

Activity	Start Date	End Date	Person(s) Responsible	Resources Required	Volunteers Needed?	Game On Activities	Measures of Success
Goal #1: Nutrition							
A. Staff	November 1, 2022	June 30, 2023	Dexter, Rathmun, Wellness Committee	Time, Prof Dev			EHA participation
Promote EHA and Elevate so that GIPS employees register for wellness challenges and complete health assessment				Weekly Newsletter			
B. Student:							
Begin a conversation between elementary schools and Nebraska Extension so that at least 75% of elem schools are using nutrition kits in their KG and 5th grade classes by next year			Dexter, Rathmun, Wells (UNL), Wellness Committee	Time, Prof Dev			Number of schools participating
Goal #2: Physical Activity							
A. Staff	November 1, 2022	June 30, 2023	Dexter, Rathmun, Wellness Committee	Time, Prof Dev			EHA participation
Campaign to get staff to sign up for EHA and complete the health assessment			Dexter, Rathmun, Wellness Committee	Weekly newsletter			
Increase opportunities for staff to be physically active			Dexter, Rathmun, Wellness Committee	Campaigns/Challenges			
B. Student	November 1, 2022	June 30, 2023	Dexter, Rathmun, Wellness Committee	Time, Prof Dev			
Increase opportunities for students to be physically active			Dexter, Rathmun, Wellness Committee	Time, Prof Dev			
Update Policy to support a 3 year plan to increase time for physical education classes and physical activity, such as Brain Breaks, in the classroom			Staffing Committee	funds to staff positions			
Goal #3: Mental Health							
A. Staff	November 1, 2022	June 30, 2023	Dexter, Rathmun, Wellness Committee	Time, Prof Dev			EHA participation
Campaign to get staff to sign up for EHA and complete the health assessment			Dexter, Rathmun, Wellness Committee	Weekly newsletter			
Training for staff to use Restorative Practices and Trauma Informed Care			L4L	Professional Dev			Professional Dev
Promote use of EAP prog							
B. Student	November 1, 2022	June 30, 2023	Dexter, Rathmun, Wellness Committee	Time, Prof Dev			
Increase use of Brain Breaks and Mindfulness activities in class			Teachers	Professional Development			
Behavioral support specialist in Walnut, Barr and Lincoln in partnership with Heartland Health Center			Dexter	Heartland Health Center, Title 1, other grant funding			Participation
HelloHero Tele-Therapy			Dexter	pursue funding after ESSER III funds run out			Participation

Activity	Start Date	End Date	Person(s) Responsible	Resources Required	Volunteers Needed?	Game On Activities	Measures of Success
Goal #1: Nutrition							
A. Staff							
EHA Wellness Challenges "Eat For Health"	Aug. 2022	May 2023	Certified and Classified Staff	Computer, EHA Account	N/A		Data from EHA on who completed the tasks.
B. Student:							
Promote/Encourage eating of free breakfast in the morning	Aug. 2022	May 2023	Teaching Staff	Nutrition Services, Teachers Encouragement			Data from nutrition services
Goal #2: Physical Activity							
A. Staff							
EHA Challenges "Exercise for Energy" and "Hydrate for Power"	Aug. 2022	May 2023	Certified and Classified Staff	Equipment for workout, Water,	N/A		Data from EHA on who completed the tasks.
B. Student							
Open up middle gym during lunches for Juniors and Seniors	Aug. 2022	May 2023	Administration	Gym, Equipment,	N/A	Basketball, Volleyball,	Able to track how many kids are in the gym
Goal #3: Mental Health							
A. Staff							
EHA Challenges "Focus on Mindfulness"	Aug. 2022	May 2023	Certified and Classified Staff		N/A		Data from EHA on who completed the tasks.
Free Counseling to Staff through EHA	Aug. 2022	May 2023	Certified and Classified Staff	Communication to the company offering the service			Data from the company that we are using for the resource
B. Student							
Hello Hero	Aug. 2022	May 2023	Administration	Phone	Individuals who have a conference call		Data is tracked through the individuals who contact them.
Student Wellness Center	Aug. 2022	May 2023	Wellness Center Staff	None			Data is tracked through the wellness center.
Mindfulness Activities in the classroom	Aug. 2022	May 2023	Teaching staff	Access to web based resources	NA	NA	Teacher lesson plans

