



Date of Assessment: 10/25/2022		School/Work Location Wellness Action Plan SY22-23	
Name of School/Work Location: River Ridge HS		Number of Students: 1881	Number of Employees: 163
Nutrition Education and Promotion Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Water Challenge; 64oz daily	In Progress	TBD based on sign up	Daily check in via forms doc; monthly winner
2. Biggest Loser challenge	In Progress	TBD based on sign up	Based on % loss; an email will be sent weekly with updates on those participating; newsletter will be sent with recipes, tips and tricks etc.
Mental Health & Wellness Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Massage for Staff	In Progress	~163	Company will be brought it 1x a semester for staff to sign up to receive massage.
2. Food Truck for staff	In Progress	~163	1-2x a semester a food truck will be on campus for teachers to purchase during their lunch period.
Physical Activity Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Steps Challenge	In Progress	TBD based on sign up	Daily check in via forms doc; monthly winner
2. Meet @ the Stadium	In Progress	TBD based on sign up	Staff can meet 2-3x a week together after school at the stadium to walk together either on the track or on the school campus grounds. No max time; however long is up to them.
Other School-Based Activities that Promote Employee and/or Student Wellness:	Goal Status (select one):	Number of Participants	Notes:
1. Top Golf	In Progress	TBD based on sign up	Top Golf evening with staff paid for by admin to create a fun atmosphere and culture.
2. Staff Bake Off competition	In Progress	TBD based on sign up	Staff bring in baked goods to taste/share in a friendly competition. (2 nd semester)



District Nutrition Guidelines for Beverages Sold to Students	Status (select one):	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	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. Todd Miller	Principal	
2.		
3.		
Wellness Committee Involvement <i>List of committee members names</i>	Position Title	Notes:
1. Julie Winfield	Teacher	
2. Jenna Covington	Teacher	
3. Kim Bearden	School Nurse	
4. Kim Manus	Teacher	

This institution is an equal opportunity provider.



5. Jennifer Schultz	Teacher	
6. Gloria Lathem	Teacher	

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. Knight News Week	Weekly-every Sunday	Weekly Staff received email
2. Wellness staff email	Weekly	
3.		