

Date of Assessment: November 2025		School/Work Location Wellness Action Plan SY25-26	
Name of School: LRES		Number of Students: 1195	Number of Employees: 186
Nutrition Education and Promotion Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1.	Choose an item.		
2.	Choose an item.		
Mental Health & Wellness Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Relax Room for Staff with massage chair.	In Progress	1-5 weekly	Teachers and staff can take a timeout and relax if stressed out, or they need a moment.
2. Painting	In Progress	25	Teachers and staff attend free directed painting
Physical Activity Goal(s)	Goal Status (select one):	Number of Participants	Notes:
1. Track Talk (walking 30 minutes together after the workday.	In Progress	2-10 weekly	Teachers meet outside at our new outdoor track and walk laps while talking for 30 minutes.
2. Pickleball	In Progress	12-15 every 6 weeks	
3. Yoga	Not Completed	20+	Free class offered in January, off campus.
Other School-Based Activities that Promote Employee and/or Student Wellness:	Goal Status (select one):	Number of Participants	Notes:
1. December Staff Party	In Progress	100	
2. End of Year Party	Not Completed	100	
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>Little River Elementary</i>	Position Title	Notes:
1. Dr. Adams.	Principal	
2. Mrs. Bass	Assistant Principal	
3. Brenda Blasco	Wellness Committee Chair	
Wellness Committee Involvement <i>List of committee members names</i>	Position Title	Notes:
1. Fields		
2. Eyrich		
3. Reynolds		
4. Roosa		
5. Dumond 6. Campbell 7. Hatcher 8. Mickel 9. Foster 10. Estill		

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. Emails	Permanently	

This institution is an equal opportunity provider.

2. Principal weekly newsletters	Permanently	
3. events placed on staff calendars	Permanently	