Activity	Start Date	End Date	Person(s) Responsible	Resources Required	Volunteers Needed?	Game On Activities	Measures of Success
Goal #1: Nutrition							
A. Staff							
FFVP education	August	May	Certified staff	Online resources			
Grab and Go Breakfast	August	May	Nutrition Staff				
EHA Participation	August	May		EHA website			Number of participants
B. Student:							
FFVP: students TRY it and are educated on the produce	August	May	A. Micek - rep; Certified staff implement	Schedules, produce			Ensuring each classroom gets their produce
Grab and Go Breakfast	August	May	Staff				
Goal #2: Physical Activity							
A. Staff							
Fun Run/Color Run (??COVID?)	Oct/May	May	R. Anderson./PTO		Yes		Number of participants
Brain Breaks - join with students (see below)	August	May	Staff				
PD	August	May	Staff				
B. Student							
Fun Run/Color Run	Oct/May	May	Ryan/PTO		Yes		
Brain Breaks - academic and non-academic	August	May	Staff	Online, Kagan style activities, etc.			Go Noodle certificates, student performance
Mandatory Recess free-play	August	May	Staff				
TBD School Wide Active Day							
Goal #3: Mental Health							
A. Staff							
MIndfulness - on own time/Meetings	August	May					
Staff outings (Christmas party, etc.) (If COVID allows)	August	May	Staff	Staff			Number of participants
PHA	March	April	Staff				
B. Student							
MIndfulness	August	May	Staff	Headspace; approved mindfulness resources			Student performance
SEL	August	May	Staff	PD; District resources			Each Classroom Participating

Activity	Start Date	End Date	Person(s) Responsible	Resources Required	Volunteers Needed?	Game On Activities	Measures of Success
Goal #1: Nutrition							
A. Staff	August 16						
Healthy snacks	all year		Staff	food supplied by staff/school			Fruits/vegies disappear
EHA challenges	Aug	May					
B. Student:							
Healthy snacks	all year		staff	food supplied by staff/school			
Health Class	1 sem. required		Staff	Edmentum Online education			Student scores
Goal #2: Physical Activity							
A. Staff							
Wellness Walks	year long		All staff	none			Staff/student involvement
Yoga/Meditation	year long		Jennifer Skrdla	yoga mats			Staff involvement
B. Student							
Walk	year long		Staff	none			Student Involvement
Push-up Challenge?				none			Student Involvement
kayaking/fishing	Sept 12,15,23	throughout the year					
Equine therapy	Tuesdays, Year long						
Tree planting	Sept29 -Oct 19		Ken DeFrank				Student Involvement
Goal #3: Mental Health							
A. Staff							
Yoga	year long		Staff	Yoga mats			Participation
Mindfulness	year long		Staff	Headspace App./ EHA			Journaling
Wellness Buddy/ Wholeness Healing	year long		Staff	personal funds			Positive work environment/relationships
B. Student							
Brain Breaks	year long		Staff	Brain Gym site and Headspace			Observation of student response/de-escalation of depression and anxiety
Zen Room	year long		SA Staff	Zen Room	Students		Student response/de-escalation
Baby goat yoga			Dr. DeFrank				
Reading Buddies	2x a week	year long	Success Staff	elementary books	Students		surveys
Equine therapy	Tuesdays, year long						
On site social worker	Aug	May	Dawn Deuel-Rufft				Student use/School data
Tree planting	Sept 29-Oct 19		Ken DeFrank				Student involvement

