



**School/Work Location Wellness Action Plan SY22-23**

Date of Assessment: 11/1/22			
Name of School/Work Location: Woodstock High School.		Number of Students: 2015	Number of Employees: 198
<b>Nutrition Education and Promotion Goal(s):</b>	<b>Goal Status (select one):</b>	<b>Number of Participants</b>	<b>Notes:</b>
1. Monday eating right articles.	In Progress	all	Monthly calendar with each week posted.
2. Monday recipes	In Progress	all	Monthly calendar with each week posted.
<b>Mental Health &amp; Wellness Goal(s):</b>	<b>Goal Status (select one):</b>	<b>Number of Participants</b>	<b>Notes:</b>
1. Thursday articles and activities.	In Progress	all	Monthly calendar with each week posted.
2.	Choose an item.		
<b>Physical Activity Goal(s):</b>	<b>Goal Status (select one):</b>	<b>Number of Participants</b>	<b>Notes:</b>
1. Wednesday Morning Challenges	In Progress		Each week a new challenge is available in the morning.
2. Tuesday, Wednesday and Thursday Workouts	In Progress	All invited	Monthly calendar with each week posted.
<b>Other School-Based Activities that Promote Employee and/or Student Wellness:</b>	<b>Goal Status (select one):</b>	<b>Number of Participants</b>	<b>Notes:</b>
1. Food trucks, PTA food cart and staff tournament fundraisers	In Progress		Once a month PTA will provide a food cart for teachers. Once a month a food truck will be provided. Staff tournaments like cornhole, volleyball, kickball etc. will be provided once a month.
2. Weekend events calendar	In Progress	all	Monthly calendar with each week posted.
<b>District Nutrition Guidelines for Beverages Sold to Students</b>	<b>Status (select one):in progress</b>	Choose an item.	<b>Notes:</b> 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.

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<b>District Nutrition Guidelines for All Foods and Beverages Not Sold to Students</b> <i>(i.e. classroom parties, foods given as reward).</i>	<b>Status (select one):in progress</b>	Choose an item.	<b>Notes:</b> All foods and beverages not sold to students during the school day shall encourage and support healthy eating by students.
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<b>Key</b>	
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

<b>Wellness Plan Leadership</b> <i>Name of school or district level official(s)</i>	<b>Position Title</b>	<b>Notes:</b>
1. Adam Johnson	Assistant Principal	
2. Meagan Waid	Assistant Principal	
3.		
<b>Wellness Committee Involvement</b> <i>List of committee members names</i>	<b>Position Title</b>	<b>Notes:</b>
1. Audra Thomas	Ambassador	
2. Sara Brennan	Events Committee	
3. Julie Moeller	Workout Committee	
4. Savannah Thomas	Fundraising Committee	
5. Laura Antonelli	Workout Committee	
6. Nicole Korch	Workout Committee	

<b>Communication of Wellness Plan, Activities and Goals</b> <i>Where it is posted i.e. webpage, handbook, etc.</i>	<b>How often it is updated/released:</b>	<b>Notes:</b>
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1. Monthly Calendar	Monthly	This has activities for each day of the week including the weekends.
2.		
3.		

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