



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

Date of Assessment: 1/10/24		School/Work Location Wellness Action Plan SY23-24	
Name of School/Work Location: Knox STEM Academy		Number of Students: 878	Number of Employees: 140
<b>Nutrition Education and Promotion Goal(s):</b>	<b>Goal Status (select one):</b>	<b>Number of Participants</b>	<b>Notes:</b>
1. Crocktober	Completed	About 98	Staff Meal/Share food recipes on board
2. Hydration Challenge	Not Completed	Staff	Staff Monthly Calendar challenge/prizes PTA - hydration bar
<b>Mental Health &amp; Wellness Goal(s):</b>	<b>Goal Status (select one):</b>	<b>Number of Participants</b>	<b>Notes:</b>
1. Podcast/Book Recommendations	In Progress	Staff	Staff gives recommendations for podcasts/books
2. Attitude of Gratitude	Completed	About 126	Snack Mix/Write thankful notes to staff members
3. Love Bug	Not Completed	Staff	Staff brings a co-worker some favorite things
<b>Physical Activity Goal(s):</b>	<b>Goal Status (select one):</b>	<b>Number of Participants</b>	<b>Notes:</b>
1. Move It March	Not Completed	Staff and students	Staff and students demonstrate ways to move/take brain breaks in the classroom
2. Steps Challenge	Not Completed	Staff	Staff Monthly Calendar challenge/prizes
<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. Order Out	In Progress	Staff	Staff order out option on Fridays for lunch
2. TA Cafe	In Progress	Staff	Transition Academy serves beverages for staff
3. Water Jug Dispenser	In Progress	Staff	Water provided for staff throughout the year
<b>District Nutrition Guidelines for Beverages Sold to Students</b>	<b>Status (select one):</b>	In Progress	<b>Notes:</b> Ice cream, juice boxes, water
<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>	In Progress	<b>Notes:</b> Classroom parties Birthday treats

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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. Tammie Anderson	Administrator	
2. Melanie Beavers	3 <sup>rd</sup> Grade	Wellness Ambassador
3.		
Wellness Committee Involvement <i>List of committee members names</i>	Position Title	Notes:
1. Shaunda Meroney	K	Committee Rep
2. Mattie Richards	1 <sup>st</sup>	Committee Rep
3. Kendall Henslee	2 <sup>nd</sup>	Committee Rep
4. Sally King	4 <sup>th</sup>	Committee Rep
5. Kara Gleason-Haynes	5 <sup>th</sup>	Committee Rep
6. Coleen Hagadone	SpEd	Committee Rep
7. Erin Myers	EIP/ESOL	Committee Rep
8. Leslie Hicks	Specials	Committee Rep
9. Theresa Healen	Knox Cafe	Committee Rep

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. Email	1x month	Monthly wellness calendar/upcoming school Wellness activities/ BeWell SHBP program

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2. School mailroom/workrooms	Posted as needed (monthly)	Activities posted in mailroom/family living center as needed
3. Faculty Meetings	1x semester	BeWell SHBP program intro/reminders
4. Wellness Committee Meetings	1x month	Share/Plan goals and activities for the year

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