Activity	Start Date	End Date	Person(s) Responsible	Resources Required	Volunteers Needed?	Game On Activities	Measures of Success
Goal #1: Nutrition							
A. Staff							
EHA Promotion/EAP Awareness/Tips on S	August 2020	May 2021	Counselors, administrators	District information, online resour	community resources		
Biggest Weight Loser Challenge	January 2021	2021	Mrs. Lindsey ?	scale	none		
Health Staff Survey	November 2020		Ms. Catlett ?	Google forms	none		
B. Student:							
Cougar Time Activities	August 2020	May 2021	Counselors and Classroom Teachers	Calm Classrooms, online resources	None	Brain breaks and ener	Perception data, Observations
Before and After School Clubs (i.e. fitness	August 2020	May 2021	Club Sponsors	Fitness equipment	Fitness Instrutors	Healthy Cooking Club	Perception data, Participation
Walk-A-Thon	January 2020	May 2021	All Staff, PAT	Provided by PAT, Track	Parents, Staff	Family Fitness Night	Perception data, Participation, Money raised
Goal #2: Physical Activity							
A. Staff							
Morning walks	April 2020	May 2021	administration	track, key to uncl	none		
Cougar Time Activities	August 2019	May 2020	Counselors and Classroom Teachers	Calm Classrooms, online resources	None	Brain breaks and ener	Perception data, Obser
Before and After School Clubs (i.e. fitness	August 2019	May 2020	Club Sponsors	Fitness equipment	Fitness Instrutors	Healthy Cooking Club	Perception data, Partic
Walk-A-Thon	January 2019	May 2020	All Staff, PAT	Provided by PAT, Track	Parents, Staff	Family Fitness Night	Perception data, Partic
B. Student							
Fun Run 5K	May 2021						
Cougar Time Activities	August 2020	May 2021	Counselors and Classroom Teachers	Calm Classrooms, online resources	None	Brain breaks and ener	Perception data, Observations
Before and After School Clubs (i.e. fitness	August 2020	May 2021	Club Sponsors	Fitness equipment	Fitness Instrutors	Healthy Cooking Club	Perception data, Participation
Walk-A-Thon	January 2020	May 2021	All Staff, PAT	Provided by PAT, Track	Parents, Staff	Family Fitness Night	Perception data, Participation, Money raised
Goal #3: Mental Health							
A. Staff							
Massages	February 2020		Counselors	Cobler Chiropratic	none		
Walk-A-Thon	January 2020	May 2021	All Staff, PAT	Provided by PAT, Track	Parents, Staff	Family Fitness Night	Perception data, Participation, Money raised
Fun Run 5k	May 2021						
B. Student							
Cougar Time Activities	August 2020	May 2021	Counselors and Classroom Teachers	Calm Classrooms, online resources	None	Brain breaks and ener	Perception data, Observations
Before and After School Clubs (i.e. fitness	August 2020	May 2021	Club Sponsors	Fitness equipment	Fitness Instrutors	Healthy Cooking Club	Perception data, Participation
Walk-A-Thon	January 2020	May 2021	All Staff, PAT	Provided by PAT, Track	Parents, Staff	Family Fitness Night	Perception data, Participation, Money raised
Fun Run 5k	May 2021						

Activity	Start Date	End Date	Person(s) Responsible	Resources Required	Volunteers Needed?	Game On Activities	Measures of Success
Goal #1: Nutrition							
A. Staff							
Grab and Go breakfast	8/2022	5/2023	staff	breakfast food	no		staff getting breakfast
B. Student							
Grab and Go breakfast	8/2022	5//2023	students		no		kids getting breakfast
Free/reduce lunch	8/2022	5/2023		parents filling out forms	no		kids eat for free
snacks sales on teams that meet guidelines			teams	getting snacks	no		Kids buying snacks
Goal #2: Physical Health							
A. Staff							
walking group							
reduce prices at gyms			staff memeber checking into gyms that offer this	gym and monthly fees	no		
GIPS fun run							
wear workout gear for day if do activity							
B. Student							
Weightlifting before school			Teacher	weights	no		how full the class is
Sports afterschool			Coaches	gym/track space	no		how many go out
GIPS fun run							
brain breaks							
Goal #3: Mental Health							
A. Staff							
EHA Programs			staff member	account	n		completion rate of staff
EHA Wholeness Healing			staff member	calling and making appointment	n		we won't know
EHA Headspace app			staff member	app	n		
B. Student							
EHA Headspace app			teacher				
Mindfulness Class Offered			teacher	teacher to teach it/classroom			kids in class
8-10 afterschool clubs							
outside counselor that meets with students							

