



Date of Assessment: 10/2022		School/Work Location Wellness Action Plan SY22-23	
Name of School/Work Location: Liberty E.S.		Number of Students: 972	Number of Employees: 111
Nutrition Education and Promotion Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Wellness Wednesdays	In Progress		
2. Healthy Snacks	In Progress		
Mental Health & Wellness Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Offer Yoga on one of the Wellness Wed.	In Progress		
2. Feb - Massages for teachers	In Progress		
Physical Activity Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Teacher Walking group, 5K in Dec, Zumba in Jan.	In Progress		
2. Take students out for nature walks/hunts	In Progress		
Other School-Based Activities that Promote Employee and/or Student Wellness:	Goal Status (select one):	Number of Participants	Notes:
1. One minute reflection time in classrooms	In Progress		
2. Wellness Bingo	In Progress		
District Nutrition Guidelines for Beverages Sold to Students	Status (select one): In progress	Choose an item.	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	Choose an item.	Notes: All foods and beverages not sold to students during the school day shall encourage and support healthy eating by students.

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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. Mrs. Sandi Harrison	Principal	
2. Lucy Pence	PE Teacher	
3.		
Wellness Committee Involvement <i>List of committee members names</i>	Position Title	Notes:
1. Ashlyn Grummer	ILS	
2. Gail Bennett	Counselor	
3. Dr. Erin Poindexter	Counselor	
4. Erika Dunn, Valerie Pfeffer, Star Countryman, Rebecca Haughn	Teachers	
5. Kim Smith, Torey Duhon, Lindsey Bevill, Jennifer Kay, Wendy Crumley	Teachers	

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. Email	Monthly	
2. Canvas Page	Monthly	
3. Around the building	Monthly	

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