



Date of Assessment: 11/3/2022		School/Work Location Wellness Action Plan SY22-23	
Name of School/Work Location: Woodstock Middle School		Number of Students: 1069	Number of Employees: 105
Nutrition Education and Promotion Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Recipe Share	Partially Completed	Whole Staff	Wellness Corner newsletter includes shared recipes each week for teachers to try
2. Vending Machines for Teachers	Not Completed	Whole Staff	We have not had food vending machines available for teachers at WMS for 10+ years. Many teachers have requested that we look into making these available. The high school next door has multiple machines available for staff and students, but we are not able to freely visit them without permission and passes so we would love to have our own to use (preferably with credit card payment options).
3. Food Truck/Coffee Truck	Partially Completed	Whole Staff	We have started coordinating food trucks and a coffee truck to come and serve our teachers. This is a self-pay program for anyone who is interested.
Mental Health & Wellness Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. "The Middle" Teacher Support Group	Partially Completed	10	Meets on Wednesday mornings at 7:30 in the 300 counseling suite
2. Coping Strategies Sharing	Partially Completed	Whole Staff	Section of the weekly newsletter focuses on coping strategies and other helpful tips
3. Off-Campus Team Building Activities	Partially Completed	30	Sunshine Crew sponsored after school activities to promote relationship building and relaxation among the staff
4. Student Small Groups	In Progress	TBD- 6 total groups	Groups met this fall and were completed before Thanksgiving Break. We are currently selecting students to participate in our small groups that are starting in January, including Anger, Resilience, Transitioning to

This institution is an equal opportunity provider.

			HS, and Family Changes. Groups will meet during their lunch once a week.
5. Zen Den	In Progress	Whole Staff	We are looking into writing a grant and finding a location for a "Zen Den", a relaxation place that our teachers can go to recharge when needed during their planning, much like an adult sensory room. We have seen how well this works for our students and would like to offer the same for our teachers.
<b>Physical Activity Goal(s):</b>	<b>Goal Status (select one):</b>	<b>Number of Participants</b>	<b>Notes:</b>
1. Yoga Classes with Lacy Caplan	Partially Completed	Participants have been increasing each session	7 <sup>th</sup> grade teacher Lacy Caplan is a certified yoga instructor and she has graciously offered to run a free yoga class each month for any WMS teachers who are interested.
2. WMS Walking Group	Partially Completed	10	Pavement or Trail (easy access to the Woodstock trails from our campus) afterschool walking group to promote stress relief, sunshine intake, and fitness
<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. Sunshine Crew	Partially Completed	65 members but most activities include the whole staff	Teacher Morale Boosting group that is funded by teacher membership (optional to join). Most activities and campaigns benefit whole staff, not just members. We organize holiday activities, recognize big life events for teachers, and support teachers who go through a rough patch. We also organize team building and social activities for the staff.
2. Sources of Strength	Partially Completed	60 students/ 10 staff	Student-driven and staff assisted suicide prevention program. SOS is a proactive approach to reaching students and spreading positivity and inclusion across our campus.

3. Free Little Library	Partially Completed	Whole staff	Created a Free Little Library for teachers to share books. A lot of teachers have caught the reading bug and sharing books and discussing them with each other has been a great way to bond with each other. Plus it is a great stress reliever and escape for many teachers.
4. CCSD Cares Lessons	Partially Completed	Whole School	Teachers deliver CCSD Cares lessons twice a month in homeroom to assist with life skills and character education.
5. Leader of the Pack Program	Partially Completed	12 Students	One student from each pack was elected to represent their pack and help make our school a more positive place. They participate in philanthropic work and model good character for the rest of the school and making our school a better place.
<b>District Nutrition Guidelines for Beverages Sold to Students</b>	<b>Status (select one):</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.
<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):</b>  Ticket drawings.	Choose an item.  All Students	Students enter tickets they have earned for positive behavior and enter them into a weekly drawing. Every Friday, we select three names from each grade. Students are then able to pick an item from the basket. All foods and beverages not sold to students during the school day shall encourage and support healthy eating by students.

<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. Jules Dingman	CCSD Wellness Ambassador	
2. Tia Bryller	Principal	
3. Emma Coulter	Counselor- Special Programs	
<b>Wellness Committee Involvement</b> <i>List of committee members names</i>	<b>Position Title</b>	<b>Notes:</b>
1. Stacie Kersey	Sunshine Crew Committee	
2. Susan Barker	Sunshine Crew	
3. Kristy Mertins	Sunshine Crew	
4. Lisa Cooke	Sunshine Crew	
5. Nicole Vaught	Sunshine Crew	

<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>
1. Wellness Corner Newsletter	Every Friday	Goes out at the end of each week to inform of wellness activities happening around the school and send out self-care tips, recipes, etc.
2. Mrs. Bryller's Wolfpack Weekly Newsletter	Every Sunday	A one-stop shop for all info going out to the staff from Ms. Bryller for the upcoming week.

This institution is an equal opportunity provider.

3. WMS Sunshine Crew Facebook group	Bi-Weekly	Positivity memes, shoutouts to teachers, free giveaways, gratitude practices, announcements of events, photos of events
4. News from the Wolf Den	Weekly	Newsletter that gets sent out to the parents that showcases our Students of the Week for character and the other things that are happening in our building.