

Date of Assessment: School/Work Location Wellness Action Plan SY25-26			
Name of School: Mountain Road Elementary		Number of Students: 355	Number of Employees: 65
Nutrition Education and Promotion Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Students have a variety of options provided by the school cafeteria that promote healthy eating habits.	In Progress	355	Students are offered meal choices that explore traditional and nontraditional meal options
2. All students and employees have a water bottle to stay hydrated throughout the day.	In Progress	420	All students and employees are encouraged to bring a water bottle to school to stay hydrated throughout the day. If a student or employee doesn't have a water bottle, then one will be provided to them by the school.
Mental Health & Wellness Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Create a positive and safe environment that is inclusive for all students and teachers to promote positive wellness in the building	In Progress	420	-Zen Den for teachers -Cougar Connects Mentorship Program -Student Clubs - Students are provided with a 20-minute daily recess and brain breaks. Students also receive 3 days of PE per week and one field day at the end of the school year.
2. Class Guidance Lessons with the School Counselor	In Progress	355	Every class gets a monthly guidance lesson on various social-emotional topics
Physical Activity Goal(s)	Goal Status (select one):	Number of Participants	Notes:
1. Students will collaborate and engage in active play with typical peers during recess, PE, and Field Day.	In Progress	355	Students are provided with a 20-minute daily recess and brain breaks. Students also receive 3 days of PE per week and one field day at the end of the school year.
2. All ASP students engage in physical activity after check-in for 45 minutes daily.	In Progress	Number of participants varies	All ASP students engage in 45 minutes of play every day as their first rotation.
Other School-Based Activities that Promote Employee and/or Student Wellness:	Goal Status (select one):	Number of Participants	Notes:

1. Students and staff are actively involved in MRES PBF. They engage in character education and quarterly celebrations to honor positive behavior.	In Progress	420	-4 Journeys, 1 Destination Explorers, Pathfinders, Adventurers, Trailblazers -PRIDE -Cougar Leader Board -Dojo Points
2. School Partner Sponsored Incentives for staff	In Progress	65	School Partners provide various things throughout the school year....fill your snackle box, bagels for breakfast.
District Nutrition Guidelines for Foods & Beverages Sold to Students	Status (select one):	In Progress	Approved smart snacks are sold during lunch hours.
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	-Chic-fil-a biscuits for All A Honor Roll for 4 th /5 th grade students each quarter -Donuts provided to the class with the most attendance for that month -classroom parties

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	Position Title	Committee is called Mountain Morale

This institution is an equal opportunity provider.

<i>List of committee members names</i>		
1. Lindsey Cheek	SLP	
2. Heather Crachi	Bookkeeper	
3. Kim Hobbs	Librarian	
4. Carlee Peppers	School Nurse	
5. Heather Cochrain	General Ed teacher	
6. Leigh Ann Williams	Sped Teacher	
7. Anna Jurnack	AIM Teacher	
8. Maria Ahmed	Art 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. MRES Weekly Prowl	Weekly	
3. Morning Meeting Ideas and Character Lessons on Canvas Modules	Monthly	Ms. Appelgate sends out reminders to staff to check our Canvas Page and through emails.