

Date of Assessment: 11/4/22		School/Work Location Wellness Action Plan 2022-23	
Name of School/Work Location: Indian Knoll ES		Number of Students: 857	Number of Employees: 103
Nutrition Education and Promotion Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Harvest of the Month	In Progress	All	Monthly – Featured fruit and vegetable each month
2. Heritage of the Month	In Progress	All	Culturally focused Nutrition, focusing on foods from around the world each month
3. Garden Club (students)	Partially Completed	3-5 staff 20-30 students	The garden club works on understanding the healthy habits associated with gardening and the nutritional value of fresh vegetables. It's maintained by students with staff supervision and served to students at school.
4. Water cooler in Family Living Classroom and front office	Continuous	103	Spring water provided to staff to promote water daily water intake.
Social, Emotional, Mental Health Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Hospitality Committee	In Progress	60 +	All staff looks for opportunity to serve others. Cards, flowers, treats, small gifts, and meals are provided for those experiencing life changes, or for those who need a mental/emotional boost.
2. Staff Spotlight – Weekly staff shout-outs	In Progress	103	Weekly – Shared with entire staff. Highlights success and personal information about a new staff member each. Aids in getting to know coworkers on an individual level.
3. Sticky Notes Encouragement	In Progress	103	Quarterly – Admin and staff post notes of kindness and encouragement, noting the roles/contributions individuals make to better our students, staff, and school.

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4. Morning Meetings to create teacher connections with students and families	In Progress	All	Daily during homerooms. SEL topics are discussed and shared each morning, prior to the start of school within homerooms.
Physical Activity Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Staff Pickleball Challenges	In Progress	20+ Average participation when given the opportunity	Staff pickleball games hosted in gym. As a staff, we selected to focus on an activity that we could build upon as the year progresses. We are planning to host an end of the year tournament among staff members!
2. Team Steps Challenges	In Progress	40-50 Average participation when given the opportunity	Ongoing – Opportunity provided to entire staff to compete for Class Dojo points by logging steps throughout the day. Easy and fun way to increase movement.
Other School-Based Activities that Promote Employee and/or Student Wellness:	Goal Status (select one):	Number of Participants	Notes:
1. Student Mentoring Program	In Progress	10 + Staff 10 + Students	Teachers serve as mentors to at risk students, providing support, encouragement, and strategies to enhance student wellness and success.
2. Wellness Newsletter	In Progress	103 Staff	Information on SHBP news, nutrition/health, and community activities
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.
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: 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. Chris Sears	PE-County Wellness Ambassador	
2. Jason Bermudez	PE	
3. Kim Cerasoli	Principal	
Wellness Committee Involvement <i>List of committee members names</i>	Position Title	Notes:
1. Sara Kirkpatrick	1 st Grade	
2. Katie Smith	5 th Grade	
3. JoBeth Griffin	K	
4. Nicholle Waters	2nd Grade	
5. Lori Staud	3 rd Grade	
6. Angela Wooten	4 th Grade	
7. Chelsea Magee	SPED	
8. Lauren Abrams	ILS	
9. Collen DeLosh	Counselor	
10. Lois Boggs	Paraprofessional	
11. Samantha Peterson	Cafeteria Manager	
12. Jennifer Lewis	Media Specialist	

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: Posted in IKES OneNote

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1. Emails (as needed)	Weekly/Monthly	
2. Quarterly update on initiatives/goals through email.	4 times yearly	
3. Microsoft Forms Docs	As needed to prepare for events	