



School/Work Location Wellness Action Plan SY22-23

Date of Assessment: 11/3/33		School/Work Location Wellness Action Plan SY22-23	
Name of School/Work Location: ET Booth MS		Number of Students: 0	Number of Employees: 50
Nutrition Education and Promotion Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Decrease the number of participants who need to identify essential nutrients by 25%	Not Completed	26	By the end of the year, at least 6 of 26 participants will be able to identify essential nutrients.
2. Increase/improve the number of participants that understand food ingredients.	Not Completed	14	By the end of the year, the number of people who understand food ingredients will improve by 25% (at least 3 of 14 will understand food ingredients).
Mental Health & Wellness Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Increase the number of participants who feel positive about their mental health by 25%.	Not Completed	27	34 to feel more positively
2. Decrease the number of participants who feel negatively about their mental health by 25%.	Not Completed	14	Get that down to no more than 10!
Physical Activity Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Decrease the number of participants who feel negatively about their physical health by 25%.	Not Completed	19	19 to 24
2. Increase the number of participants who feel positively about their physical health by 25%.	Not Completed	25	25 to 31
Other School-Based Activities that Promote Employee Wellness:	Goal Status (select one):	Number of Participants	Notes:
1. Sense of community/connection - gatherings outside of school	Not Completed	34	Improve sense of community connection in the building; gatherings outside of school (increase from 6 to 12 as present in first gathering)
2. Identify and prepare space at school for teachers ("break room" - a real one - mindfulness room).	In Progress	Whole school	Identified space, counselors preparing the space

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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

Wellness Plan Leadership <i>Name of school or district level official(s)</i>	Position Title	Notes:
1. Teresa Neal	Counselor	
2. Deborah Krug	Ambassador, PE teacher	
3. Marci Firebaugh	Social Worker	
Wellness Committee Involvement <i>List of committee members names - Sunshine Committee</i>	Position Title	Notes:
1. Kelly Sherrer	Principal's Secretary	
2. Beth Watkins	AP	
3. Teresa Neal	Counselor	

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4. Deborah Krug	PE, wellness ambassador	
5. Teachers: Abby Lett, Katherine Garland, Amy Webb, Kathy Cash	teachers	

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. Communicated by email and posted to Canvas page	Annually	
2.		
3.		

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