



Date of Assessment: 1/24/2024		School/Work Location Wellness Action Plan SY23-24	
Name of School/Work Location: Teasley Middle School		Number of Students: 1553	Number of Employees: 150
<b>Nutrition Education and Promotion Goal(s):</b>	<b>Goal Status (select one):</b>	<b>Number of Participants</b>	<b>Notes:</b>
1. Monthly Information	Completed	Varies	District information regarding nutrition is distributed monthly by way of staff email.
2.	Choose an item.		
<b>Mental Health &amp; Wellness Goal(s):</b>	<b>Goal Status (select one):</b>	<b>Number of Participants</b>	<b>Notes:</b>
1. Staff Christmas Party	Completed	30+	Off campus Christmas party arranged by the Sunshine Committee is available to any staff wishing to participate.
2. Step-challenge	Completed	25+	TMS staff were able to participate in a month-long step challenge in October. Participants were able to track and compare daily standings with prizes being given to top three. Challenge was to promote competition and camaraderie as well as a physical challenge to promote overall health and wellness.
<b>Physical Activity Goal(s):</b>	<b>Goal Status (select one):</b>	<b>Number of Participants</b>	<b>Notes:</b>
1. Physical Education	Completed	Varies based on student enrollment	Physical Education goals are set by Georgia State and CCSD standards.
2. After School Athletics	Completed	Varies based on voluntary participation	Multiple opportunities for afterschool athletics are provided for students.
<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. Staff Luncheons	Completed	varies	Staff Luncheons provide opportunities for spending time together and building camaraderie.
2. Icemakers	Completed	Varies	A grant request was submitted to purchase two pellet icemakers or staff use to promote hydration and overall wellness.

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<b>District Nutrition Guidelines for Beverages Sold to Students</b>	<b>Status (select one):</b>	Completed	<b>Notes:</b>
<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>	Completed	<b>Notes:</b>

<b>Key</b>	
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

<b>Wellness Plan Leadership</b> <i>Name of school or district level official(s)</i>	<b>Position Title</b>	<b>Notes:</b>
1. Kathy Monti	Principal	
2. Wes Stansell	Wellness Ambassador	8th Science Teacher
3.		
<b>Wellness Committee Involvement</b> <i>List of committee members names</i>	<b>Position Title</b>	<b>Notes:</b>
1. Ali Lamb	Sunshine Committee Chair	Charged with developing activities to promote staff unity and building a positive culture at Teasley. This committee is also responsible for planning the TMS Holiday Party.
2. Sally Parker	Hearts and Flowers Committee Chair	Charged with recognizing staff members who have retired, are having a baby, hospitalized, or have a significant need.
3. Kari Barbour	Honors and Awards and Rockin Raiders	Charged with recognizing students and staff members who go above and beyond. This committee plans and executes Honors Day as well as monthly Rockin' Raiders Breakfasts.
4.		
5.		

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<b>Communication of Wellness Plan, Activities and Goals</b> <i>Where it is posted i.e. webpage, handbook, etc.</i>	<b>How often it is updated/released:</b>	<b>Notes:</b>
1. Staff emails	Monthly/as needed	Information from the district is sent out monthly to entire Teasley Staff. Other information regarding activities or events is sent out as they become available.
2.		
3.		

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