



Date of Assessment: 12/1/2022		School/Work Location Wellness Action Plan SY22-23	
Name of School/Work Location: Cherokee HS		Number of Students: 2833	Number of Employees: 220+
<b>Nutrition Education and Promotion Goal(s):</b>	<b>Goal Status (select one):</b>	<b>Number of Participants</b>	<b>Notes:</b>
1. Healthy Recipe Sharing	In Progress	50+	
2. CTI lunch winner monthly drawing	In Progress		
3. Warrior Collective	In Progress	50+	
4. Healthy Vending Options in Wellness Lounges for staff	Completed		
<b>Mental Health &amp; Wellness Goal(s):</b>	<b>Goal Status (select one):</b>	<b>Number of Participants</b>	<b>Notes:</b>
1. CARES cards teacher recognitions	In Progress	School wide	
2. PAWS-itive Warriors	In Progress	20	
3. Outdoor Classroom Areas with flexible seating for alternative instructional spaces	Completed		
4. Partnership with PTA to Stock the Workrooms with coffee, treats, tea etc for staff quarterly	In Progress		
5. Weekly emails to staff about community events for families and staff to attend i.e., fun activities that focus on building community partnerships and involvement in community events.			
<b>Physical Activity Goal(s):</b>	<b>Goal Status (select one):</b>	<b>Number of Participants</b>	<b>Notes:</b>
1. Teacher walking groups/yoga	In Progress	20+	
2. Teacher Wellness Small group	In Progress		
3. 10,000 step a day challenge	Upcoming	TBD	
<b>Other School-Based Activities that Promote Employee and/or Student Wellness:</b>	<b>Goal Status (select one):</b>	<b>Number of Participants</b>	<b>Notes:</b>
1. Monthly Health Announcements	In progress	200+	
2. Relaxation Lounges	Completed	200+	

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3. Boss Butler	In Progress	75+	
4. Staff family cookout—Homecoming Game	Completed		
5. Celebration Drawings for Gift Cards for Teachers at Staff Meetings to Recognize Attendance, Shout-Outs, etc.	In Progress	200+	
<b>District Nutrition Guidelines for Beverages Sold to Students</b>	<b>Status (select one):</b>	Choose an item.	<b>Notes:</b> All foods and beverages sold to students during the school day shall be consistent with USDA Smart Snack guidelines and shall comply with nutrition guidelines for each grade level. If food item does not meet the nutrition guidelines, it must qualify and be approved for an exemption.
<b>District Nutrition Guidelines for All Foods and Beverages Not Sold to Students</b> <i>(i.e. classroom parties, foods given as reward).</i>	<b>Status (select one):</b>	Choose an item.	<b>Notes:</b> All foods and beverages not sold to students during the school day shall encourage and support healthy eating by students.

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

<b>Wellness Plan Leadership</b> <i>Name of school or district level official(s)</i>	<b>Position Title</b>	<b>Notes:</b>
1. Matt Cates	TSA	
2. Kyle Davis	Teacher	
3. Rodney Larrotta	School Principal	
<b>Wellness Committee Involvement</b> <i>List of committee members names</i>	<b>Position Title</b>	<b>Notes:</b>
1. Jamie Vogan	ILS	
2. Judy Wright	Administrator	
3. Tracy Tuck	Counselor	

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4. Heidi Pledger	Teacher	
5. Melissa Clarke	Teacher	

<b>Communication of Wellness Plan, Activities and Goals</b> <i>Where it is posted i.e. webpage, handbook, etc.</i>	<b>How often it is updated/released:</b>	<b>Notes:</b>
1.		
2.		
3.		