Activity	Start Date	End Date	Person(s) Responsible	Resources Required	Volunteers Needed?	Game On Activities	Measures of Success
Goal #1: Nutrition							
A. Staff							
Grab and Go Breakfast	8/1	May 2023	All Staff	Healthy School Guidelines			Participation by staff
B. Student:							
Grab and Go Breakfast	August 2020	May 2023	all students				students students
Goal #2: Physical Activity							
A. Staff							
Race for Grace Participants	October 2023		Interested Staff				interested staff
B. Student							
Weight lifting club	September 2022		all interested students				
Jr. Islander Power	june/july		all interested students				
sports	August 2022	May 2023	all interested 7th and 8th grade students				
Goal #3: Mental Health							
A. Staff							
EHA	August 2022	May 2023					
Mindfulness Yoga offered	Feb 2023	May 2023					
Team outings (Christmas parties, etc.)	August 2022						
B. Student							
SEL Session - WIN time	September 2022	May 2023	WIN Teacher				

Activity	Start Date	End Date	Person(s) Responsible	Resources Required	Volunteers Needed?	Game On Activities	Measures of Success
Goal #1: Nutrition							
A. Staff							
EHA challenges	monthly		staff participants	EHA	no		
EHA Wellness Assessment	Nov 3rd	Aug 2021	staff participants	EHA	no		
B. Student:							
Water Bottles	throughout the year		classroom teacher	N/A	no		
Walking with Social Distancing?	throughout the year			N/A			
Goal #2: Physical Activity							
A. Staff							
EHA challenges	monthly		Staff participants	EHA	no		
Steps Challenge			Bailey Simonson	N/A			
B. Student							
Virtual Stolley Family Fun Day	once a month		Bailey Simonson, Keri Gruntorad		no		
Field Day	End of year		Jeremy McFarland				
Goal #3: Mental Health							
A. Staff							
Elevate	throughout the year		Staff participants	EHA	no		
Mindfulness activities during staff meetings	throughout the year		Bailey Simonson	N/A	no		
B. Student							
Headspace	up to the teacher		Classroom Teacher	website	no		
Breathing Exercises	up to the teacher		Classroom Teacher		no		

Activity	Start Date	End Date	Person(s) Responsible	Resources Required	Volunteers Needed?	Game On Activities	Measures of Success
Goal #1: Nutrition							
A. Staff							
Water Challenge			Cydney & Lynn				
EHA Challenges	monthly		Building Staff				
B. Student:							
Water Challenge	October	May	Building Staff				
Healthy Snacks (FFVP)			Building Staff				
Nutrition Classes for Families			Katie Usasz				
Goal #2: Physical Activity							
A. Staff							
Exercise Fridays			Katie Usasz/Nancy Jimenez				
PHA completion rate	October		Cydney & Lynn				
Elevate Program	November 3rd	September 2023	District Wellness Team				
Step Challenge (classroom teams)			Lynn/Classroom teachers				
B. Student							
Fun Fall Day Family Pumpkin Patch	October		Building Staff				
Health Fair	March		Katie Usasz				
Explore-It Center Family Fun Day	September		Katie Usasz				
Goal #3: Mental Health							
A. Staff							
Massages	December		Katie Usasz				
Headspace	August	May	EHA/Lauren Rathman/Cydney/Lynn				
EHA Challenges	Monthly		Building Staff				
B. Student							
Belly Breaths	August	May	Classroom Teachers				
Brain Breaks	August	May	Classroom Teachers				
Headspace	August	May	Classroom Teachers				
Book Cart			Classroom Teachers/ Grand Island Public Library				

