

Date of Assessment: 7/29/25		School/Work Location Wellness Action Plan SY25-26	
Name of School/Work Location: ET Booth MS		Number of Students: 1694	Number of Employees: 156
Nutrition Education and Promotion Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Water Bar (drink water)	In Progress		3x per year (plus refill water as needed)
2. FAT Fridays (breakfast)	In Progress		5X per year
3. Quarterly Duty-Free Lunches for teachers and staff			quarterly
Mental Health & Wellness Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Book Club	In progress		Once a month meeting
2. First Friday after school social gatherings	In progress		Once a month
3. Weekly Shout Outs to recognize everyday contributions	In progress		Weekly
4. (Monthly) Teacher and Support Staff of the Month			Monthly
5. Mindfulness Room			Open to all faculty and staff
6. Gratitude Practices			Monthly Theme, weekly practices
Physical Activity Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Walking Group	In Progress		
2. Yoga/Pilates	In Progress		
3. Walking Pads in teacher workrooms	In progress		These pads stay there/constant availability
Other School-Based Activities that Promote Employee Wellness:	Goal Status (select one):	Number of Participants	Notes:
1. Chili Cookoff	In Progress		Tailgate basketball game and vote for the best chili
2. Secret Pals	In Progress		Once a month gifts for "secret pal"
3. Wellness Inspired Team (Teacher/Staff) Challenges	In Progress		The TikTok undercover teacher challenge, Red Ribbon Week, etc.

4. Lunch order	In progress	50	Staff has the option to order lunch on Fridays (split between Chicken Salad Chick, Jimmy John's, and McCallister's currently)
5. House Challenges	In progress	Whole school	Everyone in the school is part of a "house" and we do events and challenges throughout the year to create school spirit and social connections across grade levels and subjects
District Nutrition Guidelines for Beverages Sold to Students	Status (select one):	Choose an item.	Notes:
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. Teresa Neal	Counselor	
2. Marcie Firebaugh	Social Worker	
3. Toni Hedges	School Nutrition	
Wellness Committee Involvement <i>List of committee members names – Sunshine Committee</i>	Position Title	Notes:
1. Grace Carlson	Principal's Secretary	
2. Beth Watkins	AP	
3. Teresa Neal	Counselor	

4. Beth Coryell	AP	Collaborates with Partners
5. Teachers: Abby Lett, Katherine Garland, Kathy Cash	teachers	

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. Communicated by email and posted to Canvas page	Annually	
2. upcoming events and reminders	monthly	
3. shout outs	weekly	