



School/Work Location Wellness Action Plan SY22-23

Date of Assessment: 8/17/2022			
Name of School/Work Location: Avery ES	Number of Students: 1105		Number of Employees: 111
Nutrition Education and Promotion Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Food Pantry	In Progress	AVES Staff/Students	Food drives for community members in need
2. Quarterly Wellness Newsletter	Not Completed	AVES Staff	Includes, nutrition tips/recipes, fitness tips/outings, stress relief, etc
3. School Garden	In Progress	AVES Staff/Students	Teaching points, harvested crops can be given out to teachers
4. Biggest Loser Contest	Not Completed	Open to AVES Staff	Weight loss contest
Mental Health and Wellness Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Quarterly Wellness Newsletter	In Progress	AVES Staff	Includes, nutrition tips/recipes, fitness tips/outings, stress relief, etc
2. Sunshine Events	In Progress	AVES Staff	Notes: Each month sunshine/wellness host specials events like staff luncheons, dress up days during holidays, stock the fridge treats
3. Monthly Cub Compliments	In Progress	AVES Staff	Staff submits compliments about other staff members and it is released in an email monthly.
4. Morning Meetings	In Progress	AVES Students	Daily
Physical Activity Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Morning Running Club	Not Completed	65-80	3 rd -5 th students have the option to come to the gym and jog once a week for a certain amount of time during the fall & then in the spring.
2. Fitness Gram	In Progress	K-5th	All students practice for the test in grades k-5 th . 4 th -5 th typically scores on the test are recorded. Students are encouraged to do their best.
3. Monthly Wellness Newsletter	In Progress	AVES Staff	Includes, nutrition tips/recipes, fitness tips/outings, stress relief, etc

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4. Adams Sports 5. Teacher Walking groups	Not Completed	AVES Students Any Staff	ASP program which allows students the opportunity to practice skills for various sports. Walking groups – sometimes form during biggest loser competition and teachers will walk afterschool on certain days.
Other School-Based Activities that Promote Employee and/or Student Wellness:	Goal Status (select one):	Number of Participants	Notes:
1. Recess	In Progress	All students	Daily recess
2. Flu Shots	Not Completed	Any staff member who wants	Free for all staff with proof of insurance. \$25 if not. Nov 12
3. Red Ribbon Week	Not Completed	AVES Staff & Students	Week of Oct 24
4.	Choose an item.		
District Nutrition Guidelines for Beverages Sold to Students	Status (select one):	Choose an item.	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):	Choose an item.	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
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. Jason Fitts, Chance Cain, & Katherine Wallace	PE Teachers	Avery Wellness Leaders
2. Dr. Lisa Turner	Principal	
3.		
Wellness Committee Involvement <i>List of committee members names</i>	Position Title	Notes:
1. Carrie Gilliam	Front Office	Committee Rep
2. Trayce Williams	ESOL/EIP	Committee Rep
3. Jessika Gilbert	K	Committee Rep
4. Karen Sexton	1st	Committee Rep
5. Heather Queen	2nd	Committee Rep
6. Hannah Williams	3rd	Committee Rep
7. Regina Martin & Sarah Kay Dobbs	4 th & 5 th	Committee Rep

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. Wellness Newsletter	Every 9 weeks	Email to faculty and staff as a sway
2. Cubs Compliments	Monthly	Email to teachers
3. Food Pantry – Food Drive – communicated to parents through website & aspen notifications	Every couple of months as needed to restock	Parent square communication about food drives
4. Sunshine Events	Monthly	Email to faculty and handouts in boxes about upcoming events.

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