



Sixes Elementary Wellness Action Plan SY22-23

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| Date of Assessment: December 22, 2023 | | | |
| Name of School/Work Location: Sixes Elementary School | Number of Students: 700 | Number of Employees: 85 | |
| Nutrition Education and Promotion Goal(s): | Goal Status (select one): | Number of Participants | Notes: |
| 1. School Nutrition Week | Not Completed | 785 | |
| 2. Kids Heart Challenge | Not Completed | 700 | February 2023 |
| Mental Health & Wellness Goal(s): | Goal Status (select one): | Number of Participants | Notes: |
| 1. Wellness Flyer and Calendar sent monthly to Staff | In Progress | 85 | Provided by Wellness Ambassador |
| 2. Morning SEL meetings with students. | In Progress | 700 | Using CCSD Cares Curriculum |
| 3. Staff social events off campus | In Progress | 24 | All invited- voluntary participation |
| 4. Painting Party on Campus | Completed | 14 | All invited- voluntary participation |
| 4. SEL Café | In Progress | 10-15 normally potentially up to 20-25 depending on the restaurant. | All staff given opportunity to order food on Fridays for a mental pick me up. Healthier option provided. |
| 5. Sunshine Committee | In Progress | 11 staff members 85 staff impacted | Provides all staff with mental pick-me-ups throughout the year. <ul style="list-style-type: none"> • Monthly staff updates (birthdays) • Retirement info • Celebration Days (Para, boss Custodian & bus) |
| 7. Cares Connect Mentoring | In progress | Approx. 25-30 staff member | C&C mentors serving at risk students |
| 8. New Staff Mentoring | In progress | 4 staff members (TLA) 20 staff (serving as mentors) 25 staff impacted | Teachers supporting teachers |
| 9. Weekly shout outs | In progress | 85 | Made by staff for staff |
| Physical Activity Goal(s): | Goal Status (select one): | Number of Participants | Notes: |

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| 1. Walking Club for Staff | In Progress | 2 | All invited- voluntary participation |
| 2. Running Club for students | In Progress | 70 | Offered to 4 th and 5 th grade students |
| 3. Strong for Life | Completed | 785 | CHOA- mission is to make kids better today and healthier tomorrow. |
| Other School-Based Activities that Promote Employee and/or Student Wellness: | Goal Status (select one): | Number of Participants | Notes: |
| 1. PTA lunch for staff | In Progress | 85 | Once a month lunch provided to staff |
| 2. Staff lunch provided by grade levels | In Progress | 85 | SOUPtacular lunch, Chili |
| 3. PTA coffee cart | Completed | 85 | Recurring times throughout the year |
| 4. 4 Wellness Weeks | In Progress | 85 | no meetings, dress down days, teacher planning time. |
| 5. Staff Ornament Exchange | In Progress | | All invited- voluntary participation |
| 6. Gratitude Tree | Completed | | Students and staff contribute reasons why they are thankful. |
| 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): 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. <i>Top Mission reward- every 9 weeks popcorn</i> |

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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 |

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| Wellness Plan Leadership <i>Name of school or district level official(s)</i> | Position Title | Notes: |
|--|-------------------------|---------------|
| Ashley Kennerly | Admin | |
| Holly Miller | Admin | |
| Clay Gunter | Admin | |
| Kathleen Simanski | Ambassador Chair | |
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| Wellness Committee Involvement <i>List of committee members names</i> | Position Title | Notes: |
| Arrowood | 1 | |
| Haines | 2 | |
| Clark | 3 | |
| Blackmon | 4 | |
| C. Parker | 5 | |
| Perryman | SPED | |
| Bruce | PE | |
| Jones | EIP | |

| 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. Event Calendar Posted in Teacher Work Room | First of the Month | |
| 2. Monthly Wellness and Newsletter email | First of the Month | |
| 3. | | |

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