



**School/Work Location Wellness Action Plan SY23-24**

Date of Assessment: August 1, 2024			
Name of School/Work Location: Woodstock ES	Number of Students: 1124		Number of Employees: 158
<b>Nutrition Education and Promotion Goal(s):</b>	<b>Goal Status (select one):</b>	<b>Number of Participants</b>	<b>Notes:</b>
1. Water Challenge	In Progress	1290	Monthly Water Challenges will be recorded for classrooms.
2. School Garden served in Cafe	In Progress	1290	Seasonal items served in cafeteria.
<b>Mental Health &amp; Wellness Goal(s):</b>	<b>Goal Status (select one):</b>	<b>Number of Participants</b>	<b>Notes:</b>
1. Monthly Wellness Board	In Progress	1290	Bulletin board visible to all that highlights wellness. (Healthy recipes, motivation, etc. )
2. Christmas Scavenger hunt with prizes and Woot Wagon	In Progress	158	Scavenger Hunt with prizes and monthly treats
<b>Physical Activity Goal(s):</b>	<b>Goal Status (select one):</b>	<b>Number of Participants</b>	<b>Notes:</b>
1. Workout Wednesdays	In Progress	158	Staff can wear clothes to workout together after school and walk the track.
2. Monthly Staff Offerings	In Progress	158	Yoga, Taekwondo, Pilates, Barre, etc.
<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. Superhero pose	In Progress		<b>positive effects in regularly standing in the superman pose</b>
2. Gift cards from Whydrate	In Progress		<b>health benefits</b>
<b>District Nutrition Guidelines for Beverages Sold to Students</b>	<b>Status (select one):</b>	In Progress	<b>Notes:</b> All foods and beverages sold to students during the school day shall be consistent with USDA Smart Snack guidelines and shall comply with nutrition guidelines for each grade level. If food item does not meet the nutrition guidelines, it must qualify and be approved for an exemption.
<b>District Nutrition Guidelines for All Foods and Beverages Not Sold to Students</b>	<b>Status (select one):</b>	In Progress	<b>Notes:</b> All foods and beverages not sold to students during the school day shall

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(i.e. classroom parties, foods given as reward).			encourage and support healthy eating by students.
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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. Michelle Giles	Counselor	
2. Jessica Gilbert	Teacher	
3. Marjorie Weldy	SN Manager	
Wellness Committee Involvement <i>List of committee members names</i>	Position Title	Notes:
1. Courtney Herod	Teacher	
2. Brenda Palmer	Teacher	
2. Jim James	Teacher	
4.		
5.		

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. Parent Square	Quarterly	
2. Web site	Quarterly	
3. Facebook	Quarterly	

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