

Date of Assessment: 12/15/2025		Macedonia ES Wellness Action Plan SY25-26	
Name of School/Work Location: Macedonia ES		Number of Students: 700	Number of Employees: 84
Nutrition Education and Promotion Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. School Nutrition Week	Completed	700	Café Staff
2. Healthy Bulletin Boards	In Progress	700	Café creates bulletin boards and change them monthly to include healthy habits and nutrition tips.
3. Staff Meals	In Progress	62	Each month is a new theme for all teachers to bring in select foods for the month and all staff can share. Soups, Salads, Etc.
Mental Health & Wellness Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Morning Meetings	In Progress	700	Teachers and students complete lessons on conflict resolution.
2. Character Kid of The Month	In Progress	700	Students from each homeroom are recognized each month for the trait of the month.
3. Positive Office Referral	In Progress	700	Teachers write students up for showing positive behaviors and actions. Administration highlights their positive behavior and actions and notify parents.
4. Kindness Award	In Progress	700	Students go to administration to be recognized for showing acts of kindness and parents are notified.
5. Tribal Assemblies	In Progress	700	At the end of every 9 weeks, our entire school goes into the gym to celebrate our academic and behavior achievements. We recognize a Pride of the Den (each homeroom), Tribe, and Nation(whole school). 4 Tribes make 1 Noble Nation

Physical Activity Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Field Days	Not Completed	700	All teachers and students do different events, activities, and competitions. They compete in small groups and whole classes. K-1 are half days, 2-5 are full days.
2. Healthy Cats	Not Completed	40	Students in grades 4 th and 5 th stay after school to jog, walk, and run and keep up with their miles in Jan-April. Coaches use Marathon Kids
Other School-Based Activities that Promote Employee and/or Student Wellness:	Goal Status (select one):	Number of Participants	Notes:
1. Red Ribbon Week	Completed	700	Students and teachers focus on drug free choices
2. Think First – Stay Safe	In Progress	700	Counselor led lessons that promote student safety and personal advocacy.
3. Family Fitness Night	In Progress	Students and Families	Students and families are invited to come up to the school from 6:00-8:00 to participate in some of our PE games and activities in the Gym and on the field.
District Nutrition Guidelines for 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):	In Progress	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. JJ Cantrell	PE Teacher	
2. Dr. Carrie O'Bryant	Principal	
3. Melissa Venezia	AP	
Wellness Committee Involvement <i>List of committee members names</i>	Position Title	Notes:
1. JJ Cantrell	PE Teacher	
2. Brooke Whitaker	PE Teacher	
3. Kelly Shephard	Counselor	
4. Katie Williams	Counselor	
5. Georgie Hathcock	Cafeteria Manager	

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. Weekly Newsletter	Weekly	Weekly review and preview from our principal.
2. Bulletin Boards	Monthly	Promote monthly and quarterly PBIS
3. Parent Square	As Needed	Info is sent out in regards to our school events