



**School/Work Location Wellness Action Plan SY23-24**

|  |                                  |   |   |
|--|----------------------------------|---|---|
| Date of Assessment: 11/3/23  |                                  | School/Work Location Wellness Action Plan SY23-24 |   |
| Name of School/Work Location: ET Booth MS  | Number of Students: 0            |   | Number of Employees: 62   |
| <b>Nutrition Education and Promotion Goal(s):</b>  | <b>Goal Status (select one):</b> | <b>Number of Participants</b>                     | <b>Notes:</b>   |
| 1. Decrease the # of people who feel they need to drink more water by 10% (18.6% to 8.6)                                 | Not Completed                    | 62  | Water challenge?  |
| 2. Decrease % of staff that feel negative/somewhat negative about their nutritional health by 10% (from 16% to 6%)       | Not Completed                    | 62  | Healthy recipe book   |
| <b>Mental Health &amp; Wellness Goal(s):</b>   | <b>Goal Status (select one):</b> | <b>Number of Participants</b>                     | <b>Notes:</b>   |
| 1. Decrease the % of negative/somewhat negative social/psychological/emotional from 21% to 11%                           | Not Completed                    | 62  | 10% decrease in negative/somewhat negative  |
| 2. Increase the extent to which faculty feel somewhat positive/positive about their emotional health by 10% (67% to 77%) | Not Completed                    | 62  |   |
| <b>Physical Activity Goal(s):</b>  | <b>Goal Status (select one):</b> | <b>Number of Participants</b>                     | <b>Notes:</b>   |
| 1. Decrease the % of staff that feel negative/somewhat negative about their physical health by 10% (28% to 18%)          | Not Completed                    | 62  | By the end of the year, no more than 18% of faculty will be negative/somewhat negative about their physical health. |
| 2. Decrease the % of staff that feel that they need to incorporate more physical activity by 10% (from 55.8 to 45.8)     | Not Completed                    | 62  | walking club, hiking club   |
| <b>Other School-Based Activities that Promote Employee Wellness:</b>   | <b>Goal Status (select one):</b> | <b>Number of Participants</b>                     | <b>Notes:</b>   |
| 1. incorporate more challenges/competitions related to physical health   | Not Completed                    |   | Identified as need/potential goal (that staff might actually participate in)  |
| 2. find ways to combine physical and mental wellness initiatives (e.g., mindfulness in nature)                           | Not Completed                    |   | Identified as need/potential goal (that staff might actually participate in)  |
| <b>District Nutrition Guidelines for Beverages Sold to Students</b>  | <b>Status (select one):</b>      | Choose an item.                                   | <b>Notes:</b>   |

This institution is an equal opportunity provider.



|  |                             |                 |               |
|--|-----------------------------|-----------------|---------------|
| <b>District Nutrition Guidelines for All Foods and Beverages Not Sold to Students</b><br><i>(i.e. classroom parties, foods given as reward).</i> | <b>Status (select one):</b> | Choose an item. | <b>Notes:</b> |
|--|-----------------------------|-----------------|---------------|

|                     |  |
|---------------------|--|
| <b>Key</b>          |  |
| 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                                |

|  |                         |               |
|--|-------------------------|---------------|
| <b>Wellness Plan Leadership</b><br><i>Name of school or district level official(s)</i>               | <b>Position Title</b>   | <b>Notes:</b> |
| 1. Teresa Neal   | Counselor               |               |
| 2. Deborah Krug  | Ambassador, PE teacher  |               |
| 3. Marci Firebaugh   | Social Worker           |               |
| <b>Wellness Committee Involvement</b><br><i>List of committee members names - Sunshine Committee</i> | <b>Position Title</b>   | <b>Notes:</b> |
| 1. Kelly Sherrer   | Principal's Secretary   |               |
| 2. Beth Watkins  | AP                      |               |
| 3. Teresa Neal   | Counselor               |               |
| 4. Deborah Krug  | PE, wellness ambassador |               |
| 5. Teachers: Abby Lett, Katherine Garland, Amy Webb, Kathy Cash                                      | teachers                |               |

|   |  |               |
|---|--|---------------|
| <b>Communication of Wellness Plan, Activities and Goals</b><br><i>Where it is posted i.e. webpage, handbook, etc.</i> | <b>How often it is updated/released:</b> | <b>Notes:</b> |
|---|--|---------------|

This institution is an equal opportunity provider.



|  |          |  |
|--|----------|--|
| 1. Communicated by email and posted to Canvas page | Annually |  |
| 2.   |          |  |
| 3.   |          |  |

This institution is an equal opportunity provider.