



Date of Assessment: Due 12/23/22 School/Work Location Wellness Action Plan SY22-23			
Name of School/Work Location: EHS		Number of Students: 2,388	Number of Employees: 205
Nutrition Education and Promotion Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Lean, Mean, Teachin' Machines (January 2023)	Not Completed	205	Teachers receive a healthy smoothie during planning and a discount from local meal prep company along with healthy energy bite sample. We will also kick off a steps challenge that continues through February.
2. Heart Smart (February 2023)	Not completed	205	Teachers will be recognized for steps challenge and continue focus on nutrition will a healthy trail mix bar. Teachers will stop by on their planning period to create a heart healthy snack.
Mental Health & Wellness Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. My Cup Runneth Over! (coffee bar + video) (November 2022)	Completed	2500	Teachers enjoy a stocked coffee bar along with snacks. They are also asked to fill out a gratitude slip telling what "fills them up" and what they are most thankful for. A video of teacher responses will be filmed and shared during TAA with students. In return, students will complete a similar activity focusing on what they are thankful for.
2. The Giving Tree (December 2022)	In Progress	2500	Teachers and students will compete in a Wintertime door decorating contest where they create a tree with positive messages and ideas for paying it forward. Most creative class door receives a treat for the students! Teachers also may select an ornament from a decorated tree. Ornaments contain inspirational messages with ideas for paying it forward and donated gift cards.



Physical Activity Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Take a Lap! (April 2023)	Not Completed	2500	Teachers and students will enjoy a day on the track (or in the gym). For every lap that is recorded, names are entered into a random drawing for a gift card.
2. Tik Tok: Teachers Vs. Students Edition (March 2023)	Not Completed	Volunteer basis	Teaching departments and student groups are encouraged to film a short Tik Tok (dance or exercise) focusing on movement for better health. They will submit the video clips and winners will be voted on in TAA.
Other School-Based Activities that Promote Employee and/or Student Wellness:	Goal Status (select one):	Number of Participants	Notes:
1. Snack Bar Surprise (August 2022)	Completed	200	Teachers were surprised with a snack, drink, and card to show support and encouragement.
2. Lunch Tailgater (October 2022)	Completed	200	Teachers enjoyed a free lunch and fellowship (sponsored by Acopia Loans) during planning periods as a way of showing teacher appreciation.
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	
Completed	select if you have met this goal at all schools

This institution is an equal opportunity provider.



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. Janet Baggett	School Wellness Ambassador, Assistant Principal	Mrs. Baggett is in charge of overseeing, planning, and implementing wellness activities. She additionally facilitates the wellness committee meetings and serves as a liaison for donations provided by community sponsors
2. Robert Horn	Principal	Mr. Horn approves all wellness incentives and program initiatives.
Wellness Committee Involvement <i>List of committee members names</i>	Position Title	Notes:
1. Lisa Funderburk	Instructional Lead Strategist	Assists in planning and implementing teacher wellness activities.
2. Cole Ross	Teacher	Assists in planning and implementing student wellness activities.
3. Shawn-tel Lay	Teacher	Assists in planning and implementing student/teacher wellness activities.
4. Taran Smith	Counselor	Assists in planning and securing donations for wellness activities.
5. Jody Crosby	Teacher	Assists in planning and implementing student/teacher wellness activities.
6. Shaina Anderson	Teacher	Assists in planning and implementing student/teacher wellness activities.
7. Mary Ellen Phillips	Teacher	Assists in planning and implementing student/teacher wellness activities.

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:

This institution is an equal opportunity provider.



1. Teacher email	Monthly	Wellness activities occur monthly, and teachers are notified of events, in advance
2. Parent Square/Mtn Messenger	As needed	Mass notifications are sent out as needed, prior to events involving student participation
3. Homeroom Announcements/Canvas Page	Monthly	In addition to CARES lessons, homeroom teachers notify students of monthly activities and pertinent information is located in Canvas TAA course cards.

This institution is an equal opportunity provider.