



School/Work Location Wellness Action Plan SY23-24

Date of Assessment:			
School/Work Location Wellness Action Plan SY23-24			
Name of School/Work Location: River Ridge HS	Number of Students: 1, 918		Number of Employees: 161
Nutrition Education and Promotion Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Water challenge; 64oz daily	In Progress	TBD based on sign up	Weekly check in
2. Biggest Loser Challenge	In Progress	TBD based on sign up	Based on % loss; an email will be sent weekly with updates on those participating; newsletter will be sent with recipes, tips and tricks etc;
Mental Health & Wellness Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Massage for staff	In Progress	~161	Business will be brought in 1x a semester for staff to sign up to receive a massage.
2. Food truck for staff	In Progress	~161	Food truck on campus for teachers during a work day for teachers to have a nice lunch.
Physical Activity Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Steps challenge	In Progress	TBD Based on sign up	step challengers will record daily steps on a given log and submit when competition is completed.
2. Meet @ the stadium	In Progress	TBD based on sign up	Staff can meet 2-3x a week together after school at the stadium to walk together either at the track or on the campus grounds. No max time.
Other School-Based Activities that Promote Employee and/or Student Wellness:	Goal Status (select one):	Number of Participants	Notes:
1. Staff event of some kind i.e Top Golf etc	In Progress	TBD based on sign up	Evening for staff paid for by admin to create a fun atmosphere and culture.
2. Bake off competition	In Progress	TBD based on sign up	Staff bring in baked goods or food to taste/share.
District Nutrition Guidelines for Beverages Sold to Students	Status (select one):	In Progress	Notes:
District Nutrition Guidelines for All Foods and Beverages Not Sold to Students	Status (select one):	In Progress	Notes:

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(i.e. classroom parties, foods given as reward).			
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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. Todd Miller	Principal	
2.		
3.		
Wellness Committee Involvement <i>List of committee members names</i>	Position Title	Notes:
1. Julie Winfield	Teacher	
2. Jenna Covington	Teacher	
3. Kim Bearden	School Nurse	
4. Kim Manus	Teacher	
5. Jennifer Schultz	Teacher	

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. Knight News	Weekly	
2. Wellness Staff email	Monthly	
3.		

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