

Date of Assessment: 10/16/25		School/Work Location Wellness Action Plan SY26-26	
Name of School/Work Location: River Ridge High School	Number of Students: 1858		Number of Employees: 176
Nutrition Education and Promotion Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Snacks Provided by PTSA	Completed	176	Our PTSA has delivered several rounds of healthy snacks to our staff.
2. Apple Bar	Upcoming	176	Provided staff with apples and a selection of fun and nutritious toppings.
3. Eat your Veggies Challenge	Upcoming	176	
Mental Health & Wellness Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. . Mental Health Monthly Flyer	Completed	Varies	Mental health daily activities were emailed to staff.
2. Chiropractic Neck/Back Massages	Completed	Varies	Local chiropractor came in during lunch periods to offer free relaxation massages for staff.
Physical Activity Goal(s):	Goal Status (select one):	Number of Participants	Notes:
Weekly Walking Challenges	In Progress	Varies	Staff is encouraged to walk for 10-20 after their lunch.
Health and Wellness Bingo	In Progress	Varies	Kicking off the new year with a health and wellness bingo, first to complete will win a prize.
Staff Kickball Team	Upcoming	100	Teachers will be encouraged to form teacher teams to compete in the annual SALT kickball tournament.
Coffee bar provided by a local gym with membership discounts	Completed	184	
Other School-Based Activities that Promote Employee and/or Student Wellness:	Goal Status (select one):	Number of Participants	Notes:
PLC Challenge	Completed	184	PLC groups had an activity bingo card to
Faculty Dress Up Days	Completed	176	During football, Thanksgiving and Christmas dress up days provided by SGA

Ice Cream Truck Pre Planning	Completed	176	Ice cream truck provided
January walking challenge	Upcoming	176	This January we will host a walking challenge per department for a prize
Welcome Back Coffee Bar	Completed	176	Mrs. Tally, FACS, provided a coffee bar during preplanning.
Monthly calendar	Ongoing	176	Email with calendar sent with recipes, mental health activities provided.
District Nutrition Guidelines for Beverages Sold to Students	Status (select one):	In Progress	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. Todd Miller	Principal	
Wellness Committee Involvement <i>List of committee members names</i>	Position Title	Notes:
1. Gloria Lathem	Coordinator	
2. Kim Bearden, School Nurse	Co-Coordinator	
3. Allison Tally	Member	
4.	Member	Currently looking for another member

Communication of Wellness Plan, Activities and Goals <i>Where it is posted i.e. webpage, handbook, etc.</i>	How often it is updated/released: Monthly and dependent on activities	Notes:
1. Wellness activities are communicated via email and posted in the teacher mailroom.	Monthly	Calendar is provided monthly and other events are communicated withing a timely manner of the date of activity Throughout the year we meet to discuss ideas and implement them