

Date of Assessment: 11/5/25		School/Work Location Wellness Action Plan SY25-26	
Name of School: Liberty Elementary School	Number of Students: 879	Number of Employees: 138	
Nutrition Education and Promotion Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Promote a monthly goal of drinking 40oz of water daily.	In Progress	138	
2. Share a healthy recipe in the monthly newsletter.	In Progress	138	Comes out in our monthly newsletter
Mental Health & Wellness Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Implement Teacher Zen Zone	In Progress	138	
2. Wellness Wednesday Activities	In Progress	15	Physical activities offered to staff after work.
Physical Activity Goal(s)	Goal Status (select one):	Number of Participants	Notes:
1. Rotating activities: Zumba, Pickleball, Circuit Training, Walking groups	In Progress	15	
2. Set a goal to reach 10K steps in a day	In Progress	32	
Other School-Based Activities that Promote Employee and/or Student Wellness:	Goal Status (select one):	Number of Participants	Notes:
1. Morning meetings with teachers and students.	In Progress	42	
2. Monthly Sunshine committee activities	In Progress	42	Monthly acts of kindness "challenges"
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

This institution is an equal opportunity provider.

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. Sandi Harrison	Principal	
2. Gena Ergle	AP	
3. Lindsey Goran	AP	
4. Brandi Clotfelter	TOA	
5. Lucy Pence	PE Teacher	

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. Goes out to staff In S'more from Aps	Weekly	
3. Wellness Newsletter sent out Monthly	Monthly	