

Date of Assessment: Knox STEM Academy Wellness Action Plan SY25-26			
Name of School: Knox STEM Academy	Number of Students: 837	Number of Employees: 132	
Nutrition Education and Promotion Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Crocktober (Oct)	Completed	Staff – 90%	Staff luncheon prepared by staff and share recipes
2. Water Bar (April)	Not Completed	Staff -	Provide hydration bar for staff
Mental Health & Wellness Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. New Year, New to You (Jan)	Not Completed	Staff -	Wellness will sponsor donation boxes of items (towels/blankets – animal shelter, kids clothes – for Knox, adult clothes – adult center)
2. Thankful Turkeys (Nov)	Completed	Staff and Students – 90%	Students/staff write thankful notes on feathers and put on staff members' doors
3. Holiday Sing Along Breakfast (Dec)	Not Completed	Staff -	Provide breakfast for staff during staff/student holiday sing along
4. Super Bowl Snacks (Feb)	Not Completed	Staff -	Staff prepares football tailgating snacks and shares
5. Merry March (March)	Not Completed	Staff -	Random treats/acts of kindness/gift cards throughout the month
6. Silent Knight (all year)	In Progress	Staff – 40%	Staff secretly brings a co-worker some favorite things throughout the year
Physical Activity Goal(s)	Goal Status (select one):	Number of Participants	Notes:
1. Step Challenge (March)	Not Completed	Staff -	Teachers will set goal for steps to earn gift cards
2. May the Fitness Be with You (May)	Not Completed	Staff -	Create fitness routine with students and do it together
Other School-Based Activities that Promote Employee and/or Student Wellness:	Goal Status (select one):	Number of Participants	Notes:
1. Order Out	In Progress	Staff -	Staff order out option on Friday for lunch
2. TA Café	In Progress	Staff -	Transition Academy serves beverages for staff

3. Water Jug Dispenser	In Progress	Staff -	Water provided for staff throughout the year
District Nutrition Guidelines for Foods & Beverages Sold to Students	Status (select one):	In Progress	Notes: Ice cream, juice boxes, water
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: Classroom parties Birthday treats

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. Tammie Anderson	Administrator	
2. Melanie Beavers	Wellness Ambassador – 3 rd	
3. Shaundra Meroney	K	
4. Sandy Giudice	1st	
5. Jillian Luna	2 nd	
6. Bailey Waddell	4th	

7. Morgan Hutcheson	5 th	
8. Steve McGowan	Specials	
9. Rebecca Puckett	EIP/ESOL	
10. Coleen Hagadone	SpEd	
11. Theresa Healen	Knox Cafe	

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	1x month	Upcoming school Wellness activities/ BeWell SHBP program
3. School mailroom/workrooms	Posted as needed (monthly)	Activities posted in mailroom/family living center as needed
4. Faculty Meetings	1x semester	BeWell SHBP program intro/reminders
5. Wellness Committee Meetings	1x month	Share/Plan goals and activities for the year