



Date of Assessment: 01/29/2024		School/Work Location Wellness Action Plan SY23-24	
Name of School/Work Location: HSES E.S. (includes Pre-school)		Number of Students: 816	Number of Employees: 106
Nutrition Education and Promotion Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Holly Springs Garden Club	Completed	22	Students actively learn basic gardening skills.
2. Food Group (MyPlate) Instruction- PE Class	Completed	816	Students learn food groups and healthy eating habits.
Mental Health & Wellness Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. CCSD C.A.R.E.S. Lessons	Completed	816	Provided by homeroom teachers in a "morning meeting" or through social studies instructional time.
2. Monthly Counseling Dept SEL Meetings	Completed	816	Small groups throughout the month that focus on self-regulating skills.
Physical Activity Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Wildcat Running Club	Completed	25	4 th /5 th grade student club that promotes fitness, games, teamwork, and sports.
2. Fitness/Aerobic Focus in PE	Completed	816	Students have PE every other day. Each class features a 7-10 minute warmup.
Other School-Based Activities that Promote Employee and/or Student Wellness:	Goal Status (select one):	Number of Participants	Notes:
1. Wellness/Sunshine Committee	Completed	14	Snack carts, icebreaker activities at each staff meeting, quarterly themed staff luncheons, staff shout-out board, staff spotlight on Weekly Wildcat chronicle, prize drawings, and reward coupons for staff.
2. PBIS Partner Classes	Completed	816	Classes within school are paired up by PRIDEs (upper grade w/lower grade), service projects are completed, and students are celebrated school-wide each quarter.



3. School-wide Wellness Promotions	Completed	816	Monthly promotions focusing on wellness of students and employees promoted by the cafeteria.
District Nutrition Guidelines for Beverages Sold to Students	Status (select one):	In Progress	Notes: birthday treats bought through Cafe
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):	In Progress	Notes: PBIS treats, classroom parties, and reward treats.

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. Ashley Polito	Principal	Approves and supports the mission of Wellness/Sunshine
2. Courtney Cox	Wellness/Sunshine Chair, CARES Ambassador, and HSES Wellness Rep	Represents the Sunshine role, updates events and information to staff for Wellness and CARES, organize and communicates events to staff, updates Spotlight and shout-out boards, and communicates needs/expenses with principal and bookkeeper.
3. Dee Childers	Bookkeeper	Communicates costs/budget, orders needed supplies, and reimburses sunshine cart and staff birthday goodies.
Wellness Committee Involvement <i>List of committee members names</i>	Position Title	Notes:
1. Courtney Cox	Chair	1 st year in position as Chair. 5 th Grade regular education teacher, Wellness Rep and CARES ambassador.
2. Abbi Odom	Member	Regular education teacher.
3. Makay Morgan	Member	Regular education teacher.
4. David Jacobs	Member	Art teacher

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5. Kelly Walkey	Member	Regular education teacher.
6. Macie Davis	Member	Regular education teacher.
7. Melina Henry	Member	Regular education teacher.
8. Amy Blackmon	Member	Regular education teacher.
9. Michelle Young	Member	Special education teacher.
10. Tammy Murphy	Member	Special education teacher.
11. Tasha Huffschmidt	Member	Special education teacher.
12. Kayla Oglesby	Member	School Counselor.

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. Teacher Mailroom	Instant	Items of communication and teacher shout-outs are communicated on the Wellness/Sunshine board in the teacher mailroom. Additionally, the weekly Wildcat Chronicle spotlights are posted outside the mailroom.
2. Email	Instant	SHBP Wellness and Sharecare communication forwarded to staff.
3. Wildcat Chronicle	Weekly	All Wellness/Sunshine, CARES, staff spotlights, and upcoming events are communicated Weekly in the Newsletter.

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