

Date of Assessment: Fall of 2025		School/Work Location Wellness Action Plan SY25-26	
Name of School: Avery Elementary	Number of Students: 1053	Number of Employees: 129	
Nutrition Education and Promotion Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Food Pantry	In Progress	AVES Staff/Students	PTA organizes food drives for community members in need & counselors organize backpacks that go home with students
2. School Garden	In Progress	AVES Staff/Students	Committee organizes garden/Can be used for teaching points in classrooms. Lunchroom staff used harvested crops for lunch
Mental Health & Wellness Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Happy Cart	In Progress	AVES Staff	Monthly Snack/Drink/Treat Cart that comes around to teachers. Local business/ parents sponsor the card to provide pick me ups to teachers & staff
2. Sunshine Committee Events	In Progress	AVES Staff	Staff Lunch/Dessert Days throughout the year – chili contest, friends giving, souper bowl day, dress up during the holidays, dessert day during the holidays. Contest with gift certificate winners
3. You Are Loved Theme/Continues with Best Year Yet Addition –	Partially Completed	AVES Staff/Students	You Are Loved on Signs and shirts as a constant reminder that we are loved. This year we added the theme of Best Year Yet. Slogan appears in various aspects of the day.
4. Seasonal Staff Games/Contest	In Progress	AVES Staff	Seasonal Contest with prizes. (ex. Pumpkin in your pocket – try to be 5 finalists at the end of the day to have a pumpkin to earn a prize.)
5. Morning Meetings	In Progress	Grade Level Teachers/Students	Teacher/student meetings to see how things are going with everyone to help with social & emotional needs.
6. Wear The Crown Wednesday	In Progress	AVES Staff	Wear The Crown Wednesday celebrates Avery's Excellence going on. Teachers/Staff

This institution is an equal opportunity provider.

			are encouraged to nominate colleagues for going above and beyond to uplift students, & coworkers to make this the BEST YEAR YET. Teachers that are nominated will get a crown to wear around for a day.
Physical Activity Goal(s)	Goal Status (select one):	Number of Participants	Notes:
1. Morning Running Club/Fit Georgia Testing	In Progress	Running Club 3 rd -5 th Students Practice Testing – All students Testing – 4 th & 5 th Students	3 rd -5 th Students – Have the opportunity to come to the gym and jog once a week for a certain amount of time during the fall and again during the spring. Georgia Fit testing practice takes place in PE during the entire year and actual testing takes place in the fall & spring for 4 th & 5 th graders.
2. Fun Run	Completed	All Students - 1053	The Fun Run was part of the school fundraiser. Students were encouraged to say good things about classmates daily while donating money to the school. The fundraiser ended with a fun run for each grade level.
3. Kid Heart Challenge	Not Completed	All Students - 1053	Kid Heart Challenge – is an event sponsored by the American Heart Association – students will watch a video on hands only CPR and the importance of being able to perform it. Jump rope lessons will take place during this time stressing the importance of physical activity and students can donate money to AHA.
Other School-Based Activities that Promote Employee and/or Student Wellness:	Goal Status (select one):	Number of Participants	Notes:
1. Red Ribbon Week	Completed	AVES Staff/Students	Importance of making healthy choices and being drug free
2. Kindness Award Winners	In Progress	All Grade Levels	Each month each grade level teacher select student kindness winners. Each teacher chooses a boy and girl each month who

			exhibit kindness characteristics. All students are pictured on school social media.
3. Think First Be Safe	Completed	AVES Students - 1053	Counselor led lessons that promote student safety.
District Nutrition Guidelines for Foods & Beverages Sold to Students	Completed	Choose an item. AVES Students - 1053	Notes: Avery Complies
District Nutrition Guidelines for All Foods and Beverages Not Sold to Students (i.e. classroom parties, foods given as reward).	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.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. Dr. Lisa Turner	Principal	
2. Melia Bridenstine	Asst Principal	
3. Jason Fitts	Wellness Ambassador	
4. Katherine Wallace	Co Wellness Ambassador	

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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. Food Drives	As needed	Parent square
3. Wellness Plan	As needed	Email to faculty and staff
4. Running Club/Fitness Gram Info/Red Ribbon	As needed	Parent Square
5. Happy Cart/Sunshine Events	As needed	Email