sanitary conditions for a safe school facility and school environment.</p> <p>*This team meets at least monthly to address specific student concerns.</p> <p>Specific Events include: -Judy Center Events -Flu Shots -Dental Screening -Vision Screening</p>	<p>*WCPS Central Office Student Services Administrator *SHES Administrative Team *SHES Techers</p> <p>-Gray Jack -WCPS Central Office -Judy Center -School Nurse – Susan Smith</p>	<p>June 2019</p>	
<p><u>STAFF WELLNESS</u></p> <p>The school promotes the physical, emotional and mental health of employees as well as to prevent disease and disability by providing opportunities for staff to learn and practice skills to make personal decisions about health-enhancing daily habits.</p> <p>*The school provides staff with information related to exercise, stress management and nutrition.</p> <p>*The school encourages and provides opportunities for staff to participate in health promotion activities and events focusing on exercise, stress management and nutrition.</p> <p>Specific Events include: -PTA Luncheons -2nd Wednesday Team Meetings (Focus on Wellness) -Breast Cancer Awareness Day -Super Hero Day -Tasty Thursdays</p>	<p>*WCPS Central Office Health & Wellness Coordinator *SHES Administrative Team *SHES Health & Wellness Team *SHES Teachers</p> <p>-PTA -Dr. Cooper & Karen Baker -Dr. Cooper -Dr. Cooper -Dr. Cooper -Colby Haines -Colby Haines, Mia Byrd, Susan Smith -Vendor -Vendor -Dr. Cooper</p>	<p>June 2019</p>	

-Care First Massages -Coffee Bar -Snack Machine in Lounge -Drink Machine in Lounge -Candy during meetings			

IMMEDIATE NEXT STEPS

1. Begin implementing SHES' health & wellness plan. (See the attached SHES School Action Plan for specific steps.)