Activity	Start Date	End Date	Person(s) Responsible	Resources Required	Volunteers Needed?	Game On Activities	Measures of Success
Goal #1: Nutrition							
A. Staff							
Once a month healthy pot luck							
B. Student:							
Brought back snack sales							
Healthy choices brings variety							
Grab&Go free breakfast for all students							
FFVP							
Goal #2: Physical Activity							
A. Staff							
EHA-Elevate Program							
Staff Zumba in the gym after school							
B. Student							
Run Club-Leader Ali Vincent							
Brain Breaks throughout the day							
Field Day							
GIPS Girls Basketball Clinic							
Goal #3: Mental Health							
A. Staff							
Mindful minute after Zumba workouts- mental cleansing music with positive thought focused quotes and messages found on google							
Staff Check In google form weekly							
B. Student							
Brought Back Character Council-Brooke Wentzlaff, Tracey Trampe, Val Chmelka, Diana Vasser							
Weekly Community Circles							
SECA - Second Step Lessons							
Positive Office Referrals							

Activity	Start Date	End Date	Person(s) Responsible	Resources Required	Volunteers Needed?	Game On Activities	Measures of Success
Goal #1: Nutrition							
A. Staff							
Promote Elevate	Oct	May	Ryan Anderson				
B. Student:							
Fresh Fruits and Veggies	Sept	May	Keo Leiser				
NEP Nutrition Kits			Nebraska Extension Office	Nutrition Kits			
Goal #2: Physical Activity							
A. Staff							
Mile a day challenge	Oct	May		Incentives			
10,000 Steps a Day Challenge	Aug	May					
B. Student							
Jefferson Gems and Gents	Oct-Nov	Feb-March	Ashley Mueller				
Bike A Day Weekly		Spring					
Run Club	March	May	TBD				
Fancy Foot Fridays	Aug	May	Sheree Stockwell				
Goal #3: Mental Health							
A. Staff							
Headspace							
Promote Elevate							
B. Student							
Mindfulness activities			All Staff				
Second Step Lessons	Aug		SECA teacher and School counselor				

Activity	Start Date	End Date	Person(s) Responsible	Resources Required	Volunteers Needed?	Game On Activities	Measures of Success
Goal #1: Nutrition							
A. Staff							
EHA Wellness Challenges	October	May	Staff	EHA online resources	no		would like to see all staff register for challenges
Providing healthy snacks monthly	September	May	Courtesy Committee		no		monthly
B. Student:							
Grab and Go Breakfast for all students	August	May	Nutritional Services Staff		no		
Continue to implement the Healthy school snack policy			All staff/classroom teachers/parents				
Goal #2: Physical Activity							
A. Staff							
Biggest loser Challenge	Spring		Wellness Committee	Community Partners, Staff	yes		75% of staff participation
GIPS 5k	May		Wellness Committee	GIPS			10+ staff
B. Student							
GIPS 5k	May		Wellness Committee	GIPS			50 or more Newell Students
Virtual Marathon Kids	August	May	Hall County Extension	Ashton Mazour			
Goal #3: Mental Health							
A. Staff							
Elevate Challenge	October	May	Staff, Wellness Committee	EHA, Wellness Committee			15+ staff members
Head Space app	August	May	Staff, Wellness Committee	Head Space app			weekly use by staff
SECL provide staff weekly events	August	May	Staff SECL team				1x per week for all staff
B. Student							
Virtual Catch Kids Club	Fall and Spring		Central Nebraska Council on Alcoholism				3rd-5th grade
Full time social worker available to provide strategies and tools			Jami White				whole classroom

Activity	Start Date	End Date	Person(s) Responsible	Resources Required	Volunteers Needed?	Game On Activities	Measures of Success
Goal #1: Nutrition							
A. Staff							
EHA Programs/ Promote Elevate			Staff Members	EHA	None		50% participation
EHA Wellness Assessment	Nov. 3rd	April	Staff Members	EHA			50% participation
B. Student:							
NEP Nutrition Kits			Nebraska Extension Office	Nutrition Kits	-		K & 5 Grades utilizing kits
FFVP	Got Grant- Has Not	May 2023	Nutrition Services/ Leah Michel		None		Having staff to implement the program.
Goal #2: Physical Activity							
A. Staff							
GIPS 5K	Spring		?		Staff		5+ staff members involved
EHA Wellness			Leah Michel	EHA Assessment	None		Staff with participate in EHA challenges
B. Student							
GIPS 5K	Spring		?				Student involvement
PTO Walk-a-thon	Fall	9/23	PTO/Michel	PTO/ Community Partner (5 point	Yes - Teachers		Students involvement & money raised
Field Day	May 19th		Leah Michel/Sub & Eckerman				Student involvement
Potential After school Programs?			planned for, paused b/c of no 2pm dismissal				
Goal #3: Mental Health							
A. Staff							
Promote & Use EHA	Year Long		EHA	EHA	No		Staff utilizing programs
Promote Elevate							
B. Student							
Mindfulness Activities	Year Long			Mind Yeti & Pure Edge			
SECA Class	Year Long		Mrs. McDonald (SECA Teacher)	2nd Step			

