

Date of Assessment:				School/Work Location Wellness Action Plan SY25-26			
Name of School: Indian Knoll		Number of Students: 842		Number of Employees: 110+			
Nutrition Education and Promotion Goal(s):		Goal Status (select one):	Number of Participants	Notes:			
1. Harvest of the Month		In Progress	All	New fruit/vegetable featured each month in cafeteria			
2. Farm to School Initiative		In Progress	All	Local, farm fresh beef served for school lunches			
3. Upping H2O		In Progress	All Staff	Multiple spring water coolers in common areas to increase availability of fresh water			
4. Garden Club		In Progress	20-30 Students + Teacher Club leaders	The garden teaches and instills healthy habits associated with gardening and the nutritional value of fresh vegetables. It's maintained by students with staff supervision and served to students at school. Additionally, this program is now planting decorative plants around the school.			
Mental Health & Wellness Goal(s):		Goal Status (select one):	Number of Participants	Notes:			
1. Staff Spotlight- Garden of Greatness		In Progress	All Staff	Weekly Newsletter shared by Mrs. Morrie, recognizing outstanding teachers who are going above and beyond to elevate the excellence within our building.			
2. Sticky Note Encouragement		In Progress	All Staff	School wide program allowing Administration, teachers, and students to write brief messages of appreciation on sticky notes and place them on the selected staff members door.			
3. Staff Luncheons, coffee/coco bars, fresh fruit bars, etc.		In Progress	All Staff	In addition to our seasonal/holiday themed luncheons, we have increased the frequency of providing refreshments for teachers. By increasing the frequency of the gatherings, we are building connections within the staff and helping reduce teacher stress levels			

4. Hospitality Committee	In Progress	All Staff	All staff looks for opportunity to serve others. Cards, flowers, treats, small gifts, and meals are provided for those experiencing life changes, or for those who need a mental/emotional boost.
5. Crafting Parties	In Progress	All Staff	As fun way to create comradery between staff members, we offer holiday themed craft parties (ex-Halloween themed, pen making), in which the school provides decorative supplies and teachers create and laugh as they build.
6. Bunco and Breakfast	In Progress	All Staff	A fun way to welcome back staff after the holiday break, planned for our staff development day in January.
7. Teacher Appreciation Week and EOY Staff party	Not yet completed	All Staff	Teachers are reminded of the value they bring and difference they make through these events. Teacher gifts, snack carts, and luncheons, promote enhancing staff wellness by providing fun and collaborative opportunities to eat and reflect on the impact they have in their roles as educators
Physical Activity Goal(s)	Goal Status (select one):	Number of Participants	Notes:
1. Staff Cornhole Tournament (Next semester)	Not Completed	40+	Staff selects an in-house teammate and competes in cornhole tournament/tailgate party after school. ***This turned into an instant staff favorite! It provided the perfect blend of competition, in a very relaxed setting that all staff could participate in. We created tournament brackets, allowed teachers to create their own team names, and played until we had a champion.
2. Staff Step Challenges	In Progress	70+	As an added incentive for points in our house celebrations (PBIS), we'll allow teachers the opportunity to log steps over the course of the last week of the quarter .

			We keep a live spreadsheet, showing which house is the step leader for the day. The highest step count for each house earns points for their house.
Other School-Based Activities that Promote Employee and/or Student Wellness:	Goal Status (select one):	Number of Participants	Notes:
1. Student Mentoring Program (CICO)	In Progress	10-15 Students and Select Staff	Check in/check out allows for at risk, or struggling, students an opportunity to meet with a mentor teacher to help implement strategies to enhance student wellness and increase student success throughout the day.
District Nutrition Guidelines for Foods & 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):	Completed	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. Erica Morrie	Principal	
2. Chris Sears	PE Teacher	
3. Jason Bermudez	PE Teacher	
4.		
5.		

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.		
3.		