

Date of Assessment:				School/Work Location Wellness Action Plan 2019.20			
Name of School/Work Location: Freedom MS		Number of Students: 1085		Number of Employees: 100			
Nutrition Education and Promotion Goal(s):		Goal Status (select one):	Number of Participants	Notes:			
1.	Water consumption challenge	Not Completed	100	Winning team=duty free lunch			
2.	Healthy snacks at meetings/mail room	In Progress	100				
3.		Choose an item.					
4.		Choose an item.					
Social, Emotional, Mental Health Goal(s):		Goal Status (select one):	Number of Participants	Notes:			
1.	Morning music	In Progress	100	Teacher survey for fave songs			
2.	Daily quiet time goal	Not Completed	100				
3.	Introduce Lifeworks to staff	In Progress	100	Explain during staff meeting			
4.		Choose an item.					
Physical Activity Goal(s):		Goal Status (select one):	Number of Participants	Notes:			
1.	10,000steps a day	Not Completed					
2.	Staff fitness room	Not Completed					
3.	Weight loss competition	In Progress					
4.		Choose an item.					
Other School-Based Activities that Promote Employee and/or Student Wellness:		Goal Status (select one):	Number of Participants	Notes:			
1.	On site flu shots available	Completed					
2.	Seasonal activities for staff	Not Completed		Halloween "Boo's", Secret elves			
3.	Teacher thanking teachers bulletin board	In Progress					
4.		Choose an item.					
District Nutrition Guidelines for Beverages Sold to Students		Status (select one):	Choose an item.	Notes:			
District Nutrition Guidelines for All Foods and Beverages Not Sold to Students		Status (select one):	Choose an item.	Notes:			

(i.e. classroom parties, foods given as reward).			
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Key	
Completed	select if you have met this goal at all schools
Partially Completed	select if one or more schools has met this goal
In Progress	select if you are working on the goal, but none of the schools have met the goal
Not Completed	select if you have not begun working on this goal

Wellness Plan Leadership <i>Name of school or district level official(s)</i>	Position Title	Notes:
1. Laura Dunlap		
2.		
3.		
Wellness Committee Involvement <i>List of committee members names</i>	Position Title	Notes:
1. Laura Dunlap		
2. Patty Bonk		
3. Todd Mickler		
4.		
5.		
6.		
7.		

Communication of Wellness Plan, Activities and Goals <i>Where it is posted i.e. webpage, handbook, etc.</i>	How often it is updated/released:	Notes:
1. Mail room	Weekly	
2. Monthly emails	monthly	
3.		
4.		