Activity	Start Date	End Date	Person(s) Responsible	Resources Required	Volunteers Needed?	Game On Activities	Measures of Success
Goal #1: Nutrition							
A. Staff							
Pick a school wide EHA goal to follow with 50% staff participation.	August 20	May 13	All Staff	Dependent on the EHA challenge the staff chooses.	All Staff		
B. Students							
90% of the class tries the Fresh Fruit or Vegetable for that day (2x a week)	August 20	May 13	Classroom teachers	Information available in advance prior to receiving the snack	Yes		
Goal #2: Physical Activity							
A. Staff							
Participate in the turkey trot with students	December 6	December 16	Whitney Ehrman	Gym to run in, canned food for food drive			
25% of staff participation in a fun run	TBD	TBD	All Staff	Running shoes			
B. Students							
Participate in the turkey trot with students	December 6	December 16	Whitney Ehrman	Gym to run in, canned food for food drive			
75% or more classroom participate in at minimum a 5 minute brain break at least twice a week.	August 15	May 19	Classroom teachers	Gonoodle or any other online/in class activity.			Students can run/walk for an extended period of time
50% or more of students in grades 3-5 will participate in run club.	TBD	TBD	TBD	Running shoes, cones	Yes		
Goal #3: Mental Health							
A. Staff							
Do one activity a month to promote self-mental health and wellness	August 19	May 19	All Staff				
Implement mindfulness strategies in the classroom 2x or more a week at 5 minutes minimum.	August 19	May 19	Guidance Counselors/Classroom teachers	Literature or access to GoNoodle			
B. Students							
Participate in an mindfulness activity 2x or more a week.	August 20	May 22	Classroom teachers	Books, GoNoodle,			
Second Step Lessons	August 19, 2022	May 19	SECA Teacher				

Activity	Start Date	End Date	Person(s) Responsible	Resources Required	Volunteers Needed?	Game On Activities	Measures of Success
Goal #1: Nutrition							
A. Staff							
EHA challenges	monthly		staff participants	EHA	no		50% participation
EHA Wellness Assessment	Nov 3rd	April	staff participants	EHA	no		50% participation
B. Student:							
90% of the class tries the Fresh Fruit or Vegetable for that day (2x a week)	August 20	May 22	Classroom teachers	Information available in advance prior to receiving the snack	Yes		
Goal #2: Physical Activity							
A. Staff							
EHA Wellness Assessment	Nov 3rd		staff participants	EHA	no		50% participation
B. Student							
	Fall	Spring	none	No		Students will become proficient in push-ups and curl-ups	
GIPS 5K	Spring ?		Jason Weseman				Student involvement
Recess Incentive	Spring	Spring	Megan Ahrens	Laps Before Recess 1 or 2 laps (depending on grade level) before every recess (1 lap = 200 meters or 1/4 of a mile, 2 laps = 400 meters or 1/2 of a mile) Students can choose to walk extra, those laps will be recorded Student leaders will be trained and record laps in the classroom on a clipboard			Laps required before play (and rewards for extra laps) increased physical fitness scores (pacer test), grant money awarded for walking track
Goal #3: Mental Health							
A. Staff							
Promote & Use EHA	Year Long		EHA	EHA	No		Staff utilizing programs
B. Student							
Participate in an mindfulness activity 2x or more a week.	August 20	May 22	Classroom teachers	Books, GoNoodle,			
Breathing Exercises	up to the teacher		Classroom Teacher		no		

