



## Developing Goals for Your School's Wellness Plan

**NOW THAT YOU KNOW HOW WELL YOUR SCHOOL IS IMPLEMENTING WELLNESS PRACTICES**, we can set some goals for the upcoming year. Please keep in mind that one goal needs to be incorporated into the School Improvement Plan.

Goals give us something to aim toward, a way of knowing if we have reached an endpoint. When we create goals, we want to make sure we understand when we have reached them. To do this, we must make sure they are **SMART**:

- **Specific** means that it is written in a way that everyone will interpret the same way. This also answers questions about what is being done and how you know when it is done?
- **Measurable** answers the question(s) about how we prove it, how many participated, or what changed because we completed something?
- **Attainable** meaning, can it be done given the time, people, and resources?
- **Relevant** forces you to double check that it relates to the regulations.
- **Time-Bound** reminds you to pick a due date.



## What the Assessment Scores and Priorities Reveal

The assessment scores will guide us through developing goals. Keep in mind the following when developing goals:

### Things to Consider When Developing Health and Wellness Goals

- **Importance:** How important is this goal to achieving a healthy school culture and climate? Why?
- **Feasibility:** Is the goal realistic?
- **Reach:** How many people will this change affect?
- **Strength:** What impact will this goal have on behavior and cultural change?

## Developing Goals from the Assessments:

First, look at your Core School Environment Needs Assessment (page 11). List any gaps (scores of less than 3) that you notice here and determine a goal to meet the required standard fully. The goals you list here should be your committee’s priority until you score a 3 (fully in place) for all the items listed.

Core School Environment Assessment Results and Related Goals	
Identified Gap	Goals
<i>Example: Q2. All school stakeholders are represented on the school wellness council/wellness team. Score 2.</i>	<i>By [date], increase the wellness council/wellness team’s diversity to be more representation of the school community.</i>
1.	
2.	
3.	
4.	

Next, look at the Enhanced School Environment Assessment (page 13). List the items on which you scored less than 3, that were prioritized as High. If there are no high-priority scoring items, go to the next level of priority. Discuss with the LSWC which items the school would like to focus on this year. Keep your team member’s strengths in mind in determining which goals to focus on. Create up to three goals that address the identified gaps. These may become your goals for your action plan.

Enhanced School Environment Assessment Results and Related Goals		
Priority	Identified Gap	Goals
<b>H</b>	<i>Example: Q11. The MCPS Wellness regulations have been shared with staff.</i>	<i>By [date], ensure that the wellness regulations have been shared with all staff in an accessible format.</i>
1.		
2.		
3.		
4.		

By now, you will have narrowed down the priorities you would like to address during this school year. Double-check to see if you followed best practices.

### Best Practices

- Use the information provided by the School Environment Needs Assessment.
- Use the Local School wellness council/wellness team to strengthen current wellness practices and strategies.
- Write goals to address priority areas that emerge from your assessment.