



School/Work Location Wellness Action Plan SY23-24

Date of Assessment: 11/2/23			
Name of School/Work Location: Carmel Elementary School		Number of Students: 863	Number of Employees: 125
Nutrition Education and Promotion Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1.	Choose an item.		
2.	Choose an item.		
Mental Health & Wellness Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Monthly Themed Potluck	In Progress	125	Tailgate theme, crockpot theme, etc.
2. Weekly Challenges	In Progress	125	Raffle ticket for gift card for participation.
Physical Activity Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Walking Group	In Progress	125	Monthly walking group
2. Pickleball Introduction	Completed	100	A faculty meeting to introduce how to play pickleball to all teachers who were interested.
Other School-Based Activities that Promote Employee and/or Student Wellness:	Goal Status (select one):	Number of Participants	Notes:
1. Gallop of the Colts	Completed	~900	Annual fundraiser based on laps completed by students and teachers.
2. Staff vs Student Basketball Game	Completed	~900	Staff will be playing against the 4 th /5 th grade boys/girls basketball teams. All students will be invited to come watch and cheer!
District Nutrition Guidelines for Beverages Sold to Students	Status (select one):	Completed	Notes:
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):	Completed	Notes:

Key	
Completed	select if you have met this goal at all schools
Partially Completed	select if one or more schools has met this goal

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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. Reed Nixon	Teacher	
2. Kim Hagood	Principal	
Wellness Committee Involvement <i>List of committee members names</i>	Position Title	Notes:
1. Julie Ziemecki	Teacher	
2. Jill Noojin	Teacher	
3. Jeff Bennett	Counselor	
4. Kim McMillan	School Psychologist	
5. JoAnne Emanuel	Teacher	
6. Jenny Rusch	Teacher	
7. Ashley Chambers	Teacher	
8. Laura Whang	Teacher	
9. Samantha Karel	Teacher	
10. Amanda Baluch	Teacher	
11. Stacey York	Teacher	

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:

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1. Emails	Weekly	
2. Faculty meetings	Monthly	
3. Remind/GroupMe	Weekly	

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