



Date of Assessment: October 2022		School/Work Location Wellness Action Plan SY22-23	
Name of School/Work Location: MACES		Number of Students:	Number of Employees: 74
Nutrition Education and Promotion Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Emailing wellness emails	In Progress	74	All Macedonia employees receive emails and recipe page access
2. Recipe Canvas page	In Progress	74	
Mental Health & Wellness Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Woot Woot Wagon	In Progress	All	Goodies and notes are delivered to each employee
2. Macedonia Messages	In Progress	All	All employees have access to receive and give Macedonia Messages weekly to uplift each other and shout out good things
Physical Activity Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Logging steps	In Progress	School wide	
2. Self Care Calendar	In Progress	School wide	
Other School-Based Activities that Promote Employee and/or Student Wellness:	Goal Status (select one):	Number of Participants	Notes:
1. Healthy CATS	In Progress		Healthy Cats meet in the spring and all employees and 4-5 grades are welcome to walk and join in
2. Wellness Monday Message	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	Status (select one):	Choose an item.	Notes: All foods and beverages not sold to students during the school day shall

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(i.e. classroom parties, foods given as reward).	In progress		encourage and support healthy eating by students. Parents sign up and prepackaged foods for birthdays and parties
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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. Danielle Johnson	Wellness Ambassador	Kindergarten teacher
2.		
3.		
Wellness Committee Involvement <i>List of committee members names</i>	Position Title	Notes:
1. Tenille Turner	Media Specialist	
2. Kinsley Welsch	SPED teacher	
3. Laura Lathem	AIM teacher	
4.		
5.		

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		
2. Canvas Page		

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3.		
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