



Date of Assessment:				School/Work Location Wellness Action Plan SY23-24			
Name of School/Work Location: DRMS		Number of Students: 1483		Number of Employees: 138			
Nutrition Education and Promotion Goal(s):		Goal Status (select one):	Number of Participants	Notes:			
1. Smart Goal: Healthy Habits		Not Completed	Schoolwide	SEL lessons for each grade level			
2. Swap this for that (DEC Newsletter)		Completed	All staff	Promoted during monthly newsletters and specifically during December's.			
Mental Health & Wellness Goal(s):		Goal Status (select one):	Number of Participants	Notes:			
1. EAP		In Progress	Offered to staff	EAP is promoted within the monthly wellness newsletters to staff			
2. Wellness Wheel SEL		Not Completed	School Wide	SEL lessons for grade levels			
Physical Activity Goal(s):		Goal Status (select one):	Number of Participants	Notes:			
1. Walking Club		In Progress	4 staff; 1 student	Advertised schoolwide; meets weekly			
2. Reindeer Run - Team DRMS		Completed	11	Advertised amongst the faculty.			
Other School-Based Activities that Promote Employee and/or Student Wellness:		Goal Status (select one):	Number of Participants	Notes:			
1. Team Building Mondays		In Progress	School Wide	Teachers conduct team building during homeroom 1 Monday a month if time allows.			
2. Ellie's Day		Completed	School Wide	All students and staff are encouraged to participate in a kindness day we call Ellie's day in honor of a student in our community			
District Nutrition Guidelines for Beverages Sold to Students		Status (select one):	Completed	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.			

This institution is an equal opportunity provider.



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: 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
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. Tara Quinn-Schuldt	CCSD Educational Services Facility	District Level
2. Mallory Weaver	DRMS Counselor	Wellness Ambassador
3. Dawn Weinbaum	Principal	
Wellness Committee Involvement <i>List of committee members names</i>	Position Title	Notes:
1. Mallory Weaver	Counselor	Wellness Ambassador
2. Kasi Williams	Counselor	
3. Carson Cox	Counselor	
4. Sharon Gustafson	Counselor	
5. Katie Smith	A.P.	

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. Monthly Wellness Newsletter	Monthly	Sent out by Wellness Ambassador

This institution is an equal opportunity provider.



2. Wellness Page		Staff has access to Wellness Canvas Page at their leisure
3. Rusk Report	Weekly	Rusk Report is a weekly calendar and staff newsletter where all events and upcoming dates are there to notify the staff.

This institution is an equal opportunity provider.