Activity	Start Date	End Date	Person(s) Responsible	Resources Required	Volunteers Needed?	Game On Activities	Measures of Success
Goal #1: Nutrition							
A. Staff							
EHA Programs/ Promote Elevate	Year long		Ashley Laird, staff members	EHA			Staff Participation
EHA Wellness Assessment	Year long		staff members	EHA			Staff Participation
B. Student:							
Continue to implement the Healthy school snack policy			All staff, teachers, parents				
Goal #2: Physical Activity							
A. Staff							
EHA Programs/Wellness			Ashley Laird, staff members	EHA			Staff participation
Staff exercise sessions after school/Zumba	Oct.	May	Staff members				
B. Student							
Field Day		May	Berger/Anderson				
GIPS Fun Run/ Run Club	March	May	Marty Marvicka				
Goal #3: Mental Health							
A. Staff							
Promote and use EHA	Year long		Ashley Laird, Staff members				Staff using programs
Staff positive office referrals	Year long		Staff members/ Opal				
B. Student							
Positive Office Referrals	Year long		Staff members/ Opal				
Student of the month	Year long		Staff members/ Opal				

Activity	Start Date	End Date	Person(s) Responsible	Resources Required	Volunteers Needed?	Game On Activities	Measures of Success
Goal #1: Nutrition							
A. Staff							
EHA Programs/ Promote Elevate	Year long		Clint Simmons, staff members	EHA			Staff Participation
EHA Wellness Assessment	Year long		staff members	EHA			Staff Participation
B. Student:							
Continue to implement the Healthy school snack policy			All staff, teachers, parents				
Goal #2: Physical Activity							
A. Staff							
EHA Programs/Wellness			Clint Simmons, staff members	EHA			Staff participation
B. Student							
Field Day		May	Simmons/Hansen				
Dance Club	Oct/Nov		O'Brien				
Goal #3: Mental Health							
A. Staff							
Promote and use EHA	Year long		Clint Simmons, Staff members				Staff using programs
B. Student							
Positive Office Referrals	Year long		Staff members/ McDonald				
Lynx Leaders (change monthly)	Year long		Staff members/ McDonald				

Activity	Start Date	End Date	Person(s) Responsible	Resources Required	Volunteers Needed?	Game On Activities	Measures of Success
Goal #1: Nutrition							
A. Staff							
EHA Challenges	8/15	5/20	Staff Participants	EHA	No		
Elevate	8/15	5/20	Staff Participants	EHA	No		
B. Student:							
NEP teaching kits	8/15	5/20	Nebraska Extension Office	Nutrition Kits			
Fruits and Vegetables Program	8/15	5/20					
Continue to implement healthy snacks	8/15	5/20	All Staff	None	No		Healthy treats
Goal #2: Physical Activity							
A. Staff							
Walking Challenge	4/1	5/20	Mrs. Anderson				Staff Participation
B. Student							
Run Club	3/1	5/20	Mrs. Billington		Yes		
Field Day			Mr. Berger				
Goal #3: Mental Health							
A. Staff							
Headspace	8/15	5/20	Mrs. Anderson	Headspace App	No		Staff Participation
EHA/Elevate	8/15	5/20	Mrs. Anderson	EHA	No		Staff Participation
B. Student							
Mindfulness Activities	8/15	5/20	All Staff				
Belly Breathing	8/15	5/20	All Staff				

