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|-------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------|----------------------------------------------------------|----------------------------------------------------------------------------------------------------|
| Date of Assessment: 10/27/2025                                                                                                            |                                  | <b>School/Work Location Wellness Action Plan SY25-26</b> |                                                                                                    |
| <b>Name of School:</b> Hickory Flat Elementary                                                                                            | <b>Number of Students:</b> 859   | <b>Number of Employees:</b> 123                          |                                                                                                    |
| <b>Nutrition Education and Promotion Goal(s):</b>                                                                                         | <b>Goal Status (select one):</b> | <b>Number of Participants</b>                            | <b>Notes:</b>                                                                                      |
| 1. Snack Cart                                                                                                                             | In Progress                      | Available for entire staff                               | Periodic snack cart provided to all staff with plenty of healthy food option                       |
| 2. Wellness Tea in Lounge                                                                                                                 | Completed                        | Available for entire staff                               | Antioxidant teas provided to teachers in the teachers' lounge                                      |
| <b>Mental Health &amp; Wellness Goal(s):</b>                                                                                              | <b>Goal Status (select one):</b> | <b>Number of Participants</b>                            | <b>Notes:</b>                                                                                      |
| 1. Book Club                                                                                                                              | In Progress                      | 30                                                       | Optional book club for staff with a meeting every month                                            |
| 2. ThunderWord Shoutouts                                                                                                                  | In Progress                      | Available for entire staff                               | A weekly shoutout of teachers' noteworthy accomplishments                                          |
| <b>Physical Activity Goal(s)</b>                                                                                                          | <b>Goal Status (select one):</b> | <b>Number of Participants</b>                            | <b>Notes:</b>                                                                                      |
| 1. Line Dance with instructor                                                                                                             | Completed                        | Available for entire staff                               | A line dance instructor was brought to the school to provide a lesson for Faculty and Staff        |
| 2. Staff-Planned Wellness                                                                                                                 | In Progress                      | Available for entire staff                               | A monthly selection made by teams within the school to promote wellness for staff                  |
| <b>Other School-Based Activities that Promote Employee and/or Student Wellness:</b>                                                       | <b>Goal Status (select one):</b> | <b>Number of Participants</b>                            | <b>Notes:</b>                                                                                      |
| 1. Appreciation Days                                                                                                                      | Completed                        | Available for entire staff                               | Periodic days for teachers to receive appreciation                                                 |
| 2. Staff-holiday party                                                                                                                    | Not Completed                    | Available for entire staff                               | A venue is selected to host an off campus gathering to celebrate the holidays for the entire staff |
| <b>District Nutrition Guidelines for Foods &amp; Beverages Sold to Students</b>                                                           | <b>Status (select one):</b>      | In Progress                                              | Complies with District standards                                                                   |
| <b>District Nutrition Guidelines for All Foods and Beverages Not Sold to Students</b><br>(i.e. classroom parties, foods given as reward). | <b>Status (select one):</b>      | In Progress                                              | Complies with 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<br><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<br><i>List of committee members names</i>        | Position Title                    | Notes: |
| 1.                                                                              |                                   |        |
| 2.                                                                              |                                   |        |
| 3.                                                                              |                                   |        |
| 4.                                                                              |                                   |        |
| 5.                                                                              |                                   |        |

| Communication of Wellness Plan, Activities and Goals<br><i>Where it is posted i.e. webpage, handbook, etc.</i> | How often it is updated/released: | Notes: |
|----------------------------------------------------------------------------------------------------------------|-----------------------------------|--------|
| 1. School Nutrition Webpage                                                                                    | Permanently                       |        |
| 2.                                                                                                             |                                   |        |
| 3.                                                                                                             |                                   |        |