

Date of Assessment: School/Work Location Wellness Action Plan SY25-26			
Name of School: DRMS	Number of Students: 1,515		Number of Employees: 151
Nutrition Education and Promotion Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Smart Goals: Healthy Habits	Not Completed	All staff and students	SEL for each grade level
2. Healthy/Diverse food options at cluster meetings	In Progress	All staff	Administration provides a diverse and healthy options of food for the staff once per month at grade level meetings to treat the staff and accommodate all dietary needs
Mental Health & Wellness Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Holiday & Spirits Dress up days	Completed	All staff and students	Holiday and spirit dress up days to unite the staff and students in a fun way to further engage everyone at DRMS in school spirit!
2. Chief's Culture	In Progress	Staff and students	Delivered through SEL, DRMS established a matrix of expectations of our DRMS culture such as respect, compassion, & accountability.
Physical Activity Goal(s)	Goal Status (select one):	Number of Participants	Notes:
1. Color Battle	Not Completed	All who choose to participate in the fundraiser	Teachers and students will participate in minute-to-win-it games in a fast pace environment.
2. Field Day	Not Completed	Teachers and students	Physical activities and games to promote togetherness and wellness.
Other School-Based Activities that Promote Employee and/or Student Wellness:	Goal Status (select one):	Number of Participants	Notes:
1. Ellies Day	Completed	All students and staff	All students and staff are encouraged to participate in a kindness day we call Ellie's day in honor of a student in our community.
2. World Mental Health Day	Completed	All students and staff	SEL lesson on Mental Health awareness and included a dress up day to promote awareness.

District Nutrition Guidelines for Foods & Beverages Sold to Students	Status (select one):	Completed	Notes: 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>(i.e. classroom parties, foods given as reward).</i>	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.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. Mallory Weaver	Counselor	
2. Kasi Williams	Counselor	
3. Rylee Woods	Counselor	

4. Katie Smith	AP	
5. Dawn Weinbaum	Principal	

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. SEL Lessons	weekly	
3. Rusk Report	Weekly	Weekly report to notify staff of upcoming activities.