



School/Work Location Wellness Action Plan SY23-24

Date of Assessment: 12/2023		School/Work Location Wellness Action Plan SY23-24	
Name of School/Work Location: Liberty Elementary School		Number of Students: 940	Number of Employees: 130
Nutrition Education and Promotion Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Strong 4 Life	In Progress	Entire School	
Mental Health & Wellness Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Art Therapy (for staff)	In Progress	6	
2. A “no meeting” week (where teachers are not required to go to any meetings or trainings)	Completed	115	The teachers really appreciated this opportunity. It allowed them time to slow down and get some items completed on their “to-do” lists without having to rush in and out of meetings and trainings.
Physical Activity Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Wellness Wednesdays	In Progress	15-20	On Wednesdays, we have weekly activities after school for teachers to be physically active. (Zumba, Pickleball, Walking group, etc.)
2. Participate in a 5K	Partially Completed	5-10	We are hoping to complete a 5K together. We tried one in December, but it got rained out. We will try again in the Spring.
Other School-Based Activities that Promote Employee and/or Student Wellness:	Goal Status (select one):	Number of Participants	Notes:
1. Strong 4 Life	In Progress	Entire School	This is a group that helps promote health and wellness to our entire school by providing information via media and printed tools for success. They also provide in person pep-rallies.
District Nutrition Guidelines for Beverages Sold to Students	Status (select one):	Choose an item.	Notes:
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):	Choose an item.	Notes:

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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. Sandi Harrison	Principal	
2. Shannon Thomas	Assistant Principal	
3. Gena Ergle	Assistant Principal	
Wellness Committee Involvement <i>List of committee members names</i>	Position Title	Notes:
1. Lucy Pence	Teacher	Wellness Ambassador
2. Heather Juras	Teacher	Wellness Committee
3. Wendy Crumley	Teacher	Wellness Committee
4. Paula Werner	Teacher	Wellness Committee
5. Erika Dunn	Teacher	Wellness Committee
6. Alex Gray	Teacher	Wellness Committee
7. Katie Wuestefeld	Teacher	Wellness Committee
8. Rebeca Reynolds	Teacher	Wellness Committee
9. Rebeca Haughn	Teacher	Wellness Committee
10. Jennifer Kay	Teacher	Wellness Committee
11. Jade Sanches	Teacher	Wellness Committee
12. Erin Poindexter	Teacher	Wellness Committee

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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. Weekly Digital Newsletter (S'more)	Weekly	
2. Videos via Email	Monthly	
3. Printed Information in breakrooms and mailroom	Monthly	

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