Activity	Start Date	End Date	Person(s) Responsible	Resources Required	Volunteers Needed?	Game On Activities	Measures of Success
Goal #1: Nutrition							
A. Staff							
EHA Challenges	8/15	5/20	Staff Participants	EHA	No		
Elevate	8/15	5/20	Staff Participants	EHA	No		
B. Student:							
NEP Teaching Kits			Nebraska Extension Office	Nutrition Kits			
Continue to implement healthy school snacks	8/15	5/20	All school staff	None	No		Treats are healthy
Goal #2: Physical Activity							
A. Staff							
Walking challenge	4/1	5/20	Mrs. Anderson	A way to track your walking			Staff Participation
Run Club Helpers	3/15	5/12	Mrs. Anderson				Teachers exercising with students
B. Student							
Run Club	3/15	5/12	Mrs. Anderson		Yes		Improved mile time
Basketball Club	1/10	2/25	Mr. Berger		Yes		
Field Day			Mr. Berger				
Goal #3: Mental Health							
A. Staff							
Headspace	8/15	5/20	Mrs. Anderson	Headspace App	No		Staff Participation
EHA/Elevate	8/15	5/20	Mrs. Anderson	EHA	No		Staff Participation
B. Student							
Mindfulness activities	8/15	5/20	All Staff				
Belly Breathing	8/15	5/20	All Staff				

Activity	Start Date	End Date	Person(s) Responsible	Resources Required	Volunteers Needed?	Game On Activities	Measures of Success
Goal #1: Nutrition							
A. Staff							
EHA Programs/ Promote Elevate			Staff Members	EHA	None		50% participation
EHA Wellness Assessment	Nov. 3rd	April	Staff Members	EHA			50% participation
B. Student:							
Continue to implement the Healthy school snack policy			All staff/classroom teachers/parents				
Goal #2: Physical Activity							
A. Staff							
Use the EHA	Through out the year		Kathryn Olson				
B. Student							
GIPS Fun Run	end of the year		Tiffany Keomysay				
Field Day		May 25	Kathryn Olson		yes		100%
Wellness Day	Nov 5th		All staff	20 stations with 22ish students per station	yes		100%
Goal #3: Mental Health							
A. Staff							
Celebrating staff birthdays different this year	all year long		Kathryn Olson, Molly Asher	treat, sign, stickers, name in lounge	no		100%
mindfulness at meetings	all year long		principal				
positive Office referrals	Jan-May		principal	gift cards in office			
B. Student							
mindfulness activities	all year long		teachers				
Good News Club	Jan 20th	May 12	GNC members				
positive Office referrals	all year long			prize box in office			

Activity	Start Date	End Date	Person(s) Responsible	Resources Required	Volunteers Needed?	Game On Activities	Measures of Success
Goal #1: Nutrition							
A. Staff							
EHA Wellness	8/2022	5/2023	Kolar	Emails, Posters	No	No	Number of participants
Elevate Challenge	9/2022	8/2023	Kolar	Emails, posters, contact	No	no	Number of participants
B. Student:							
Grab and Go Lunches	8/2022	5/2023	Cafeteria Staff/Office		No		Number of participants
Free and Reduced Lunches	8/2022	5/2023	Cafeteria Staff/Office		No		Number of participants
Continue implementing healthy snack options	8/2022	5/2023	Admin/Office	None	No	No	Treats brought to school are healthy based on nutritional facts
NEP Nutrition Kits	8/2022	5/2023	Nebraska Extension Office	Nutrition Kits	No		Use of kits
Goal #2: Physical Activity							
A. Staff							
GIPS 5k		5/2023	Admin/Office		No		Number of participants
B. Student							
Brain Breaks	8/2022	5/2023	All Staff	Online Options	No	Online Rescources	Number of participants
Mindfulness Activities	8/2022	5/2023	Staff	Emails, Check ins	No	Online Resources	Number of participants
Run Club	4/1	5/1/2023	Run Club Committee		Yes		Number of participants
Gym Walk (once per week before school)	8/2022	5/2023	Mr. Caspar		Yes		Number of participants
Field Day		5/2023	Mr. Caspar		Yes		Teacher feedback
Goal #3: Mental Health							
A. Staff							
EHA/Elevate	8/2022	5/2023	Engleman Staff	Emails, check ins	No		Number of participants
Staff Circles	8/2022	5/2023	Engleman Staff/Administration		Yes		Teacher feedback
B. Student							
Mindfulness Activiities	8/2022	5/2023	Staff	Emails, check	No		Number of participants
Second Step Lessons	8/2022	5/2023	Amber High	Curriculum	No		Panorama surveys
Wildcat Way (positive supports)	8/2022	5/2023	Positive Supports Team	Recognition awards, etc...	No		TFI results