



**School/Work Location Wellness Action Plan 2022-23**

Date of Assessment: Nov. 2022			
Name of School/Work Location: Clayton ES		Number of Students: 302	Number of Employees: 56
<b>Nutrition Education and Promotion Goal(s):</b>	<b>Goal Status (select one):</b>	<b>Number of Participants</b>	<b>Notes:</b>
1. National School Nutrition Week	Completed	Student Body	October 10-14, 2022
2. Nutrition Bulletin Board	Partially Completed	Student Body	Board with Healthy Information changed Monthly
3. National School Breakfast Week	Not Completed	Student Body	March 6-10, 2023
4.	Choose an item.		
<b>Mental Health Goal(s):</b>	<b>Goal Status (select one):</b>	<b>Number of Participants</b>	<b>Notes:</b>
1. Morning Meetings	In Progress	All Homerooms	Daily meetings to discuss classroom items needing attention
2. Care Fair	Completed	Faculty and Staff	Local businesses and vendors that specialize in services that promote self-care participated in a fair during teachers' planning periods. They offered discounted services, door prizes and samples.
3. Shout -Out Board	In Progress	Faculty and Staff	Board for faculty and staff to recognize members who have gone above and beyond in some area. Changed Monthly to allow new submissions. The notes are delivered to staff members at the end of the month.
4. Character Bulletin Board	In Progress	Faculty, Staff & Student Body	Board is changed monthly with character words and motivational sayings. The Student and Staff member of the month have their picture displayed as well.
<b>Physical Activity Goal(s):</b>	<b>Goal Status (select one):</b>	<b>Number of Participants</b>	<b>Notes:</b>
1. Running Club	In Progress	Open to 3 <sup>rd</sup> -5 <sup>th</sup> Grade students	
2. Fitnessgram Practice- All grade levels will practice parts. 3 <sup>rd</sup> grade will do full battery with 4 & 5, but it will only count for 4 & 5.	In Progress	K-5 <sup>th</sup> Grade Students	Grades 1-3 will record Height and Weight only- 4 & 5 will record Height, Weight, and full battery of events.

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October 2020



3. Participation in 5k events as staff	In Progress	Available to all staff	Move It 5k, Smile Run, (completed) other events are available throughout the year
4. Walk At School Events	In Progress	Student Body	
<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. Recess Laps	In Progress	Student Body	Each child completes three laps either inside or outside the playground area before beginning Recess.
2. Morning News Health Tips	In Progress	Student Body	Weekly tips on Morning News Cast
3. Hearing and Vision Screening	In Progress	Students are tested individually as needed	
4. "Stretch out your Planning"	Completed	Staff	During their planning time, a Personal trainer led staff through a stretching exercise designed especially for teachers to relieve tension in muscles.
<b>District Nutrition Guidelines for Beverages Sold to Students</b>	<b>Status (select one):</b>	Completed	<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.

<b>Key</b>	
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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<b>Wellness Plan Leadership</b> <i>Name of school or district-level official(s)</i>	<b>Position Title</b>	<b>Notes:</b>
1. Heather Chesnut	<b>School Counselor</b>	<b>Wellness Ambassador</b>
2. Carrie O'Bryant	Principal	
3. Anne Cross	PE Teacher	
<b>Wellness Committee Involvement</b> <i>List of committee members names</i>	<b>Position Title</b>	<b>Notes:</b>
1. Crystal Smith	Lunchroom Manager	
2. Cheryl Gazaway	Teacher-2nd	
3. Mandy Ragsdale	Teacher-K	
4. Stephanie Vocks	Teacher-2nd	
5. Shelley Evers	Teacher-1st	
6. Jane Jarrett	Teacher-Sped	
7. Mechelle Chafin	Teacher- 1st	

<b>Communication of Wellness Plan, Activities and Goals</b> <i>Where it is posted i.e. webpage, handbook, etc.</i>	<b>How often it is updated/released:</b>	<b>Notes:</b>
1. Newsletter-Emailed to staff	Monthly	
2. SEL Bulletin Board	Monthly	
3. Faculty Meeting	As information becomes available	As information becomes available, it is redelivered to staff.
4. Intermittent Opportunities	As new information becomes available	If new information becomes available in between faculty meeting dates, it is sent out as an email update.