



Date of Assessment: November		School/Work Location Wellness Action Plan SY22-23	
Name of School/Work Location: Arnold Mill Elementary		Number of Students: 805	Number of Employees: 102
Nutrition Education and Promotion Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. National School Lunch Week	Completed	All staff and students	October - Promoting student nutrition
2. National School Breakfast Week	In Progress	All staff and students	March - Promoting student nutrition
3. Grab and Go Breakfast	In Progress	All students	Easy access to a healthy breakfast
4. Gardening Club	In Progress	23 + 1 staff member	Learning about and planting a vegetable garden while exposing students to healthy food choices; What's grown in the garden is served with school lunch when possible
5. Share a Healthy Recipe - once a month	In Progress	All staff	Healthy recipe placed in teacher's lounge/central location each month- shared with staff
Mental Health & Wellness Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Red Ribbon Week	Completed	All staff and students	October 23-31
2. Classroom guidance lessons	In Progress	All students	Monthly lessons from the K-5 counseling curriculum.
3. Counselor Lunch Bunch	In Progress	100 students	Making connections with students - lunch with the school counselor, weekly lunch bunches for 6-8 weeks with various students attending throughout the year
4. Speak Up Be Safe	In Progress	All students	
5. Mustang Mentors	In Progress	20 students and 20 staff members	Support student behavior, emotional and social wellness
6. PBIS (Positive Behavior Intervention and Supports)	In Progress	All students	Positive behavior reinforcement/ community partners (program/support)
7. Positive Office Referral	In Progress	All students	Sharing compliments for student achievement
8. CCSD Cares	In Progress	All staff and students	Program to promote our students' learning skills related to resiliency, happiness, intentionality, and success

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Physical Activity Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Fitness Gram	In Progress	1 st -5 th grade students	Multiple areas of fitness are tested
2. Weekly Zumba Classes	In Progress	15 staff members	Optional for staff
Other School-Based Activities that Promote Employee and/or Student Wellness:	Goal Status (select one):	Number of Participants	Notes:
1. Flu shots on campus-for staff	Completed	Staff	Optional for staff
2. Hearing and Vision screening	Completed	1st and 3rd grade students	Ensuring that student academics are not hindered by visual or auditory issues
3. Recess	In Progress	All students	Scheduled recess every day
District Nutrition Guidelines for Beverages Sold to Students	Status (select one):	Completed	Notes: All foods and beverages sold to students during the school day shall be consistent with USDA Smart Snack guidelines and shall comply with nutrition guidelines for each grade level. If food item does not meet the nutrition guidelines, it must qualify and be approved for an exemption.
District Nutrition Guidelines for All Foods and Beverages Not Sold to Students <i>(i.e. classroom parties, foods given as reward).</i>	Status (select one):	Completed	Notes: All foods and beverages not sold to students during the school day shall encourage and support healthy eating by students.

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

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Not Completed	select if you have not begun working on this goal
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Wellness Plan Leadership <i>Name of school or district level official(s)</i>	Position Title	Notes:
1. Daniel Fuller	Principal	Serving as Wellness Administrator
2. Jennifer Johnson	Assistant Principal	Serving as Wellness Co-Administrator
3. Abbey Philpot	Assistant Principal	Serving as Wellness Co-Administrator
4. Davy Cheek	PE Teacher	Serving as Wellness Ambassador
Wellness Committee Involvement <i>List of committee members names</i>	Position Title	Notes:
1. Connie Hatcher	Counselor	Wellness Committee Member
2. Betty Miller	Nurse	Wellness Committee Member
3. Allyson Phillips	P.E. Teacher	Wellness Committee Member
4. Rebecca Fitch	Teacher - SPED	Wellness Committee Member
5. Ashley Rivera	Teacher - 4th	Wellness Committee Member
6. Jacquie Zaski	Media Specialist	Wellness Committee Member
7. Melinda Lacey	Nutrition Manager	Wellness Committee Member
8. Position Currently Open	Assistant Nutrition Manager	Wellness Committee Member

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. Faculty Meetings	quarterly	Information shared (as needed)

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2. Emailed to staff- Wellness News/Information	As needed	
4. Wellness Committee Meetings	monthly (as needed)	Information shared with grade levels as needed from committee

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