

| Date of Assessment: 10/16/2025                        |                                   | School/Work Location Wellness Action Plan SY25-26 |                                                                              |
|-------------------------------------------------------|-----------------------------------|---------------------------------------------------|------------------------------------------------------------------------------|
| <b>Name of School:</b><br>Boston Elementary           | <b>Number of Students:</b><br>603 | <b>Number of Employees:</b><br>98                 |                                                                              |
| <b>Nutrition Education and Promotion Goal(s):</b>     | <b>Goal Status (select one):</b>  | <b>Number of Participants</b>                     | <b>Notes:</b>                                                                |
| 1. National School Lunch Week (10.13 – 10.17)         | In Progress                       | All Staff and Students                            | October – promoting student and staff nutrition                              |
| 2. National School Breakfast Week (3.3 – 3.7)         | In Progress                       | All Staff and Students                            | March – promoting student and staff nutrition                                |
| 3. Parent Recipe Competition (October)                | Completed                         | All Parents Interested                            | This takes place in the month of October                                     |
| <b>Mental Health &amp; Wellness Goal(s):</b>          | <b>Goal Status (select one):</b>  | <b>Number of Participants</b>                     | <b>Notes:</b>                                                                |
| 1. Classroom Guidance Lessons                         | In Progress                       | K - 5                                             | Monthly lessons with K-5 students to encourage character development         |
| 2. Individual and Group Counseling                    | In Progress                       | As needed for identified students                 | The needs of some individuals are completely different, but some are similar |
| 3. Think First Stay Safe                              | Spring                            | All Students                                      |                                                                              |
| 4. Check In's w/ students                             | In Progress                       | As needed for students                            | Support students emotionally, behaviorally and with social wellness          |
| 5. Red Ribbon Week                                    | In Progress                       | All staff and students                            | October 23 <sup>rd</sup> – October 31 <sup>st</sup>                          |
| 6. PBIS (Positive Behavior Intervention and Supports) | In Progress                       | All students                                      | Positive behavior reinforcement/community partners (program/support)         |
| 7. Weekly parent and staff newsletters                | In Progress                       | All staff and parents                             | Every other Friday the principal sends out a newsletter                      |
| <b>Physical Activity Goal(s)</b>                      | <b>Goal Status (select one):</b>  | <b>Number of Participants</b>                     | <b>Notes:</b>                                                                |
| 1. After school sports                                | In Progress                       | Registered Students                               | Students can play a variety of sports in the After School Program            |
| 2. Staff Corn Hole Tournament                         | Completed                         | Staff that signed up                              | Most of the staff participated in this tournament                            |
| 3. Pickle Ball Tournament                             | Not Completed                     | Staff that sign up                                | Staff will participate in a pickle ball tournament                           |

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| 4. Minute to Win It Tournament                                                                                                            | Not Completed                    | Staff that sign up            | Staff will participate in minute to win it style games                                                                                                                                                                                         |
| <b>Other School-Based Activities that Promote Employee and/or Student Wellness:</b>                                                       | <b>Goal Status (select one):</b> | <b>Number of Participants</b> | <b>Notes:</b>                                                                                                                                                                                                                                  |
| 1. Recess                                                                                                                                 | In Progress                      | All students                  | Scheduled recess every day                                                                                                                                                                                                                     |
| 2. Hearing and Vision Screening                                                                                                           | Not Completed                    | PK, 1 and 3 students          | Ensuring that student academics are not hindered by visual or auditory issues                                                                                                                                                                  |
| 3. Staff activities for morale building                                                                                                   | In Progress                      | All Staff                     | Wellness coordinator has set up activities for the whole staff                                                                                                                                                                                 |
| 4. Staff Holiday Party                                                                                                                    | Not Completed                    | All Staff                     | December 4 <sup>th</sup> @ 5:00                                                                                                                                                                                                                |
| 5. Holiday Help                                                                                                                           | In Progress                      | Identified Students           | Families in need of gift support are assigned an organization                                                                                                                                                                                  |
| <b>District Nutrition Guidelines for Foods &amp; Beverages Sold to Students</b>                                                           | <b>Status (select one):</b>      | Completed                     | <b>Notes:</b> Dairy kept on ice (milk, yogurt, cheese, etc.), sack lunches for field trips; Offer vs. Serve district. One fruit and one juice for breakfast. One fruit and one veggie for lunch. Students have 5 components and must choose 3. |
| <b>District Nutrition Guidelines for All Foods and Beverages Not Sold to Students</b><br>(i.e. classroom parties, foods given as reward). | <b>Status (select one):</b>      | Completed                     | <b>Notes:</b> All food and drinks must come in a closed, unopened container.                                                                                                                                                                   |

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| <b>Key</b>          |                                                                                  |
| 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                                |

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| <b>Wellness Plan Leadership</b><br>Name of school or district level official(s) | <b>Position Title</b> | <b>Notes:</b> |
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| 1.Tara Quinn-Schuldt                                                            | Coordinator Student Support       |               |
| 2. Melissa Whatley                                                              | Exec. Director Employee Resources |               |
| 3. Toni Hedges                                                                  | School Nutrition Supervisor       |               |
| <b>Wellness Committee Involvement</b><br><i>List of committee members names</i> | <b>Position Title</b>             | <b>Notes:</b> |
| 1. Michael L'Esperance                                                          | <b>Counselor</b>                  |               |
| 2. Lindsey Pinckard                                                             | <b>Counselor</b>                  |               |
| 3. Celeice Hood                                                                 | <b>Administrator</b>              |               |
| 4. Meg Martin                                                                   | <b>Administrator</b>              |               |
| 5. Kristin Martin                                                               | TSA Administrator                 |               |

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| <b>Communication of Wellness Plan, Activities and Goals</b><br><i>Where it is posted i.e. webpage, handbook, etc.</i> | <b>How often it is updated/released:</b> | <b>Notes:</b> |
| 1. School Nutrition Webpage                                                                                           | <b>Permanently</b>                       |               |
| 2. Sent to Staff                                                                                                      |                                          |               |
| 3. Discussed during staff meeting if necessary                                                                        |                                          |               |