



School/Work Location Wellness Action Plan SY22-23

Date of Assessment: December 9, 2022		School/Work Location Wellness Action Plan SY22-23	
Name of School/Work Location: Johnston ES	Number of Students: 442		Number of Employees: 63
Nutrition Education and Promotion Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. National School Lunch Week	Completed	All staff and students	October-Promoting student nutrition
2. National School Breakfast Week	In Progress	All staff and students	March-Promoting student nutrition
3. Strong 4 Life Program	In Progress	All staff and students	Healthy choices campaign
Mental Health & Wellness Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Lunch Bunch w/ Counselors	In Progress	Select students	Scheduled as needed
2. Guidance Lessons in Classrooms	In Progress	All students	Planned lessons
3. Speak Up Be Safe Program	January	All students	Parent permission required
4. PBIS-Knights of the Ridge	In Progress	All students and staff	Positive behavior initiative
5. Paw Pals-Mentor Program	In Progress	Select students and teachers	Identified students matched with adult mentor-weekly interactions
6. Monthly Wellness Newsletter	In Progress	All staff	Monthly email to staff
Physical Activity Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Running Club	In Progress	4 th and 5 th grade	15 after school meetings-Fall and Spring
2. Fitnessgram	Not Completed	1 st through 5 th grade students	Completed by PE teacher in Spring
3.			
Other School-Based Activities that Promote Employee and/or Student Wellness:	Goal Status (select one):	Number of Participants	Notes:
1. Flu shots for staff	Completed	All staff	Optional flu shots
2. Hearing and vision screening	Completed	1 st and 3 rd grade students	
3. Daily recess	In Progress	All students	
4. Fire safety	Completed	All K and 1 st students	
5. Staff faculty meeting/holiday party		All staff	December get together-awards/games

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6. Monthly staff team building activities, monthly food bar during faculty meeting with cake for staff birthdays	In Progress	Certified staff for team building; all staff for food/cake	We play games, do Goosechase hunts, enjoy food and companionship before our faculty meetings each month.
District Nutrition Guidelines for Beverages Sold to Students	Status In progress	In Progress	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): In progress because this occurs all year long	In Progress	Notes: food is donated by parents/families for parties and rewards. All allergy concerns are met and adhered to by classroom. 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. Laura Akers	Principal	
2. Amy Walker	Asst. Principal	
3. Josh Philpot	PE Teacher	
Wellness Committee Involvement <i>List of committee members names</i>	Position Title	Notes:
1. Heather Duley	Counselor	

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2. Michael L'Esperance	Counselor	
3.		
4.		
5.		

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. Faculty/Leadership meetings	Monthly	
2. Emails	Weekly	
3. Announcements	Daily	

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