



Date of Assessment: 1/9/2024		School/Work Location Wellness Action Plan SY23-24	
Name of School/Work Location: IKES		Number of Students: 865	Number of Employees: 109
Nutrition Education and Promotion Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Harvest of the Month	In Progress	All	Monthly – Featured fruit and vegetable each month
2. Heritage of the the Month	In Progress	All	Culturally focused Nutrition, focusing on foods from around the world each month
3. Strong4Life	In Progress	All	Group from Children’s Healthcare of Atlanta-providing training, resources and support to help promote healthy habits within schools
4. Water cooler in Family Living Classroom and front office	In Progress	All	Encourages water consumption throughout the day to enhance staff health
5. Garden Club	In progress-resume in spring	20 Students 4-5 Staff	The garden club works on understanding the healthy habits associated with gardening and the nutritional value of fresh vegetables. It’s maintained by students with staff supervision and served to students at school.
Mental Health & Wellness Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Staff Spotlight – Weekly staff shout-outs	In Progress	All Staff	Weekly – Shared with entire staff. Highlights success and personal information about a new staff member each. Aids in getting to know coworkers on an individual level.
2. Staff Shout Out Book	In Progress	All Staff	Weekly – Staff write kind and uplifting notes to other staff members. This notes are kept in a large binder and is circulated around the school. The notes stay within the binder so all can see contributions each staff member brings to our school.
3. Sticky Notes Encouragement	In Progress	All Staff	Quarterly – Admin and staff post notes of kindness and encouragement, noting the

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			roles/contributions individuals make to better our students, staff, and school.
4. Sticky Notes Encouragement	In Progress	All Staff	Quarterly – Admin and staff post notes of kindness and encouragement, noting the roles/contributions individuals make to better our students, staff, and school.
5. Hospitality Committee	In Progress	60+ Staff	All staff looks for opportunity to serve others. Cards, flowers, treats, small gifts, and meals are provided for those experiencing life changes, or for those who need a mental/emotional boost.
<b>Physical Activity Goal(s):</b>	<b>Goal Status (select one):</b>	<b>Number of Participants</b>	<b>Notes:</b>
1. Staff Step Challenges	In Progress	60+	Ongoing – Opportunity provided to entire staff to compete for Class Dojo points by logging steps throughout the day. Easy and fun way to increase movement.
2. Staff Pickleball Challenge	Not Completed	15+	Pickleball games hosted in the gym after school. We'll provide quick review of rules and allow staff to pick either singles or doubles pickleball. We have multiple courts set up, from beginner to "more competitive" to ensure a good time for all.
3. Staff Cornhole Tournament	Not Completed	30+	Staff selects an in-house teammate and competes in cornhole tournament/tailgate party after school
4. Staff Zumba	Completed	10	Guest Zumba instructor provided 45 minute training/Zumba class for staff in gym.
<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. Student Mentoring Program	In Progress	10+ Students 10 + Teachers	Teachers serve as mentors to at risk students, providing support, encouragement, and strategies to enhance student wellness and success.
2. Wellness Newsletter	In Progress	All	Information on SHBP news, nutrition/health, and community activities



<b>District Nutrition Guidelines for Beverages Sold to Students</b>	<b>Status (select one):</b>	Completed	<b>Notes:</b>
<b>District Nutrition Guidelines for All Foods and Beverages Not Sold to Students</b> <i>(i.e. classroom parties, foods given as reward).</i>	<b>Status (select one):</b>	Completed	<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> <i>Name of school or district level official(s)</i>	<b>Position Title</b>	<b>Notes:</b>
1. Chris Sears	PE/Wellness Chair	
2. Jason Bermudez	PE	
3. Kim Cerasoli	Prinicpal	
<b>Wellness Committee Involvement</b> <i>List of committee members names</i>	<b>Position Title</b>	<b>Notes:</b>
1. Jennifer Landry	Administrator	
2. Angela Archer	Administrator	
3. Colleen DeLosh	Counselor	
4. Lori Head	Counselor	

<b>Communication of Wellness Plan, Activities and Goals</b> <i>Where it is posted i.e. webpage, handbook, etc.</i>	<b>How often it is updated/released:</b>	<b>Notes:</b>
1. Email	Weekly/Monthly	
2. Microsoft Forms Docs	Varies by activity planned	Allows for Wellness committee to appropriately plan for the numbers of participants

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