

Date of Assessment: 8/1/2025		School/Work Location Wellness Action Plan SY25-26	
Name of School: Freedom Middle School	Number of Students: 854	Number of Employees: 92	
Nutrition Education and Promotion Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. FMS Wellness Newsletter	In Progress	all staff	Includes healthy recipes and nutrition tips
2. Quarterly Snack and Chat Events	In Progress	all staff	Will include healthy snacks
3. Monthly Staff Lunch Order	In Progress	all staff	Various restaurants with healthy options
4. Staff Thanksgiving Lunch	Not Completed	all staff	Admin purchases lunch in cafeteria for all staff
Mental Health & Wellness Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Staff Wellness Room	Not Completed	all staff	Grant proposal submitted
2. FMS Kudos- weekly	In Progress	varies	Shout Outs to recognize everyday contributions
3. Patty Awards- teacher/staff of the month	In Progress	2 per month	
4. SHBP Challenges	In Progress	all staff	Advertise monthly challenges in newsletter
Physical Activity Goal(s)	Goal Status (select one):	Number of Participants	Notes:
1. SHBP Steps Challenge	Not Completed	varies	January and April 2026
2. Exercise equipment to be in wellness room	Not Completed	all staff	Resistance bands, yoga mats, etc
Other School-Based Activities that Promote Employee and/or Student Wellness:	Goal Status (select one):	Number of Participants	Notes:
1. Staff Tail Gate Potluck	Completed	all staff	August
2. Chili Cook Off	Not Completed	all staff	December
3. Poe-Tato Child and Dip Day	In Progress	all staff	October
4. Hot Cocoa Bar and Cookie Contest	Not Completed	all staff	December
5. Red Ribbon Week	Not Completed	all staff	October
6. Festive Freedom	Not Completed	all staff	December
7. Festivus Holiday Event	Not Completed	all staff	December, white elephant gifts, voluntary
8. Staff Theme Days during basketball season	Not Completed	all staff	November, December, January

9. Teacher treats on last day of Milestones testing	Not Completed	all staff	May
10. Staff Costume Contest	Not Completed	all staff	October
11. Love Bites (staff Valentines day treats)	Not Completed	all staff	February
12. Soup Contest	Not Completed	all staff	March
13. Secret Santa Gift Exchange	Not Completed	all staff	December, voluntary participation
District Nutrition Guidelines for Foods & 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.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. Sarah Bigelow	School Counselor	
2. Mary Robinson	Principal's Secretary	
3. Corbett Mendelson	Teacher	

4. Megan Hallissey	ILS	
5. Leslie Holley	Counselor	

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. Communicated by email in Patriot Post	Weekly	
3. Physical copies of newsletter in staff mailbox	Monthly	