

Date of Assessment: January 2024		School/Work Location Wellness Action Plan SY23-24	
Name of School: Arnold Mill ES		Number of Students: 759	Number of Employees: 110
Nutrition Education and Promotion Goal(s): Provided by Melinda Lacy	Goal Status (select one):	Number of Participants	Notes:
1. To raise participation in the school lunch program and get more students to eat fresh fruit	Completed	368	We usually slice the apples, but for "Crunch4Lunch," kids got a whole apple.
2. To raise participation in the school lunch program and get students to eat more fruit.	Completed	332	We had "Apple Crisp" which the kids love. It's like dessert to them and is a way to get them to eat fruits.
3. To offer "Georgia Grown" veggies and fruits. Examples: apples, sweet potatoes, lettuce, Asian pears	Completed	392	
4. To highlight different cultures by having "Heritage Months."	In Progress		
5. To raise participation in the school lunch program by having "Farm Fresh Beef Nachos" from a local farm	Partially Completed	413	We will be having this again on 2/7/24 for the "Dirty Rice" recipe.
Mental Health & Wellness Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Managing Feelings goal	Completed	759	All students strive for this goal as part of our Tier 1 behavior plan. Students on Tier 2 and 3 may be assigned a Mustang Mentor or meet with the counselor or another staff member regarding a daily chart. Special education students may also have this goal as a part of their IEP or BIP. Students are taught emotion regulation by counselors and staff at all four tiers.
2. Making Peace goal	Completed	759	All students strive for this goal as part of our Tier 1 behavior plan. Students on Tier 2 and 3 may be assigned a Mustang Mentor or meet with the counselor or another staff member regarding a daily chart which may address conflict resolution. Special

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			education students may also have a conflict resolution goal as a part of their IEP or BIP. Students are taught conflict resolution by counselors and staff at all four tiers as needed.
<b>Physical Activity Goal(s):</b>	<b>Goal Status (select one):</b>	<b>Number of Participants</b>	<b>Notes:</b>
1. Flexibility, Cardiovascular Endurance, Body Composition, Muscular Strength and Endurance	In Progress	759	The FitnessGram is administered yearly to all students. It was completed last year and is in progress for this school year.
2. Healthy Heart Challenge	In Progress	759	
3. AMES students receive 45 minutes of PE two to three times per week	Completed	759	
4. AMES students are provided with approximately 30 minutes of recess daily as weather permits	Completed	759	
<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. Staff weekly Zumba class	Completed	20	All staff are encouraged to attend the weekly classes through the wellness newsletter each month.
2. Morning Sports Time for students	Completed	100	As part of our positive behavior rewards, students can purchase passes to extra sports time before school with Knights Tickets they have earned. More opportunities will continue throughout the year.
3. AMES Fun Run	Completed	759	
<b>District Nutrition Guidelines for Beverages Sold to Students</b>	<b>Status (select one):</b>	Completed	<b>Notes:</b> Beverages are only sold to students during a couple activities during the year. The drinks meet the size guidelines recommended by the USDA.
<b>District Nutrition Guidelines for All Foods and Beverages Not Sold to Students</b> (i.e. classroom parties, foods given as reward).	<b>Status (select one):</b>	Partially Completed	<b>Notes:</b> Typical rewards for students include Knights Tickets which they can use to purchase stickers, school supplies, and toys. Teachers are discouraged from providing

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			candy as rewards. Teachers are encouraged to provide healthy snacks for classroom parties and to ask their room parents to do the same. Drinks are limited to the size recommended by the USDA.
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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

Wellness Plan Leadership <i>Name of school or district level official(s)</i>	Position Title	Notes:
1. Daniel Fuller	Principal	
2. Abbey Philpot	AP	
3. Lea Campos	AP	
Wellness Committee Involvement <i>List of committee members names</i>	Position Title	Notes:
1. Dawn Garner	Counselor	
2. Davy Cheek	PE teacher	
3. Erin Whitley	PE teacher	
4. Melinda Lacy	Cafeteria Manager	
5. Tasha Stancil	Teacher, PTA Contact	

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. Handbook	Yearly	

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2. PTA board meeting	Yearly	
3. Wellness Newsletter	Monthly	The newsletter includes healthy recipes, community fitness activities, and mental health wellness tips each month.

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