



| Date of Assessment: 11/17/2022                                                                                                                   |                                  | School/Work Location Wellness Action Plan SY22-23 |                                                                                                                                                                                                                                                                                                           |
|--------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------|---------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Name of School/Work Location: Knox ES                                                                                                            |                                  | Number of Students: 869                           | Number of Employees: 101                                                                                                                                                                                                                                                                                  |
| <b>Nutrition Education and Promotion Goal(s):</b>                                                                                                | <b>Goal Status (select one):</b> | <b>Number of Participants</b>                     | <b>Notes:</b>                                                                                                                                                                                                                                                                                             |
| 1. Crocktober                                                                                                                                    | Completed                        | 79                                                | Staff Meal/Share food recipes on board                                                                                                                                                                                                                                                                    |
| 2. Hydration Challenge                                                                                                                           | Not Completed                    |                                                   | Calendar/prizes                                                                                                                                                                                                                                                                                           |
| <b>Mental Health &amp; Wellness Goal(s):</b>                                                                                                     | <b>Goal Status (select one):</b> | <b>Number of Participants</b>                     | <b>Notes:</b>                                                                                                                                                                                                                                                                                             |
| 1. Calm App                                                                                                                                      | Not Completed                    |                                                   | Share at faculty meeting/share personal use stories and suggestions                                                                                                                                                                                                                                       |
| 2. Attitude of Gratitude                                                                                                                         | Completed                        | 90                                                | Snack Mix/Write thankful notes to staff members                                                                                                                                                                                                                                                           |
| <b>Physical Activity Goal(s):</b>                                                                                                                | <b>Goal Status (select one):</b> | <b>Number of Participants</b>                     | <b>Notes:</b>                                                                                                                                                                                                                                                                                             |
| 1. Walk It Out Wednesdays                                                                                                                        | In Progress                      |                                                   | Encourage staff to walk together in parking lot every other week                                                                                                                                                                                                                                          |
| 2. Steps Challenge                                                                                                                               | Not Completed                    |                                                   | Calendar/prizes                                                                                                                                                                                                                                                                                           |
| <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. Order Out                                                                                                                                     | In Progress                      |                                                   | Order out option on Fridays for lunch                                                                                                                                                                                                                                                                     |
| 2. Coffee/Tea                                                                                                                                    | In Progress                      |                                                   | Transition Academy serves beverages for staff                                                                                                                                                                                                                                                             |
| 3. Water Jug Dispenser                                                                                                                           | In Progress                      |                                                   | Provided for staff throughout the year                                                                                                                                                                                                                                                                    |
| <b>District Nutrition Guidelines for Beverages Sold to Students</b>                                                                              | <b>Status (select one):</b>      | Choose an item.                                   | <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. |
| <b>District Nutrition Guidelines for All Foods and Beverages Not Sold to Students</b><br><i>(i.e. classroom parties, foods given as reward).</i> | <b>Status (select one):</b>      | Choose an item.                                   | <b>Notes:</b> All foods and beverages not sold to students during the school day shall                                                                                                                                                                                                                    |

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|  |  |  | encourage and support healthy eating by students. |
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|---------------------|----------------------------------------------------------------------------------|
| <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><br><i>Name of school or district level official(s)</i> | <b>Position Title</b> | <b>Notes:</b>   |
|----------------------------------------------------------------------------------------|-----------------------|-----------------|
| 1.                                                                                     |                       |                 |
| 2.                                                                                     |                       |                 |
| 3.                                                                                     |                       |                 |
| <b>Wellness Committee Involvement</b><br><i>List of committee members names</i>        | <b>Position Title</b> | <b>Notes:</b>   |
| 1. Melanie Beavers                                                                     | Wellness Ambassador   | 3 <sup>rd</sup> |
| 2. Amanda Guinn                                                                        | Committee Rep         | K               |
| 3. Jennifer Garrison                                                                   | Committee Rep         | 1 <sup>st</sup> |
| 4. Ashley Sweat                                                                        | Committee Rep         | 2 <sup>nd</sup> |
| 5. Sally King                                                                          | Committee Rep         | 4 <sup>th</sup> |
| 6. Morgan Hutcheson                                                                    | Committee Rep         | 5 <sup>th</sup> |
| 7. Branigan Hughes                                                                     | Committee Rep         | SpEd            |
| 8. Erin Myers                                                                          | Committee Rep         | EIP/ESOL        |
| 9. Leslie Hicks                                                                        | Committee Rep         | Specials        |
| 10. Theresa Healen                                                                     | Committee Rep         | Knox Cafe       |
| 11. Tammie Anderson                                                                    | Administrator         |                 |

| <b>Communication of Wellness Plan, Activities and Goals</b><br><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. Email            | 1x month         | Monthly wellness calendar/upcoming school Wellness activities/<br>BeWell SHBP program |
| 2. School           | Posted as needed | Activities posted in mailroom/family living center as needed                          |
| 3. Faculty Meetings | 1x semester      | BeWell SHBP program intro/reminders                                                   |

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