



School/Work Location Wellness Action Plan SY2-24

Date of Assessment: 11/3/2023		School/Work Location Wellness Action Plan SY2-24	
Name of School/Work Location: Bascomb ES	Number of Students: 950		Number of Employees: 106
Nutrition Education and Promotion Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Woot Woot Cart	In Progress	All staff	Admin led
2. Recipe of the month	In Progress	All staff	In monthly newsletter
3. Nutrition/fitness tips	In Progress	All staff	In monthly newsletter
Mental Health & Wellness Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Monthly self-care	In Progress	Staff	Monthly newsletter- calendar
2. Stress Less challenges	In Progress	Staff	Sharecare, monthly newsletter
3. Mailbox Fairy	In Progress	Staff	Praise notes in teacher boxes
4. Mindful Minute	Completed	Staff	Tips/videos in newsletter
5. Weekly Shout Outs	In progress, completed every week	Staff	Weekly Principal Communication (Bits)
6. Self-care sheet	Completed	Staff	Counselors placed a self-care sheet in mailboxes
7. Popcorn and a Podcast	In Progress	Staff	Mental health podcast
Physical Activity Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Walking Week	Not Completed	Staff and students- TBD	PE walk week, students & teachers
2. Monthly Fitness workouts	In Progress	Staff	Monthly newsletter
3. Local activities promoting fitness	In progress	Staff	CCSD monthly newsletter
4. Kids Heart Challenge	Not completed	Staff and students	Jump rope in PE class
5. Boo Run	Completed	Staff and students	Fundraiser for Bascomb
Other School-Based Activities that Promote Employee and/or Student Wellness:	Goal Status (select one):	Number of Participants	Notes:
1. Monthly Wellness Challenges	In Progress	Staff	Monthly newsletter- physical, mental and health-based challenges. Winner receives a prize at the faculty meeting.
2. Red Ribbon Week	Completed	Staff and students	

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3. Meme Monday	In Progress	Staff	Wellness committee
4. SHBP challenges	In Progress	Staff	Stress less, steps challenge, green day challenge
5. You've Been Boo'd activity	Completed	Staff	Staff participates in gift exchange
6. Traveling coffee/water cart	Completed	Staff	Parent brought coffee and water to teachers
6. Canvas Art	Not completed	TBD	Staff bonding activity
District Nutrition Guidelines for Beverages Sold to Students	Status (select one):	Completed	Notes: Ice Cream, juice boxes, water
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: vending machine items—students do not have access

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. Courtney Shaw	Assistant Principal	
2. Janet Roach	PE Teacher	Wellness Ambassador
3.		
Wellness Committee Involvement <i>List of committee members names</i>	Position Title	Notes:
1. Janet Roach	PE Teacher	Wellness Ambassador
2. Brandy Thierry	K Teacher	
3. Lexi Lents	2 nd grade	
4. Kendle Flint	3 rd grade	

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5. Kim Holstein	Counselor	
6. Krystle Lopez	Counselor	
7. Suzy Gebhart	AIM	
8. Jenine Estrada	Bookkeeper	
9. Stephanie Metcalf	Registrar	

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 newsletter	Monthly	Wellness newsletter
2. Bascomb Bits	Weekly	Principal's info. to staff
3.		

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