



School/Work Location Wellness Action Plan SY22-23

Name of School/Work Location: R. M. Moore Elementary School		Number of Students: 1,000	Number of Employees: 130
Nutrition Education and Promotion Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. New Beverage Machines	Completed	130	RMM received a new vending machine containing healthier options (drinks other than sodas).
2. Healthy Recipe Board	In Progress	130	Teachers are encouraged to post healthy recipes on the "Recipe Board" in the teacher lunch area for others to see and use.
Mental Health & Wellness Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Social Gatherings for teachers	In Progress	Up to 130	Conduct fun activities to socialize outside of school hours (Karaoke, cornhole tournament, etc.), possibly at someone's home or a restaurant.
2. Follow State Health Monthly Challenges	In Progress	130	Promote monthly teacher competitions that match the monthly state health goals (ex: water consumption goals, step goals, etc.).
3. Weekly MADs (Making A Difference)	In Progress	130	School administration offers faculty/staff the opportunity to send "shout outs" each week where they are posted in the weekly teacher newsletter. This allows others to show appreciation for their colleagues and for those who are "making a difference" to know they're appreciated.
Physical Activity Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Weekly Exercise for teachers	In Progress	Up to 25 per day	RMM will offer the opportunity for 30 minutes of guided exercise for teachers every Mon. & Wed. beginning second semester. These opportunities include light weights workouts, core workouts, bodyweight workouts, full body workouts,

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			yoga, Zumba, Barre, speedwalking, Pilates, and more.
2. Quarterly After School Gamedays	In Progress	6-9	Teachers and Staff will have the opportunity to participate in a whole-school exercise activity quarterly that will be conducted one after school quarterly. (Examples: Battleball, scooter football)
Other School-Based Activities that Promote Employee and/or Student Wellness:	Goal Status (select one):	Number of Participants	Notes:
1. Soul Sisters	Partially Completed	40	Female students (3 rd -5 th grades) and teachers meet weekly after school to walk and jog together.
2. Intramural Sports Club	Partially Completed	25	Students from 3 rd -5 th grades have the opportunity to participate in this 20 week program that introduces flag football, basketball, track and field, and volleyball to students.
3. Soccer Club	Partially Completed	90	Soccer Club meets one day after school and is offered to 3 rd – 5 th grade students. There is a fall and spring session (60 students served in fall; 30 students served in spring).
District Nutrition Guidelines for Beverages Sold to Students	Status (select one):	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):	Choose an item.	Notes: All foods and beverages not sold to students during the school day shall encourage and support healthy eating by students.

Key	
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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. Amberly Brown	Teacher	Wellness Ambassador for School
2. Leah Bleisath	Assistant Principal	
3. Matt Kimbrell	Principal	
Wellness Committee Involvement <i>List of committee members names</i>	Position Title	Notes:
1. Katie Manley	Teacher	
2. Rebekah Goss	Teacher	
3. Savannah Parham	Teacher	
4. Melissa Roper	Teacher	
5. Joy Cainion	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. Teacher Lunch Area and Mailroom	Yearly	
2. Emails	Weekly	Weekly reminders will be emailed to faculty/staff regarding exercise classes and monthly challenges.
3. RMM Faculty/Staff Canvas page	Yearly	

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