



Date of Assessment: 12/14/2023		School/Work Location Wellness Action Plan SY23-24	
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	In Progress	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 investigate 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). Would love to update the drink machine we currently have to accept credit cards.
3. Harvest of the Month Feature	In Progress	Whole Staff	School Nutrition features a different fruit or vegetable each month so we encourage our staff to enjoy it and provide recipes and information regarding the benefits of the food in our wellness newsletter each week.
Mental Health & Wellness Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. WHS/WMS Mentorship Program	In Progress	22 WMS Students	Mrs. Aquino has developed a new program this year where 22 at-risk WMS students are being mentored by student athletes from WHS in a mentorship program that meets monthly. Students are strategically paired with a high school student that can encourage and inspire them to achieve more.

This institution is an equal opportunity provider.

2. SHBP Sleep Better Challenge	Not Completed	Whole Staff	Staff is being encouraged to participate in the SHBP Sleep Better challenge where you track your sleep. We will set up in-house incentives for participants.
3. Off-Campus Team Building Activities	In Progress	30	Sunshine Crew sponsored after school activities to promote relationship building and relaxation among the staff. We have done meetups at local restaurants and have made ceramic ornaments at an art studio.
4. Student Small Groups	In Progress	6 total groups	Groups have been formed and are meeting, including Anger, Resilience, Transitioning to HS, Self Awareness, and Family Changes. Groups will meet during their lunch once a week. Groups are determined based on needs assessment survey that was given to all students.
5. Wellness Wednesday	In Progress	Whole School	Weekly whole school challenge given through the broadcast team to improve wellness in several areas including sleep, healthy eating, mental health, physical activities, etc.
6. "The Middle" Teacher Support Group	In Progress	As many as 10	Meets on Wednesday mornings at 7:30 in the 300 counseling suite
Physical Activity Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Yoga Classes with Amy Kenny or Lacy Caplan	In Progress	Participants have been increasing each session	We have two yoga teachers on staff here who have graciously offered to run a free yoga class each month for any WMS teachers who are interested.
2. WMS Walking/Running Group	In Progress	10	Pavement or Trail (easy access to the Woodstock trails from our campus) afterschool walking group to promote stress relief, sunshine intake, and fitness

3. SHBP Steps Challenge	Not Completed	Whole Staff	Staff is being encourage to participate in the SHBP Steps challenge where you track your steps. We will set up in-house incentives for participants.
4. Zumba Classes with Unique Aquino	Not Completed		We have a certified ZUMBA instructor on staff here who has offered to run a Zumba class for any interested staff once a month.
5. Walking during planning	In Progress	Staff members	Staff members are talking mental health walks during planning to get outside and get some fresh air while getting their steps in. This also gives us a chance to hang out and decompress during our break.
Other School-Based Activities that Promote Employee and/or Student Wellness:	Goal Status (select one):	Number of Participants	Notes:
1. Sunshine Crew	In Progress	70 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	In Progress	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	In Progress	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	In Progress	Whole School	Teachers deliver CCSD Cares lessons twice a month in homeroom to assist with life skills and character education.
5. House Leader Program	In Progress	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.
6. Staff Breakfasts	In Progress	Whole Staff	We plan a breakfast once a month that each grade level/department is in charge of once a month. Gives us a chance to get together and enjoy each other.
7. Wolfpack Welcome	In Progress	Whole school	New Teacher Orientation program starts in the summer with a breakfast and a half day crash course into all things WMS. Continues during the school year for new students with monthly welcome breakfasts, personalized tours, and HR leader buddies to make new students acclimate to WMS a little easier.
8. Student Leadership	In Progress	12 students	County employees meet with 12 selected students to train them in leadership skills and round table discuss school improvement ideas.
9. Staff Member of the Month	In Progress	Whole Staff	Staff members are nominated each month by other staff members, students, and parents. A winner is selected and surprised and publicly celebrated in front of their class with noisemakers, clappers, etc.
District Nutrition Guidelines for Beverages Sold to Students	Status (select one):	In Progress	Notes: Waters sold to students during physical education if they do not want to use water filler stations.
District Nutrition Guidelines for All Foods and Beverages Not Sold to Students	Status (select one):	In Progress	Students enter tickets they have earned for positive behavior and enter them into a

This institution is an equal opportunity provider.



(i.e. classroom parties, foods given as reward).	Ticket drawings for candy boxes.	All Students	weekly drawing. Every Friday, we select three names from each grade. Students are then able to pick a box of candy from the basket.

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

Wellness Plan Leadership <i>Name of school or district level official(s)</i>	Position Title	Notes:
1. Jules Dingman	CCSD Wellness Ambassador/ Sunshine Crew	
2. Tia Bryller	Principal	
3. Emma Coulter	Counselor- Special Programs	
Wellness Committee Involvement <i>List of committee members names</i>	Position Title	Notes:
1. Amy Kenny	Sunshine Crew Committee/ Yoga Instructor	

This institution is an equal opportunity provider.



2. Lacy Caplan	Sunshine Crew/Yoga Instructor	
3. Kristy Mertins	Sunshine Crew	
4. Lisa Darrow	Sunshine Crew	
5. Unique Aquino	Counselor/ Zumba Instructor	

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. 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, wellness opportunities in the community, 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. Includes positive staff shoutouts, staff birthdays, and fun events on our calendar.
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.
5. Wellness Wednesday Announcement	Weekly	Announcement on our morning news show from our broadcasting team that focuses on an aspect of wellness.

This institution is an equal opportunity provider.