



| Date of Assessment: SY 2023-24 | | School/Work Location Wellness Action Plan SY23-24 | |
|--|----------------------------------|---|--|
| Name of School/Work Location: R.M. Moore ES | | Number of Students: 900 | Number of Employees: 120 |
| Nutrition Education and Promotion Goal(s): | Goal Status (select one): | Number of Participants | Notes: |
| 1. Schoolwide participation in Strong4Life program to help instill lifelong habits related to nutrition and exercise. | In Progress | 900 | We've had one schoolwide assembly with S4L this school year and are scheduled for another one in April. |
| Mental Health & Wellness Goal(s): | Goal Status (select one): | Number of Participants | Notes: |
| 1. Joy/Wellness Committee provides monthly pick-me-ups for employees to help create positive morale among faculty and staff. | In Progress | 120 | Examples include surprise snacks, hot chocolate bar, etc. |
| 2. Weekly challenges are provided for teachers to increase positive mental health among colleagues and to give everyone who participates a type of brain break and the opportunity to be recognized among their peers for all winners of the challenges. | In Progress | 120 | Silly mental and physical competitions among faculty and staff, which result in a recognized winner |
| Physical Activity Goal(s): | Goal Status (select one): | Number of Participants | Notes: |
| 1. Weekly Faculty/Staff Workouts | In Progress | 120 | We meet on Mondays and Wednesdays after school for about 50 minutes to complete various workouts (barre, boot camp, Pilates, etc.). ASP childcare is provided for teachers/staff at no cost if participants have elementary aged students at RMM to increase participation rate. |
| Other School-Based Activities that Promote Employee and/or Student Wellness: | Goal Status (select one): | Number of Participants | Notes: |
| 1. Student Clubs | In Progress | 150 | There are approximately 15 clubs and activities available to students that take place after school (Ex: Sports Club, Sole |



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|--|-----------------------------|-----------------|--|
| | | | Sisters Running Club, Mindfulness Club, Gardening Club, STEM Gems, Lego League, and many others) |
| District Nutrition Guidelines for Beverages Sold to Students | Status (select one): | Choose an item. | 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): | Choose an item. | Notes: |

| 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. Amberly Brown | Physical Education Teacher | |
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| Wellness Committee Involvement <i>List of committee members names</i> | Position Title | Notes: |
| 1. Whitley Diamond | Teacher | |
| 2. Haley Keseric | Teacher | |
| 3. Cody Thompson | Teacher | |
| 4. Katie Manley | Teacher | |
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This institution is an equal opportunity provider.



| 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. Monthly Wellness Newsletter to faculty & staff | Once per month | |
| 2. SHBP/SHARECARE emails forwarded to faculty & staff monthly or as they are received | Once per month | |
| 3. Email correspondence sent Monday and Wednesday mornings reminding faculty and staff of workouts and their locations each day | Twice per week | |

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