



Date of Assessment: 12/1/22		School/Work Location Wellness Action Plan SY22-23	
Name of School/Work Location: Clark Creek STEM ES		Number of Students: 1,094	Number of Employees: 134
Nutrition Education and Promotion Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. School Garden (classes & clubs)	In Progress	Whole school	Classes and clubs use the garden to learn about the importance of growing their own vegetables
2. Food Pantry	In Progress	80 families/week	Pantry for students to get food for their families weekly
3. Encourage water consumption	In Progress	Whole staff	Water challenge with staff teams to see who drinks the most water
4. Healthy food cart	Partially Completed	Whole staff	Admin or SPARK treats staff to a healthy treat on a regular basis
5. Cooking education	In Progress	Students	Students participate in cooking in our school kitchen classroom
6. School Garden partnership with School Cafeteria	Partially Completed	Students	Students grow produce in the school garden to be used in the cafeteria for lunches
7. Stock the Fridge	Partially Completed	Whole staff	SPARK stocks teacher lounge fridge with healthy snacks
8. Fun Food Friday	Partially Completed	Whole staff	SPARK hosts a quarterly lunch for purchase from a healthier optioned restaurant
Mental Health & Wellness Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Student Recognitions	Partially Completed	540	RedHawk of the months nominated by teacher or class
2. Teacher Shoutouts- "Mason Jar Moments"	Partially Completed	Whole staff	Staff recognize each other for a shoutout
3. Positive Office Referrals	Partially Completed	Students	Staff refers students to administrators for a recognition of positive behavior
4. Check In/Check Out program	Partially Completed	Students	Students who need an adult mentor meet daily with an assigned teacher
5. DEAT - "Drop Everything and Tribe"	Partially Completed	Staff & students	Each homeroom is paired with another homeroom to build community amongst students and staff

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6. Morning Meetings	In Progress	Staff & students	CCSD Cares lessons and teacher directed lessons that support students
7. Small/large group counseling	Partially Completed	Students	Through our counseling department
8. Character Education - "Tribal Traits"	Partially Completed	Students	County issued character words are highlighted weekly as Tribal Traits
9. "One-Word" bracelets	In Progress	Whole staff	Staff selects their word of the year to focus upon and we stamp into cuff bracelets
10. Mindful moments	Partially Completed	Staff/students	Brain breaks and calming activities
11. Nathan Maynard's Restorative Practices Toolkit	In Progress	CCES Cares Committee	CCES Cares Committee is completing a study on these practices, including support for students' mental health
Physical Activity Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Step Challenge	In Progress	Whole staff, optional	Participating staff divided into teams to track how many steps for the month
2. Brain breaks transitions to move	Partially Completed	Students	Allows students to get the wiggles out between subjects and as needed
3. Power Up for 30	Partially Completed	Students	Exercise in the morning in the gym to start the day
4. Soccer Club	Partially Completed	60 students	Weekly soccer club for participating students
Other School-Based Activities that Promote Employee and/or Student Wellness:	Goal Status (select one):	Number of Participants	Notes:
1. Tribals/Winning DEAT/SOARING	Partially Completed	Whole school	Six tribes compete for points. Winning tribe participates in a special activity. SOARING: Show our greatness Offer kindness Aim for success Respect yourself and others Include all Never give up Grow through change
2. Staff-to-Staff Gifting - October "Boo"	Completed	Whole staff, optional	Secret pal style gift giving
3. Valic Representative visit	Completed	Whole staff, optional	Financial wellness

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4. Staff Wellness Survey	In progress	Whole staff, optional	Feedback for SPARK committee on staff wellness so they can plan opportunities
5. Staff Community Building activities and sessions	Partially Completed	Whole staff, optional	Provides opportunities to build relationships
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. We only sell ala carte 100% juice boxes and 8 oz. water to students.
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: Outside food is not allowed in the cafeteria. Any birthday treats must be communicated to the teacher in advance. Teachers are encouraged not to give food as a reward when possible. 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. Jama McCartney	Art teacher/ Wellness Ambassador	Co-chair SPARK

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2. Joey Moss	Principal	
3. Meredith Rocker	Assistant Principal	
Wellness Committee Involvement <i>List of committee members names</i>	Position Title	Notes:
1. Rebecca Coleman	2 nd grade teacher	Co-chair SPARK
2. Amber Yackee	Kindergarten teacher	
3. Megan Mathis	1 st grade teacher	
4. Christina Martin	2 nd grade teacher	
5. Shelly Carter	3 rd grade teacher	
6. Wade Cox	4 th grade teacher	
7. Lauren Rose	5 th grade teacher	
8. Kim Boehringer	ESOL teacher	
9. DeeJay Sexton	SPED teacher	
10. Alyssa Martin	Counselor	

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. Weekly Wellness Updates-Monday Minutes	Weekly	
2. Parent/Community Awareness	Quarterly	
3. SPARK Committee	Monthly or as needed	

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