



Date of Assessment: 10/1/23-1/31/24 School/Work Location Wellness Action Plan SY23-24			
Name of School/Work Location: Hasty ES	Number of Students: 1003		Number of Employees: 184
Nutrition Education and Promotion Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Healthy Corner in Weekly S'more	Completed	184	Weekly - Shared with the entire staff. Healthy lifestyle articles and ideas (i.e. recipes and activity options) are shared with entire staff.
2. Garden Club with Farm to Table Initiative	Completed	Average around 20 student club members 1003 students impacted 184 staff impacted	Ongoing - Garden Club led by Cafeteria Manager and other employees. Students use vegetables from garden to provide fresh items to students and staff.
3. Wellness Washout (see below)	Partially Completed	30-40 Average participation when given the opportunity	Ongoing - Opportunity provided to the entire staff. Nutritional challenges during the event.
Mental Health & Wellness Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Teacher of the Month and Student of the Month	Completed	Selected Staff and Selected Students	Monthly nominations from peers and teachers.
2. End of the Year Painting Party (part of our Wellness Wednesday initiative)	Completed	60-80	Culminating wellness event. Teachers are provided with painting projects put on by a collaborative effort of different committees. We also have a treat such as Kona Ice or Mr. Frosty as well. Staff children are provided with physical activities as well.
3. Sunshine Committee	Completed	10 committee members 184 staff impacted	Provides all staff with monthly mental pick-me-ups throughout the year.

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Physical Activity Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Wellness Wednesdays – Monthly Teacher Physical Activities (Theme Challenges, Group Walking, Team Sports, Pickleball, Cardio Drumming, etc.)	Completed	20-40 Average participation when given the opportunity	Monthly – Participation varies per activity
2. Team Steps Challenges	Completed	50-60 Average participation when given the opportunity	Ongoing – Opportunity provided to the entire staff. Wellness Activity without being face to face.
3. Wellness Washout (see below)	In Progress	40-50 Average participation when given the opportunity	Ongoing – Opportunity provided to the entire staff. Physical Activity challenges during the event.
4. Physical Activity Clubs – Basketball, Soccer, Cheer, and Girls on the Run	Completed	Average of 200-300 students 10-20 staff members	A variety of clubs are offered throughout the year for all grade levels K-5.
Other School-Based Activities that Promote Employee and/or Student Wellness:	Goal Status (select one):	Number of Participants	Notes:
1. Wellness Washout – Once your card is full place it in the “Wellness Bucket” for prize drawing (Focuses on all 3 areas)	In Progress	30-50 Average participation when given the opportunity	Ongoing – Opportunity provided to the entire staff. Wellness Activity without being face to face.
2. Weekly Health Announcements – Students provide a “Healthy Husky Wellness Tip” that is shared on the school news.	Not Completed	184 Staff 1003 Students	The opportunity is given to students to submit a healthy tip that is read aloud on the school news.
3. Student Wellness Wednesday Videos provided by PE/Music/Art specials teachers	Completed	184 Staff 1003 Students	Students participate in a variety of wellness videos that focus on all areas of health.
4. Morning Meetings/Family Journaling to create teacher connections with students and families and Prize Patrol Cart.	Completed	All staff and students	Daily during homerooms. Journals are sent home weekly for family journal nights to increase connection with families. Students are rewarded at random for participation in Family Journal Nights.
District Nutrition Guidelines for Beverages Sold to Students	Status (select one):	In Progress	Notes: Reviewed “Smart Snack” and nutrition standards for all foods sold in school document with cafeteria manager and principal.
District Nutrition Guidelines for All Foods and Beverages Not Sold to Students	Status (select one):	In Progress	Notes: Reviewed “Smart Snack” and nutrition standards for all foods sold in

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(i.e. classroom parties, foods given as reward).			school document with cafeteria manager and principal.
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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. Barry Dalton	PE-Wellness Committee Co-Chair County Wellness Ambassador	
2. Griff Tatum	PE-Wellness Committee Co-Chair	
3. Maria Rosario-Regan	Principal	
4. Beth Coryell	Assistant Principal	
5. Janet Marotte	Assistant Principal	
Wellness Committee Involvement <i>List of committee members names</i>	Position Title	Notes:
1. Sarah Lichucki	1 st Grade	
2. Kate Bruner	5 th Grade	
3. Ivey Gangi	Pre-K	
4. Shannon Miller	K	
5. Ciara Wilkie	2 nd	
6. Melanie Johnson	3 rd	
7. Carly Johns	4 th	
8. Mercedes Comensana	EIP/ESOL	
9. Sherry Robinson	EIP/ESOL	
10. Kimberly Marler	EIP/ESOL	
11. Alayna Zawisza	SPED	



12. Alissa LaRocque	Pre-K	

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. Interest Survey Using Microsoft Forms	2 times a year and periodically for different events.	
2. Weekly Reminder of health activities in the Principal's S'more.	Weekly	
3. Quarterly update on initiatives/goals through email.	4 times a year	
4.		