



Date of Assessment: 12/1/2022		School/Work Location Wellness Action Plan SY22-23	
Name of School/Work Location: DRMS		Number of Students: 1457	Number of Employees: 137
Nutrition Education and Promotion Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. 21 Day Habit Initiative	Completed	School wide	Students and Staff are encouraged during ELT to participate in tracking their actions towards completing a goal that was established in the fall through weekly SEL.
2. "Swap This for That" healthy choices in Wellness newsletter	Completed	Sent to all staff in Newsletter	
Mental Health & Wellness Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. EAP	Completed	Unknown	EAP is promoted within the monthly wellness newsletters to staff
2. #BeTheCHAINge: creating goals	Completed	School wide	Students and teachers created a long term goal for the year. This will be followed up by the 21 day habit challenge in January.
Physical Activity Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Walking Club	Completed	3 students; 4 teachers	Advertised schoolwide, meets weekly.
2. Physical activity options encouraged in Newsletters with Challenge Calendars	Completed	Staff	
Other School-Based Activities that Promote Employee and/or Student Wellness:	Goal Status (select one):	Number of Participants	Notes:
1. Friday Funnies	Completed		
2. Ellie's Day	Completed	Whole school	All students and staff are encouraged to participate in a kindness day we call Ellie's day in honor of a student in our community.
District Nutrition Guidelines for Beverages Sold to Students	Status (select one):	Completed	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):	Completed	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. Tara Quinn-Schuldt	CCSD Educational Services Facility	District level
2. Mallory Weaver	DRMS Counselor	Wellness ambassador
3. Dawn Weinbaum	Principal	
Wellness Committee Involvement <i>List of committee members names</i>	Position Title	Notes:
1. Mallory Weaver	Counselor	Wellness Ambassador
2. Kasi Williams	Counselor	
3. Carson Cox	Counselor	
4. Lisa Burns	ILS	
5. Lisa Rich	A.P.	

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:
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1. Monthly Wellness Newsletter	Monthly	Sent out by Wellness Ambassador
2. Wellness Page		Staff has access to Wellness Canvas Page at their leisure
3. Rusk Report	Weekly	Rusk Report is a weekly calendar and staff newsletter where all events and upcoming dates are there to notify the staff.

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