

District 112 SHIP Activity Summary: 2018-2019

SCHOOL	ACTIVITIES	MEASURABLE OUTCOMES	SHIP FUNDING/ STRATEGY
Bluff Creek Elementary	<ul style="list-style-type: none"> • Promoted essential topics on healthy eating through presentations, taste tests, health tips of the day, Fuel Up to Play 60, Yum Power, and school garden. • Increased physical activity in classroom by piloting Read and Ride—students used under-the-desk peddlers and exercise desks in classrooms. • Offered stress management programs for staff, including self-care bingo, stress reduction class, yoga class, and mindfulness March (for staff and students). 	<ul style="list-style-type: none"> • Nearly 10 students/day engaged in physical activity through in Read and Ride. • 100% of teachers surveyed said the peddlers and exercise desks helped students focus. • 100% of teachers surveyed wanted to continue the Read and Ride program. • 71% of staff supported healthy celebrations in the classroom initiatives. • There was high participation in staff wellness activities throughout the years. 	\$823.47 / Active Classrooms
Carver Elementary	<ul style="list-style-type: none"> • Encouraged birthday treat guideline compliance—sent reminders to parents and discussed guidelines in classes to encourage non-food items. • Teachers provided students with movement breaks if they were required to sit more than 30 minutes during instruction. Incorporated activity into lessons and provided brain breaks. 		
Chanhassen High School	<ul style="list-style-type: none"> • Enhanced school garden. Garden club held fundraisers and led garden initiative. • Yellow Umbrella Committee met monthly to plan and support. • Walks and activities frequently offered on Personal Development days. • Gathered information and completed bid for hydration station (on hold this year). 	<ul style="list-style-type: none"> • Garden outcomes are pending 	\$2739 / School-Based Agriculture

Chaska Middle School East*	<ul style="list-style-type: none"> Installed a hydration station. 	Pending	\$1065.65 / Healthy Hydration
Chaska Middle School West	<ul style="list-style-type: none"> Completed staff water challenge. Offered at least three WIN sessions each week for students to engage in physical activity; activities varied each week. Also had one WIN session each month focused on physical activity. Partnered with nutrition services and librarian to highlight different foods and recipes on the morning show to expose students to new foods. Created an “anyone can have” snack area with leftover food from lunch and breakfast; students have access to this food throughout the day. 	<ul style="list-style-type: none"> Staff consumed 1000 gallons of water during water challenge. 	
Clover Ridge Elementary	<ul style="list-style-type: none"> Updated indoor recess and active classroom equipment storage to facilitate more use. Met with Kim and Spencer to put together an updated snack cart menu (will be managed by Nutrition Services next year). Working on getting stand-up desks for staff. 		\$178.89 / Active Classrooms
East Union	<ul style="list-style-type: none"> Incorporated more structured yoga into PE class. School garden planted again by students with help from staff and parent volunteers/ PE teacher will coordinate Run-A-Marathon Club for students and staff in the fall. 	<ul style="list-style-type: none"> Implemented a yoga unit, totaling 5 hours of yoga during PE classes in April. Completed weekly PE yoga sessions in April, May and June. After completing the sessions, 60% of 2nd-5th grade students reported they would try yoga outside of school. 	\$1954.96 / Quality PE
Family Learning Center	<ul style="list-style-type: none"> Installed a hydration station. Promoted healthy hydration – drinking water and avoiding sugary drinks – with posters and displays. Teachers read Potter the Otter books in class to promote healthy hydration. Sent monthly email on wellness and positive mental health tips. Mapped out a gratitude walk to promote activity and positive mental health/gratitude in the workplace. 	<p>At the completion of the healthy hydration promotion and hydration station installation:</p> <ul style="list-style-type: none"> The majority (64%) of staff drink more water and 40% consume fewer sugar-sweetened beverages during the school week. 	\$207.50 / Healthy Hydration

		<ul style="list-style-type: none"> The majority (61%) of staff are more knowledgeable about which beverages contain sugar and 79% now know more about how much sugar is in these beverages. 53% of respondents use the water bottle filling station daily. 	
Integrated Arts Academy*	<ul style="list-style-type: none"> Installing exercise equipment in wellness room to promote student and staff physical activity before, during and after school. 	Pending	\$1775.98 / Active Classrooms
La Academia/ Kinder Academy	<ul style="list-style-type: none"> Installed a hydration station. Promoted healthy hydration through bilingual posters, 30-day water challenge for upper grades, sugar content poster display, Potter the Otter books and activities for K-1st grades, campaign kickoff assembly, donated water bottles for staff and students, and regular communications through staff emails and meetings. Held mandatory training for all teachers and staff on how to use Academics in Motion (AIM) room. Will provide additional training at the beginning of next school year. Added new products to use in AIM and other classrooms to promote physical activity. 	<ul style="list-style-type: none"> 100% of staff surveyed report the installation of the hydration station has improved overall staff and student wellbeing. 71% of staff surveyed report their water consumption increased since the installation of the hydration station. 77% of staff who use the AIM room find it makes a difference with their students' abilities to concentrate and learn. 	\$2958 / Healthy Hydration and Active classrooms
Pioneer Ridge Middle School	<ul style="list-style-type: none"> Created expectations for outdoor time. Used a checkout system for checking out outdoor equipment. Accessed the gym during winter months (when available). Accessed the pool during the day to increase opportunities for activity. 		
STAR	<ul style="list-style-type: none"> Students completed agriculture curriculum—learned how to grow and care for plants and how these skills could be used as a profession. Students were exposed to new foods. Students were encouraged to drink more water daily by trying a new flavored water each week. Students completed healthy snacks curriculum. 	<ul style="list-style-type: none"> 75% of students who completed the horticulture curriculum increased knowledge. Increase in students that plan what they are going to eat for meals (64% vs. 41%). 	\$2958 / School-Based Agriculture

	<ul style="list-style-type: none"> • Students complete circuit activities as part of recreation and leisure classes. 		
Victoria Elementary	<ul style="list-style-type: none"> • Completed Power Yum tasting challenge. Students tracked fruit and vegetables. • Students used heart rate monitors in PE to raise awareness of exercise zones. • Held a teacher walking club every Tuesday and Thursday in the spring after school. • Connected with Stacy Godwin to learn more about Read and Ride program –considering this for the future. • Continues to use activity rugs for students to engage in classroom physical activity. • Continued to have a school garden. 		\$328 / Active Recess

*no summary report received

Updated 6/11/2019