



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

Date of Assessment: 11/4/2019		<b>School/Work Location Wellness Action Plan 2019.20</b>	
Name of School/Work Location: Tippens Education Center	Number of Students: 54		Number of Employees: 52
<b>Nutrition Education and Promotion Goal(s):</b>	<b>Goal Status (select one):</b>	<b>Number of Participants</b>	<b>Notes:</b>
1. 1 Fruit OR Vegetable a Day on campus	In Progress		
2. Healthy Recipe of the Month workshop	Choose an item.		
3. Drink 32 oz of water each day on campus	In Progress		
4. Healthy Snack instructionals	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. Weekly Group Therapy	Choose an item.		
2. Weekly Breathing and Movement Class	Choose an item.		
3. Weekly Art/Music Therapy and Drum Circle	Choose an item.		
4. Weekly Individual Therapy	Choose an item.		
<b>Physical Activity Goal(s):</b>	<b>Goal Status (select one):</b>	<b>Number of Participants</b>	<b>Notes:</b>
1. Weekly Yoga Class	In Progress		
2. 10-minute walk each day on campus	In Progress		
3. 30 minutes of exercise 4 times a week	In Progress		
4.	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. Memorial Day 5K	Choose an item.		
2. Food Drive	Choose an item.		
3. School Food Pantry	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>



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. Kris Henderson	Teacher	
2. Kimberly Barger	Principal	
3. Wes Satterfield	Assistant Principal	
Wellness Committee Involvement <i>List of committee members names</i>	Position Title	Notes:
1. Joey Veltri	PE Teacher	
2. Kelly Schalliol	Counselor	
3. Laurie Palmer	Social Worker	
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. Teacher workroom	Once a month	
2. Cafeteria	Once a month	
3.		
4.		