

Date of Assessment: School/Work Location Wellness Action Plan SY25-26			
Name of School: Etowah High School	Number of Students: 2300	Number of Employees: 200	
Nutrition Education and Promotion Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Chilli/Soup cook off (Nov)	In Progress	200	Teachers are encouraged to participate in a cooking competition, making healthy soups and chili on the digital day in November.
2. Healthy Snack Cart (April)	In Progress	150	Teachers will be treated to a variety of healthy snacks, with fruits, nuts, and veggies leading up to EOC exams.
Mental Health & Wellness Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Teacher Tailgate (Oct)	Completed	75	Teachers are encouraged to attend for food, fun, and fellowship with dinner provided to staff members and family.
2. Connectedness activity (Sept)	Completed	2200	School wide hexagonal activity to show how we are all connected. This was introduced in homerooms and completed by staff and students.
3. Therapy Dogs (various months)	In Progress	100	Teachers and students are invited to visit with therapy dogs during lunches. 4 visits scheduled
Physical Activity Goal(s)	Goal Status (select one):	Number of Participants	Notes:
1. Beach Body Bootcamp (Mar)	In Progress	200	Teachers will receive a calendar with daily activity challenges.
2. SHBP Goal Setting (Oct)	In Progress	200	Teachers are reminded that open enrollment approaches, to take advantage of healthcare incentives through the SHBP programs.
Other School-Based Activities that Promote Employee and/or Student Wellness:	Goal Status (select one):	Number of Participants	Notes:
1. Underground Spirit Week (Jan)	In Progress	200	Teachers are given a week of varying "undercover" themes intended to lift spirits and encourage student interaction.

2. Christmas Faculty Trivia (Dec)	In Progress	200	Teachers and staff participate in a trivia contest with fun prizes, food, raffles, and teacher superlatives before Christmas break.
3. Mocktail Bar (April)	In Progress	150	Teachers and staff are provided fun fruity mocktails with a Hawaiian theme leading up to Spring break.
District Nutrition Guidelines for Foods & Beverages Sold to Students	Status (select one):	In Progress	Notes: All items sold during lunches and through vending meet district standards.
District Nutrition Guidelines for All Foods and Beverages Not Sold to Students (i.e. classroom parties, foods given as reward).	Status (select one):	In Progress	Notes: All items sold during lunches and through vending meet district standards.

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. Janet Baggett	Assistant Principal	
2. Jamie Lester	Media Specialist	
3. Melissa Grier	ILS	

4. Taylor Herman	Counselor	
5. Alayna Petersen	Counselor	
6. Tori Brown	Grad Coach	

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. Email Communications	Monthly	Prior to events, Ms. Baggett sends out announcements to staff and TAA as applicable
3. Weekly wrap ups and Staff newsletter	Weekly/Monthly	ILS highlights events in weekly wrap ups and monthly newsletter with photos.