

Date of Assessment: 12/9/24 School/Work Location Wellness Action Plan SY24-25			
Name of School/Work Location: MCMS		Number of Students: 1478	Number of Employees: 145
Nutrition Education and Promotion Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Patriot's Day	Completed	School-wide	Organized through School Nutrition
2. National Cheese Pizza Day	Choose an item.	School-wide	Organized through School Nutrition
3. Crunch 4 Lunch	In Progress	School-wide	Organized through School Nutrition
4. Harvest of the Month	In Progress	School-wide	Organized through School Nutrition
5. National Beach Day	In Progress	School-wide	Organized through School Nutrition
6. National School Lunch Week	Completed	School-wide	Organized through School Nutrition
7. Parent Recipe (Parslay the Day)	In Progress	School-wide	Organized through School Nutrition
8. Veteran's Day	Completed	School-wide	Organized through School Nutrition
9. National Soup Month	In Progress	School-wide	Organized through School Nutrition
10. National Cookie Day	In Progress	School-wide	Organized through School Nutrition
11. School Nutrition Week	Completed	School-wide	Organized through School Nutrition
12. Lazy Susan Meal Prep	In Progress	6	weekly healthy and delicious prepared food orders discount for free delivery, protein ball samples
13. Nutrition Education Information Display	In Progress	School-wide	Organized through School Nutrition
Mental Health & Wellness Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Student Support Groups	In Progress	15	Lunch bunch, anxiety
2. Kindness Week @ The Creek	Completed	School-wide	Kindness Club students and sponsors lead activities
3. Positive Office Referrals	In Progress	School-wide	Teachers write students up for positive behavior. These students are called to the office and celebrated. Administration calls home to brag on student.
4. Cat Cash	In Progress	School-wide	PBIS

5. Students of the Month	In Progress	90	Aligns with character words and descriptions
6. Therapy Dogs Visits	In Progress	320	Dogs visit before a test to help with anxiety. Students read books to the dogs and spend time petting and talking to them.
7. Soup Monday	In Progress	8	Every Monday from November through January one of 8 people in the Media Center "group" brings in a crockpot soup to share. These staff are in positions that are in individual, thus promoting community and support for each other.
8. Gratitude Tree	Completed	187	Students and Teachers write down what they are grateful for on a leaf cutout. All leaves assembled into tree on Media Center Wall.
9. Caffeination Station	In Progress	145	First Friday of the month, morning caffeine boost
Physical Activity Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Staff Hydration Challenge	Completed	10	Staff Wellness Challenge
2. Staff Ergometer Challenge	Completed	4	Staff Wellness Challenge
3. Staff Wellness Bingo	Not Completed	20	Staff Wellness Challenge
4. Staff Erg Team	In Progress	3	Competing at Atlanta Erg Sprints
5. Bounce 'N Bash	Completed	School-wide	
6. CFA 5K Race	Completed	10	
7. Indoor Regatta	Completed	850	All PE classes and staff participation
8. Students vs. Teachers Volleyball	In Progress	870	All PE classes and staff participation
9. Grade Level Olympics	In Progress	School-wide	
10. FitGA	In Progress	All PE students	All students take part in practicing and complete the FitGA testing.
Other School-Based Activities that Promote Employee and/or Student Wellness:	Goal Status (select one):	Number of Participants	Notes:

1. Red Ribbon Week	Completed	School-wide	Drug Education
2. Pep Rally	Completed	School-wide	
3. Staff Book Club	In Progress	5-8 attend meetings, 30 reading selected books	Meetings to discuss books
4. Staff Shoutouts	In Progress	145	
5. Staff Costume Contest	Completed	56	
6. Spirit Weeks	Completed	School-wide	
7. Staff Holiday Party	In Progress	44	
8. Media Center Experiences	In Progress	20-25 students per experience, 7-8 times a year	Once per month students can purchase a media experience during ELT time. They learn to macrame, finger knit, decorate cookies, etc. Plus, they get to meet a new friend and learn something new.
9. Crochet Club	In Progress	85	Year-long club that meets twice a month to learn crochet and meet new friends. Crochet helps with stress and anxiety, promotes learning and positive self-esteem.
10. Teacher Olympic Events	In Progress	75	
11. Grade Level Olympics	In Progress	School-wide	
12. PSEAE	Completed	School-wide	Puberty, Sex Education, and AIDS Education
District Nutrition Guidelines for Beverages Sold to Students	Status (select one):	Completed	: 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.
District Nutrition Guidelines for All Foods and Beverages Not Sold to Students (i.e. classroom parties, foods given as reward).	Status (select one):	Completed	Notes: All foods and beverages not sold to students during the school day shall encourage and support healthy eating by students.

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. Justin Sanderson	Principal	
2. Donna Ross	PE Teacher	
3. Jana Redman	PE Teacher	
Wellness Committee Involvement <i>List of committee members names</i>	Position Title	Notes:
1. Katie Hruby	Cafeteria Manager	
2. Kristen Kim	School Nurse	
3. Jamie Vecsey	Counselor	
4. Eliot Gaylean	PE Teacher	
5. Jim Elder	PE Teacher	
6. Stacy McPherson	6 th Grade Teacher	
7. Julie Schumaker	7 th Grade Teacher	
8. Margarita Nickell	8 th Grade Teacher	

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. Wellness Plan will be posted in MCMS Teacher Handbook	Annual	
2. Wellness Activities Emails	Monthly	

This institution is an equal opportunity provider.

3. Counselor Connect Newsletters	Monthly	Distributed to parents, staff, and students
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