



Date of Assessment: 11/8/22		School/Work Location Wellness Action Plan SY22-23	
Name of School/Work Location: Carmel Elementary		Number of Students: 890	Number of Employees: 110
<b>Nutrition Education and Promotion Goal(s):</b>	<b>Goal Status (select one):</b>	<b>Number of Participants</b>	<b>Notes:</b>
1. Water intake through fountains	In Progress	1000	Got water fountains back on
2. Providing nutritious breakfast/lunch daily	In Progress	1000	
<b>Mental Health &amp; Wellness Goal(s):</b>	<b>Goal Status (select one):</b>	<b>Number of Participants</b>	<b>Notes:</b>
1. PTA Luncheons	Partially Completed	110	
2. Chiropractor Visit for staff	Completed	110	
<b>Physical Activity Goal(s):</b>	<b>Goal Status (select one):</b>	<b>Number of Participants</b>	<b>Notes:</b>
1. Gallop of the Colts (running/walking)	Completed	1000	
2. Running Club	In Progress	40	Meets Thursdays after school and anyone is welcome
<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. Cultural Arts (Dancing and Arts)	Completed	200	
2. Rodeo (PBIS)	In Progress	1000	
<b>District Nutrition Guidelines for Beverages Sold to Students</b>	<b>Status (select one): Milk, juice, water.</b>	In Progress	<b>Notes:</b> 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.
<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>	In Progress	<b>Notes:</b> 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

Wellness Plan Leadership <i>Name of school or district level official(s)</i>	Position Title	Notes:
1. Reed Nixon	Leader	School Based
2.		
3.		
Wellness Committee Involvement <i>List of committee members names</i>	Position Title	Notes:
1. Julie Ziemecki	Member	
2. Jill Noojin	Member	
3. Kendall Scott	Member	
4. Stacy York	Member	
5. Amanda Pingley	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. Email	Monthly	
2. Parent Square	Monthly	
3.		

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