

Date of Assessment: 10/6/22-12/21/22		School/Work Location Wellness Action Plan SY22-23	
Name of School/Work Location: Hasty ES		Number of Students: 967	Number of Employees: 184
Nutrition Education and Promotion Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Healthy Corner in Weekly S'more	In Progress	184	Weekly – Shared with the entire staff. Nutritional ideas and healthy recipe sharing.
2. Garden Club with Farm to Table Initiative	Completed	40 club members 967 students impacted 184 staff impacted	Ongoing – Garden Club led by Cafeteria Manager and other employees. Students use vegetables from garden to provide fresh items to students and staff.
3. Wellness Washout (see below)	Completed	30-40 Average participation when given the opportunity	Ongoing – Opportunity provided to the entire staff. Nutritional challenges during the event.
Mental Health & Wellness Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. SEL Café	Completed	30-50 Average participation when given the opportunity	All staff is given the opportunity to order food on Fridays for a mental pick me up. A healthier option is provided.
2. Hasty Highlights – Weekly staff shout-outs	Completed	184	Weekly – Shared with the entire staff
3. Kindness Tree	In Progress	184	Ongoing – Posting notes of kindness
4. Kudos Cart and Chow Wagon	Completed	184	Ongoing – Teachers are recognized and rewarded for a variety of achievements. Chow Wagon provides a mental pick-me-up with healthy options available.
5. Morning Meetings/Journaling to create teacher connections with students and families and Prize Patrol Cart.	Completed	100	Daily during homerooms. Journals are sent home weekly for family journal nights to increase connection with families. Students are rewarded at random for participation in Family Journal Nights.
6. Sunshine Committee	Completed	10 committee members 184 staff impacted	Provides all staff with monthly mental pick-me-ups throughout the year.
Physical Activity Goal(s):	Goal Status (select one):	Number of Participants	Notes:



1. Wellness Wednesdays – Monthly Teacher Physical Activities (Theme Challenges, Group Walking, Team Sports, Pickleball, Cardio Drumming, etc.)	Completed	20-40 Average participation when given the opportunity	Monthly –
2. Team Steps Challenges	Completed	40-50 Average participation when given the opportunity	Ongoing – Opportunity provided to the entire staff. Wellness Activity without being face to face.
3. Wellness Washout (see below)	Completed	40-50 Average participation when given the opportunity	Ongoing – Opportunity provided to the entire staff. Physical Activity challenges during the event.
4. Strong 4 Life Program- School visits, virtual health messages, lunch visits, book readings, and exercise videos for students	Completed	184 Staff 967 Students	1-2 times a year
5. Physical Activity Clubs – Basketball, Soccer, Cheer, and Girls on the Run	Completed	Average of 200-300 students 10-20 staff members	A variety of clubs are offered throughout the year for all grade levels K-5.
<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. Wellness Washout – Once your card is full place it in the “Wellness Bucket” for prize drawing (Focuses on all 3 areas)	Completed	30-50 Average participation when given the opportunity	Ongoing – Opportunity provided to the entire staff. Wellness Activity without being face to face.
2. Weekly Health Announcements – Students provide a “Healthy Husky Wellness Tip” that is shared on the school news.	Not Completed	184 Staff 967 Students	The opportunity is given to students to submit a healthy tip that is read aloud on the school news.
3. Student Wellness Wednesday Videos provided by PE/Music/Art specials teachers	Completed	184 Staff 967 Students	Students participate in a variety of wellness videos that focus on all areas of health.
<b>District Nutrition Guidelines for Beverages Sold to Students</b>	<b>Status (select one):</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. Reviewed “Smart Snack” and nutrition standards for all foods sold in school

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			document with cafeteria manager and principal.
<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. Reviewed "Smart Snack" and nutrition standards for all foods sold in school document with cafeteria manager and principal.

<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

<b>Wellness Plan Leadership</b> <i>Name of school or district level official(s)</i>	<b>Position Title</b>	<b>Notes:</b>
1. Barry Dalton	PE-Wellness Committee Co-Chair County Wellness Ambassador	
2. Griff Tatum	PE-Wellness Committee Co-Chair	
3. Maria Rosario-Regan	Principal	
4. Beth Coryell	Assistant Principal	
5. Janet Marotte	Assistant Principal	
<b>Wellness Committee Involvement</b> <i>List of committee members names</i>	<b>Position Title</b>	<b>Notes:</b>
1. Sarah Gorman	1 <sup>st</sup> Grade	
2. Kate Bruner	5 <sup>th</sup> Grade	
3. Roger Kvam	PE	
4. Abbi Davis	K	
5. Claudia Revert	2 <sup>nd</sup>	

6. Taylor Almonte	3 <sup>rd</sup>	
7. Brittany Sperry	4 <sup>th</sup>	
8. Beth Trimbur	EIP/ESOL	
9. Aden Esposito	EIP/ESOL	
10. Kristen Derenthal	SPED	
11. Nicole Knight	SPED	

<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. Interest Survey Using Microsoft Forms	2 times a year	
2. Weekly Reminder of health activities in the Principal's S'more.	Weekly	
3. Quarterly update on initiatives/goals through email.	4 times a year	
4.		