



School/Work Location Wellness Action Plan SY23-24

Date of Assessment: 12/ 1/23			
Name of School/Work Location: Little River Elementary School		Number of Students: 1242	Number of Employees: 175
Nutrition Education and Promotion Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. CCSD Cares Newsletter	In Progress	175	Sent out monthly to entire staff
2. Nutritionist speaking/sharing (free)	Completed	20-30	Free health/positive speaker
Mental Health & Wellness Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Guided Writing Activity	In Progress	10-20	February Activity
2. 15 minute chair massages	In Progress	175	January Activity
Physical Activity Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. LRES walking club	In Progress	10-20	2x month: invitation sent to all
2. Pickle Ball/Yoga	In Progress	30	Alternating with walking, monthly options
3. Chair Massage		?	In progress (January). All invited
Other School-Based Activities that Promote Employee and/or Student Wellness:	Goal Status (select one):	Number of Participants	Notes:
1. Watercolor Painting with Facilitator	Completed	10	Teachers painted an ornament
2. Faculty Social Gatherings	In Progress	175	2x/year (Dec and May)
3. Ornament Decorating Display/contest (staff)		175	December (in progress)
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:

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

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Not Completed	select if you have not begun working on this goal
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Wellness Plan Leadership <i>Little River Elementary School</i>	Position Title	Notes:
1. Joni Adams	Principal	
2. Lacy Bass	Assistant Principal	
3. Brenda Blasco	Team Lead	4 th grade ELA teacher
Wellness Committee Involvement <i>List of committee members names</i>	Position Title	Notes:
1. Ana Figaro; Dana West; Robbie Ramsdell	Teachers	
2. Darby Bewley; Sarah Van Alstyne	Teachers	
3. Stephanie Morrison; Adrienne Warnken	Teachers	Warnken is a counselor and leads our walkers
4. Anisa Jackson; Lisa Beasley; Jessica Lago	Teachers	
5. Michelle Campbell; Cindy Boswell	Teachers	

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. Emailed	monthly	We also send a calendar invite for each specific event.
2. Team leads share back in their departments	monthly	
3. Principal's weekly email adds our blurbs	weekly	

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