



Date of Assessment: 12/15/2023		School/Work Location Wellness Action Plan SY22-23	
Name of School/Work Location: OGES		Number of Students: 488	Number of Employees: 96
<b>Nutrition Education and Promotion Goal(s):</b>	<b>Goal Status (select one):</b>	<b>Number of Participants</b>	<b>Notes:</b>
1. Healthy Recipe of the Month	Partially Completed	96	Kristen Rowburrey (Wellness Lead) sends out a healthy recipe each month for teachers to try. Each recipe includes the GaDOE "Harvest of the Month."
2. Healthy Snack Bar	Not Completed	96	Kristen Rowburrey and Sunshine Committee will set up a healthy snack bar for teachers to come enjoy during their planning period.
<b>Mental Health &amp; Wellness Goal(s):</b>	<b>Goal Status (select one):</b>	<b>Number of Participants</b>	<b>Notes:</b>
1. Holiday Dress- Up Days	Completed	96	Each day in December is a different holiday theme. For each day staff dresses up they put their name in a drawing for a prize. Teachers earn points for dressing up which allows them to receive (Free snack/drink, Lunch-off campus, Jean Days, Extended Planning, and dismiss with kid days). This has boosted school spirit and Holiday Joy! (December 2022)
2. "Pass the Notebook"	Not Completed	96	A notebook will be passed around. When teachers/staff receive the notebook they will write an encouraging note to a fellow staff member, who will then pass it on to another staff member and so on.
<b>Physical Activity Goal(s):</b>	<b>Goal Status (select one):</b>	<b>Number of Participants</b>	<b>Notes:</b>
1. After School Yoga Session	Not Completed	96	Teachers who can will meet after school for a Yoga Session lead by Laura Lang (a staff member who practices yoga regularly).
2. Walking Club + Step Challenge	Not Completed	96	Teachers and staff meet after school to walk. We will meet at local parks and trails. During the month of March we will have a

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			step challenge. Whoever gets the most steps each week will get a prize (TBD).
<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. Kudos	Partially Completed	96	Teachers submit "Kudos" where they are able to shoutout/compliment their colleagues at staff meetings. They can then turn in their Kudos to the front office for a sweet treat.
2. Sunshine Cart	Partially Completed	96	Administrators walk around with a cart that has coffee and different treats for teachers to step out of their classroom and have a snack during the day.
<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> <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 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. Penny Valle	Administrator	
2. Kristen Rowburrey	Wellness Committee Ambassador/Counselor	
3. Becki Ashworth	Sunshine Committee Lead/ESOL Teacher	
<b>Wellness Committee Involvement</b> <i>List of committee members names</i>	<b>Position Title</b>	<b>Notes:</b>
1. Laura Lang	Teacher	
2. Christina Conwell	Teacher	
3. Jennifer Broder	Teacher	
4. Haleigh Davis	Teacher	
5. Chrissy Carter	Teacher	
6. Haley Murphy	Teacher	
7. Jackie Dorsey	Teacher	
8. Ally Potter	Teacher	

<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. Email	1-2 times a week	
2. Calendar Invites	Monthly	
3.		

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