

Date of Assessment: 10/14/2025		School/Work Location Wellness Action Plan SY25-26	
Name of School: Bascomb ES	Number of Students: 820		Number of Employees: 125
Nutrition Education and Promotion Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Woot Woot Cart	In Progress	All staff	Admin led- quarterly treat
2. Monthly Recipes	In Progress	All staff	In monthly newsletter
3. Nutrition/fitness tips	In Progress	All staff	In monthly newsletter
4. November- Chicken Soup for the Soul Day	In Progress	Staff	Bring in a healthy soup to share with your team
5. Hydration Bar	In Progress	Staff	Promotion of drinking water by Wellness Comm.
6. Healthy Treat (mandarins)-November	In Progress	Staff	Well. Comm. treat to enhance staff morale
7. Honey Bar- September	Completed	Staff	Well. Comm. treat to enhance staff morale
8. Monthly treats for staff	In progress	Staff	Enhance staff morale monthly
Mental Health & Wellness Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Self- Care BINGO card	Completed	Staff	September challenge
2. Stress Less challenges	In Progress	Staff	Sharecare, monthly newsletter
3. Mailbox Fairy- November and Spring semester	In Progress	Staff	Praise notes in teacher boxes
4. Weekly Shout Outs	In progress, completed every week	Staff	Posted on the staff shout out board in office
5. Stress Awareness Day- November	In Progress	Staff	Poster displayed in Room 220
	In Progress	Staff	
Physical Activity Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Walking Week	In Progress	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	In Progress	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 Tips	In Progress	Staff	Monthly newsletter- physical, mental and health-based activities.
2. Red Ribbon Week	Not Completed	Staff and students	
3. SHBP challenges	In Progress	Staff	Stress less, steps challenge, green day challenge
4. December Dress up days and cookie swap	In Progress	Staff and Students	Helps boost staff morale
5. Hot Cocoa Bar	Not completed	Staff	Helps boost staff morale
6. Underground Spirit Week- October	In Progress	Staff	Helps boost staff morale
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.e. classroom parties, foods given as reward).	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. Toni Hedges	Supervisor, School Nutrition	
2. Tara Quinn-Schuldt	Coordinator Student Services	
3. Melissa Whatley	Risk Management	

This institution is an equal opportunity provider.

Wellness Committee Involvement <i>List of committee members names</i>	Position Title	Notes:
1. Janet Roach	PE Teacher	Wellness Ambassador
2. Brandy Thierry	EIP Teacher	
3. Kendle Flint	Kindergarten	
4. Suzy Gebhart	AIM	
5. Jenine Estrada	Bookkeeper	
6. Stephanie Metcalf	Registrar	
7. Felicia Berenger	5 th Grade	

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. OneNote	Daily	