



School/Work Location Wellness Action Plan SY22-23

Date of Assessment: Nov 2022		School/Work Location Wellness Action Plan SY22-23	
Name of School/Work Location: Creekland Middle	Number of Students: 1500	Number of Employees: 137	
Nutrition Education and Promotion Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Snack Cart with Healthy Options	In Progress		
2. Healthy Recipe of the month	In Progress		
Mental Health & Wellness Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Stress Reduction	In Progress		Calm App Free for teachers & the Classroom
2. Team Building	In Progress		Activities with Social Committee such as Boo, Secret Santa and Holiday party
Physical Activity Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Camp Gladiator	Completed		Free Gladiator Boot Camp for all Cherokee County Teachers
2. Steps Challenge	Not Completed		4th Quarter
Other School-Based Activities that Promote Employee and/or Student Wellness:	Goal Status (select one):	Number of Participants	Notes:
1. Hungry Grizzly Weight Loss Challenge	In Progress		1/20 - 3/31
2. Chic-fil-a 5k	Completed		5K at Etowah park Aug 13
District Nutrition Guidelines for Beverages Sold to Students	Status (select one):	Choose an item.	Notes: 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.
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: All foods and beverages not sold to students during the school day shall encourage and support healthy eating by students.

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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. Richie Carnes	Principal	
2. Kim Jeffries	Teacher	
3.		
Wellness Committee Involvement <i>List of committee members names</i>	Position Title	Notes:
1. Stacy Arnold	Teacher	
2. Ray Catlett	Teacher	
3. Jacob Cheshire	Teacher	
4. Shannon Gottfried	Teacher	
5. Deena Hudson	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. Emails to entire staff	Yearly	
2. Wellness FB Page		
3.		

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