



**School/Work Location Wellness Action Plan SY22-23**

Date of Assessment: 10.12.2022			
Name of School/Work Location: <b>HSES E.S.</b>		Number of Students: 721	Number of Employees: 93
<b>Nutrition Education and Promotion Goal(s):</b>	<b>Goal Status (select one):</b>	<b>Number of Participants</b>	<b>Notes:</b>
1. Holly Springs Garden Club	Completed	22	Students Actively Learn Basic Gardening Skills.
2. Food Group (MyPlate) Instruction - PE Class	Completed	721	Students learn food groups and healthy eating habits.
<b>Mental Health &amp; Wellness Goal(s):</b>	<b>Goal Status (select one):</b>	<b>Number of Participants</b>	<b>Notes:</b>
1. C.A.R.E.S. Lessons	Completed	721	Provided by HR teachers in a "morning meeting" format.
2. Monthly Counseling Dept SEL Meetings	Completed	721	Also includes small groups throughout the month that focus on self-regulating skills.
<b>Physical Activity Goal(s):</b>	<b>Goal Status (select one):</b>	<b>Number of Participants</b>	<b>Notes:</b>
1. Fit Club	Completed	44	4 <sup>th</sup> /5 <sup>th</sup> grade student club that promotes fitness, games, teamwork and sports.
2. Fitness/Aerobic Focus in PE	Completed	721	Students have PE every other day. Each class features a 7-10 minute warmup.
<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/Sunshine Committee	Completed	16	Snack Carts, Improv Night, Quarterly Themed Staff Luncheons, Staff Shout-Out Board, Gift Card Drawings
2. PBIS Partner Classes	Completed	721	Classes within school are paired up by PRIDEs (upper grade w/ lower grade).
<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.

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			Also, birthday treats bought through café.
<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

<b>Wellness Plan Leadership</b> <i>Name of school or district level official(s)</i>	<b>Position Title</b>	<b>Notes:</b>
1. Ashley Polito	Admin Rep	Approves and Supports the Mission of Wellness/Sunshine.
2. Heather Staples	Wellness/Sunshine Chair	Represents the Sunshine Role/Side.
3. Phil Dutko	HSES Wellness Rep	4 <sup>th</sup> Year in Position. Represents the Wellness Role/Side.
<b>Wellness/Sunshine Committee Involvement</b> <i>List of committee members names</i>	<b>Position Title</b>	<b>Notes:</b>
1. Heather Staples	Chair	2 <sup>nd</sup> Year in Position as Chair & Reg Ed Teacher.
2. Phil Dutko	Member	Wellness Rep & PE Coach
3. Amanda Anderson	Member	PE Coach
4. Tasha Huffschmidt	Member	Regular Ed Teacher
5. Dr. Jessica Porter	Member	Asst. Principal

<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>
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1. Teacher Mailroom	Instant	Items of Communication and Teacher Shout-Outs are Communicated on the Wellness/Sunshine Board in the Teacher Mailroom.
2. Email	Instant	SHBP Wellness and Sharecare Communication Forwarded to Staff.
3. Wildcat Chronicle	Weekly	All Wellness/Sunshine Info is Communicated Weekly in Newsletter.

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