

Date of Assessment: School/Work Location Wellness Action Plan SY25-26			
Name of School: Woodstock Middle School	Number of Students: 1200		Number of Employees: 105
Nutrition Education and Promotion Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Recipe Share	In Progress	Whole Staff	Wellness Corner newsletter includes shared recipes each week for teachers to try. Try to include health concious
2. Snack Vending for Teachers	In Progress	Whole Staff	PTSA has stocked a vending machine for teachers to use in the copy room. There are healthy options available as well as "self-care options (chocolate LOL).
Mental Health & Wellness Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. WHS/WMS Mentorship Program	In Progress	25 WMS Students	25 teacher-recommended WMS students are being mentored by WHS students from SALT (Student Athlete Leadership Team) and SGA in a program that meets monthly. Students are strategically paired with a high school student that can encourage and inspire them to achieve more.
2. SHBP Challenges	In Progress	Whole Staff	Staff is being encouraged to participate in the SHBP challenges where you track your sleep, eat healthy, get moving, and other wellness challenges.
3. Sources of Strength	In Progress	60 Students/ 10 Staff	Student-driven and staff assisted suicide prevention program. SOS is a proactive approach to reaching students and spreading positivity and inclusion across our campus. This group is also responsible for helping with the canned food drive and the toy drive to support those in need in our community.
4. "The Middle" Teacher Support Group	In Progress	As many as 10 staff per week	Meets on Wednesday mornings at 8:00 in the 300 counseling suite.
Physical Activity Goal(s)	Goal Status	Number of Participants	Notes:

	(select one):		
1. SHBP Steps Challenge	In Progress	Whole Staff	Staff is encouraged to join SHBP challenge to get their steps in to receive rewards.
2. Student/Faculty Basketball Game	Completed	50 students and 25 staff played, the whole school attended	Students from the girls and boys basketball teams played against faculty members in the high school gym. All students were able to attend. Working on a student/faculty 4-square volleyball competition now.
3. Olympics and Quarterly Assemblies	In Progress	Whole School	Students complete in athletic games as part of their pack challenges and Olympics games.
Other School-Based Activities that Promote Employee and/or Student Wellness:	Goal Status (select one):	Number of Participants	Notes:
1. Sunshine Crew	In Progress	75 members but most activities include the whole staff	Teacher Morale Boosting group that is funded by teacher membership (optional to join). Most activities and campaigns benefit whole staff, not just members. We organize holiday activities, recognize big life events for teachers, and support teachers who go through a rough patch. We also organize team building and social activities for the staff.
2. Off-campus team building	In Progress	30 Staff	Sunshine Crew sponsored after school activities to promote relationship building and relaxation among the staff. We have done meetups at local restaurants and have plans to do a possible project at an art studio.
3. Free Little Library	In Progress	Whole Staff	Created a Free Little Library for teachers to share books. A lot of teachers have caught the reading bug and sharing books and discussing them with each other has been a great way to bond with each other. Plus it is a great stress reliever and escape for many teachers.

4. Quarterly Staff Breakfasts	In Progress	Whole Staff	We plan a breakfast once a quarter that each pack is in charge of planning. Gives us a chance to get together and enjoy each other while enjoying a healthy breakfast.
5. Staff Member of the Month	In Progress	Whole Staff	Staff members are nominated each month by other staff members, students, and parents. A winner is selected and surprised and publicly celebrated in front of their class with noisemakers, clappers, etc.
6. PBIS Initiative for School Culture	In Progress	Whole School	The goal of the initiative is working to encourage school spirit, involvement, and belonging to our wolfpack. We have added Pack Challenges, quarterly rewards and assembly events. Each month during our Pack Challenges, the positivity and teamwork through the building is electric. In just the first two month, students and staff have embraced and bought into the “Four Packs, One Family” at WMS. It also includes quarterly pack assemblies and competitions to highlight exceptional students and the accomplishments of our students.
7. Student Ambassadors	In Progress	30 Students	Student Ambassadors is a student group that helps with events and activities around the school and focuses on growing leadership skills for the students involved. Students volunteer to help with many of our school events and lend a helping hand.
District Nutrition Guidelines for Foods & Beverages Sold to Students	Status (select one):	Not Completed	Notes:
District Nutrition Guidelines for All Foods and Beverages Not Sold to Students <i>(i.e. classroom parties, foods given as reward).</i>	Status (select one):	Choose an item.	Notes: we allow students to purchase chips and candy from a prize cart as an option to spend the school currency that they earn from good behavior points.

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 <i>List of committee members names</i>	Position Title	Notes:
1. Jules Dingman	Teacher/Wellness Ambassador/Sunshine Crew	
2. Ken Nix	Principal	
3. Unique Aquino	Counselor	
4. Lisa Darrow	ILS/Sunshine Crew	
5. Lacy Caplan	Teacher/PBIS Lead	

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. Wellness Corner Newsletter	Every Friday	Goes out at the end of each week to inform of wellness activities happening around the school and send out self-care tips, recipes, wellness opportunities in the community, etc.
3. Mr. Nix's Wolfpack Weekly Newsletter	Every Week	A one-stop shop for all info going out to the staff from Mr. Nix for the upcoming week. Includes positive staff shoutouts, staff birthdays, and fun events on our calendar.