



Date of Assessment: 01/02/2024		School/Work Location Wellness Action Plan SY23-24	
Name of School/Work Location: Sixes Elementary		Number of Students: 723	Number of Employees: 105
Nutrition Education and Promotion Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. To enjoy eating together as a community	Completed	100	Many opportunities were given to allow teachers the opportunity to share with one another and enjoy food made by each other.
2. Encourage healthy snacks/ meals	In Progress	105	One Wednesday a month, we get Sixes nutrition delivered to the school to help promote healthy eating habits.
Mental Health & Wellness Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Give tips to help with mental health	In Progress	95	In the monthly newsletter, a mental health tip is sent out.
2. Get staff thinking and meditating on goals	In Progress	15-20	Monday morning teachers are welcomed to walk around the gym and get their minds in a good space for the week
Physical Activity Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Get staff walking weekly	In Progress	30-40	We offer several opportunities a week for staff to walk outside and inside the school before and after school.
2. Get staff moving in some way multiple times a week	In Progress	30-40	We offer several opportunities a week for staff to be involved in movement through walking, Zumba, or other active activities.
Other School-Based Activities that Promote Employee and/or Student Wellness:	Goal Status (select one):	Number of Participants	Notes:
1. Wellness Wednesday Student Activity	In Progress	650	One Wednesday a month, teachers are encouraged to do some sort of physical activity with their students throughout the day.
2. Favorite Things Food Potluck	Completed	105	Teachers were encouraged to bring in their favorite foods to be shared with each other.

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District Nutrition Guidelines for Beverages Sold to Students	Status (select one):	Completed	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):	Completed	Notes: We do not allow outside food (fast food) to be brought in to students for lunch <ul style="list-style-type: none"> - <i>Food Allergies (Peanut Free Classroom) must be posted outside of classroom door.</i> - <i>All treats for parties must be packaged and sealed</i>

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. Sixes Elementary		
2.		
3.		
Wellness Committee Involvement <i>List of committee members names</i>	Position Title	Notes:
1. Abby Moeller	K Teacher	
2. Traci Byrd	Registrar	
3. Sage Stulak	2 nd Grade Teacher	
4. Julianne Conrad	1 st Grade Teacher	
5. Jenny Sumerlin	3 rd Grade Teacher	

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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. Sent to staff in weekly newsletter	Monthly	
2.		
3.		

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