

Date of Assessment: 2025- 2026 School Year		School/Work Location Wellness Action Plan SY25-26	
Name of School/Work Location: Free Home Elementary School		Number of Students: 277	Number of Employees: 66
Nutrition Education and Promotion Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. School Nutrition Week	Completed	277	Completed
2. Food Pantry	In Progress	28	Providing healthy food for economically disadvantaged
3. Healthy Bulletin boards	In progress	Whole school	The school nurse creates bulletin boards that change monthly that include healthy habits and nutrition tips.
4. Rocket Review	In progress	All teachers and staff	Information on upcoming health events, healthy tips, and sometimes recipes are shared weekly in the staff newsletter
5. Thanksgiving meals	In progress	Varies based on need	Entire Thanksgiving meals and surplus food is given to those in need at our school.
6. Staff meals	In progress	Entire staff	We have had a variety of themes with a healthy focus including a skin care event, teas from around the world, and a soup and salad luncheon.
Mental Health & Wellness Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Morning meetings	In Progress	277	Staff and students complete lessons that focus on areas of mental health and conflict resolution.
2. Student choice Health goals	In Progress	277	Students have one or two health goals that they are working on all year long. This includes ways they are going to reach that goal and what to do once they have reached their goals.
3. Kind student of the month	In progress	varies	Students from each grade level are recognized by one of business partners each month for being kind.

4. Kindness Week	In progress	277	This week is to remember to be extra kind to each other and is filled with service projects for all grade levels.
5. Student of the day	In progress	277	A student is nominated by a staff member. They are celebrated on the morning news and given a pin that identifies them as the student of the day. Administration also call the parent/guardians,
6. Fidgets and chill out zones	Completed	277	Teachers were given fidgets and information about making a spot in their classrooms and spaces where students can deescalate from stressful situations.
7. Think First - Stay safe	In Progress	277	These are counselor led lessons that promote student safety and personal advocacy. These age-appropriate lessons are presented to all students.
8. Check in Check Out	In Progress	Varies by need	Teachers with Check In Check Out training meet with some of our highest need students before school starts and when it ends every day. This lasts the entire year. Teachers provide students with strategies and de-escalation techniques.
9, Northwest RESA	In Progress	Teachers	Pattie Atkinson has been providing our staff with a "toolbox" of strategies to help deescalate our students. This has been a three year project.
10. Positive Office referral	In Progress	277	Teachers write students up for positive behavior. Those students are then celebrated on the morning news. Administration also calls home to highlight their behaviors and actions.
11. Mission Assemblies	In Progress	277	At the end of each 9 weeks our entire school goes to the gym and participates in a pep rally. We highlight students for physical and academic achievements. They are selected by staff to be part of our Artemis

			Generation. Our school is space themed, and we have 3 separate missions that they are a part of.
12. Field Day	In progress	277	An annual event where students compete in physical activity for the entire day.
Physical Activity Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. PBIS Extra Gym	In Progress	277	Students can earn extra exercise time in the gym when they earn a ticket in the cafeteria or on the bus for good behavior,
2. Running Club	In Progress	190	Students in grades 2-5 come to the gym and run before school 4 days a week
3. Morning News Fitness	In progress	277	Wellness Wednesday and Fitness Friday
4. Staff Walking Club	In progress	30	Staff can walk in the gym every morning before school starts or after school.
5, Extra Recess as an incentive	In progress	277	Administration will provide 5-10 minutes as an extra incentive for positive behavior
Other School-Based Activities that Promote Employee and/or Student Wellness:	Goal Status (select one):	Number of Participants	Notes:
1. Red Ribbon week	In Progress	277	Focus on making healthy, drug free choices
2. Georgia Fit (formally the Fitness Gram)	In Progress	277	All students take part in practicing and completing the Georgia Fit testing. The scores of 4 th and 5 th grade are reported to the state.
3. Healthier Generation	In Progress	Entire School	Documentation and accountability for a National Award. For the second year in a row, Free Home was recognized this year as the only school in the county to receive this award.
4. Coaches Corner	In progress	Entire Staff	Ideas of ways to stay healthy are sent out weekly as part of our Rocekt Review Newsletter
5. Active School Pledge	Completed	Entire School	A pledge that is made to promote active lifestyles and keep kids moving. This is

			coordinated by the National Active Schools Summit
6. Family PE Week	In progress	277	Working with Active Schools and the OPEN curriculum to provide movement. This provides opportunities at home and document them for recognition.
7. Fuel Up to Play 60 and Brain Breaks	In progress	277	Students participate in various daily challenges as well as special events.
8. 5 th Grade Puberty lesson	Completed	48	Fifth grade students are presented with a lesson on their changing bodies. Also included are components of hygiene, nutrition, and self-care.
District Nutrition Guidelines for Beverages Sold to Students	Status (select one):	Completed	Notes:
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:

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. Keith Furstenberg	PE/ Health	Serving as state Ambassador for PE and Health Ambassador for Cherokee County
2. Julie Peppers	Principal	Includes health tips and information in weekly newsletter
3. Anette Fountain	Nurse	
Wellness Committee Involvement <i>List of committee members names</i>	Position Title	Notes:

1. Keith Furstenberg	PE/Health	
2. Susanna Brooks	Counselor	
3. Anette Fountain	Nurse	Has provided additional health training to ASP staff. Create additional bulletin boards on topics such as hand washing and sugar in foods.
4. Amy Lathem	Head of Cafeteria	Updates bulletin boards to promote healthy food choices
5. Amy George	Para-professional	

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. Weekly newsletter – Rocket Review	weekly	Health information is included to our weekly Rocket Review from our principal
2. Bulletin Board	monthly	Updated by our PBIS committee, café manager, school nurse
3. Morning news	2-3 times a week	Tips and health information – it is often related to our school PBIS
4. Parent Square	As needed	Information is sent out to the entire community in regard to our healthy events such as Family PE Week and Field Day