



**School/Work Location Wellness Action Plan 2019.20**

Date of Wellness Plan Establishment: 10/22/2019		<b>School/Work Location Wellness Action Plan 2019.20</b>	
Name of School/Work Location: Mill Creek Middle		Number of Students: 1470	Number of Employees: 122 staff/faculty
<b>Nutrition Education and Promotion Goal(s):</b>	<b>Goal Status (select one):</b>	<b>Number of Participants</b>	<b>Notes:</b>
1. Monthly Nutrition Promotion	Choose an item.		Organized through School Nutrition
2. Healthy Recipe of the Month for Teachers	Choose an item.		Promoted through Newsletter
3.	Choose an item.		
4.	Choose an item.		
<b>Social, Emotional, Mental Health Goal(s):</b>	<b>Goal Status (select one):</b>	<b>Number of Participants</b>	<b>Notes:</b>
1. Stress Reduction	Choose an item.		Mindful Mornings for Teachers
2. Mental Health Awareness	Choose an item.		Counselor Newsletters
3. Employee Support	Choose an item.		Weekly Duty-Free Lunch
4. Community Growth	Choose an item.		Quarterly Activities (ex. Booing, Secret Santa)
<b>Physical Activity Goal(s):</b>	<b>Goal Status (select one):</b>	<b>Number of Participants</b>	<b>Notes:</b>
1. Teacher Bootcamp	Choose an item.		
2. Faculty/Staff Monthly Fitness Challenge	Choose an item.		
3. Running Club	Choose an item.		
4. Mile Boards	Choose an item.		
<b>Other School-Based Activities that Promote Employee and/or Student Wellness:</b>	<b>Goal Status (select one):</b>	<b>Number of Participants</b>	<b>Notes:</b>
1.	Choose an item.		
2.	Choose an item.		
3.	Choose an item.		
4.	Choose an item.		
<b>District Nutrition Guidelines for Beverages Sold to Students</b>	<b>Status (select one):</b>	Choose an item.	<b>Notes:</b>
<b>District Nutrition Guidelines for All Foods and Beverages Not Sold to Students</b> <i>(i.e. classroom parties, foods given as reward).</i>	<b>Status (select one):</b>	Choose an item.	<b>Notes:</b>

This institution is an equal opportunity provider.

October 2019



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

<b>Wellness Plan Leadership</b> <i>Name of school or district level official(s)</i>	<b>Position Title</b>	<b>Notes:</b>
1. Matthew May	Principal	
2. Donna D. Ross	PE Teacher	
3. Jana Redman	PE Teacher	
<b>Wellness Committee Involvement</b> <i>List of committee members names</i>	<b>Position Title</b>	<b>Notes:</b>
1. Katie Hruby	Cafeteria Manager	
2. Thania Molina	School Nurse	
3. Jamie Vecsey	Counselor	
4. Alicia Davis	Counselor	
5. Kari Barbour	ILS	
6. Eliot Galyean	PE	
7. Jim Elder	PE	
8. Deb Lea	Family and Consumer Science Teacher	
9. Katherine Cook	6 <sup>th</sup> grade Teacher	
10. Julie Schumaker	7 <sup>th</sup> grade Teacher	
11. Margarita Nickell	8 <sup>th</sup> grade Teacher	
12. Farran Cheatwood	8 <sup>th</sup> grade Teacher	
13. Una Smit	Special Education Teacher	



<b>Communication of Wellness Plan, Activities and Goals</b> <i>Where it is posted i.e. webpage, handbook, etc.</i>	<b>How often it is updated/released:</b>	<b>Notes:</b>
1. Wellness Plan will be posted in MCMS Teacher Handbook	Annual	
2. Email blast of Wellness Activities	Monthly	
3. Wellness Newsletter	Monthly	
4.		