

Date of Assessment: 12/2025 School/Work Location Wellness Action Plan SY25-26			
Name of School: Arnold Mill ES		Number of Students: 760	Number of Employees: 108
Nutrition Education and Promotion Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Teaching students how important it is to choose healthy in the serving line by offering fresh veggies and fruits daily.	In Progress	459	We had mango ice frozen cups and they loved it. That is nacho day which is our biggest participation day.
2. Making it fun for them with posters of the veggie or fruit of the month. Getting them involved in what they are eating.	In Progress	Daily	We always hang posters on the serving line so the students can see what they are putting into their bodies. Harvest of the Month Calendar
Mental Health & Wellness Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Students will act responsibly.	Partially Completed	760	All students strive for these 4 goals as part of our Tier 1 behavior plan. When students act responsibly, make good choices, exhibit safe behavior, and show respect, student and staff mental health will benefit. A process is in place to help students who are struggling with these goals. Students on Tiers 2 and 3 meet with a Mustang Mentor (staff member) or their teacher daily regarding a behavior chart. Special education students may also have these goals as part of their IEP or BIP. Students are taught emotion regulation by counselors and staff at all four tiers. Students who demonstrate these goals are awarded Knight Tickets that they can use to purchase prizes or special privileges. Students who excel in these goals on a regular basis are awarded best in class, kingdom, or school at quarterly ceremonies.
2. Students will make good choices.	Partially Completed	760	See above
3. Students will exhibit safe behavior.	Partially Completed	760	See above

4. Students will show respect.	Partially Completed	760	See above
Physical Activity Goal(s)	Goal Status (select one):	Number of Participants	Notes:
1. Flexibility, Cardiovascular Endurance, Body Composition, Muscular Strength and Endurance	Partially Completed	760	The FitnessGram is administered yearly to all students. It was completed last year and is partially completed so far this school year.
2. Healthy Heart Challenge	In Progress	760	We participate in this challenge yearly. It was completed last year and is partially completed so far this school year.
3. AMES students receive 50 minutes of PE two to three times per week	Completed	760	We are proud of the additional 5 minutes we were able to add to all grade level PE. and all but one grade level (who has it twice) is able to have PE three times per week!
4. AMES students are provided with approximately 20-25 minutes of recess daily as weather permits	Completed	760	
Other School-Based Activities that Promote Employee and/or Student Wellness:	Goal Status (select one):	Number of Participants	Notes:
1. Morning Sports Time for students	Completed	300	As part of our positive behavior rewards, students can purchase passes for extra sports time before school with Knights Tickets they have earned. More opportunities will continue throughout the year.
2. AMES Fun Run	Completed	760	
3. Staff morale activities	Completed	108	Staff are invited to social activities such as meeting at local restaurants. Staff are also given special treats/gifts throughout the year, such as gifts from administration, PTA, and a staff member who provides a breakfast bar with healthy options several times during the year. Before the winter holidays, staff stuffed each other's stockings with compliments and kindness. We make work fun with things such as having dress up days and pumpkin painting contests. Our AP Dr. Lea

			Campos leads the committee in charge of these activities.
District Nutrition Guidelines for Foods & Beverages Sold to Students	Status (select one):	Completed	Notes: Beverages are only sold to students during a couple of activities during the year. The drinks meet the size guidelines recommended by the USDA.
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: Typical rewards for students include Knights Tickets which they can use to purchase stickers, school supplies, and toys. Teachers are discouraged from providing candy as rewards. Teachers are encouraged to provide healthy snacks for classroom parties and to ask their room parents to do the same. Drinks are limited to the size recommended by the USDA.

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.Tara Quinn-Schuldt	Coordinator Student Support	
2. Melissa Whatley	Exec. Director Employee Resources	
3. Toni Hedges	School Nutrition Supervisor	
Wellness Committee Involvement <i>List of committee members names</i>	Position Title	Notes:
1. Dawn Garner	Counselor	
2. Davy Cheek	PE teacher	
3. Erin Whitley	PE teacher	
4. Lea Campos	Assistant Principal	

5. Melinda Lacy	Cafeteria Manager	
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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. School Nutrition Webpage	Permanently	
2. Parent Handbook	Yearly	
3. PTA board meetings, Faculty Meetings and/or School Council Meetings	Yearly	
4. Parent Square	As needed	