



Date of Assessment: 2022- 2023 School Year		School/Work Location Wellness Action Plan SY22-23	
Name of School/Work Location: Free Home Elementary School		Number of Students: 308	Number of Employees: 64
Nutrition Education and Promotion Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. School Nutrition Week	Completed	308	Completed 10/14/2022
2. Food Pantry	In Progress	28	Providing healthy food for economically disadvantaged
Mental Health & Wellness Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Morning meetings	In Progress	308	Staff and students complete weekly lessons that are provided by the county
2. Student choice Health goals	In Progress	308	Students have one or two health goals that they are working on all year long. This includes at least two ways they are going to reach that goal
Physical Activity Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. 6 th Annual Rocket Run	Completed	308	All students walked/jogged/ ran for 45 minutes September 15 th 2022
2. Running Club	In Progress	190	Students in grades 2-5 come to the gym and run before school 4 days a week
Other School-Based Activities that Promote Employee and/or Student Wellness:	Goal Status (select one):	Number of Participants	Notes:
1. Red Ribbon week	In Progress	308	Focus on making healthy, drug free choices
2. Fitness Gram	In Progress	308	All students take part in practicing and completing the Fitness Gram testing. The scores of 4 th and 5 th grade are reported to the state.
District Nutrition Guidelines for Beverages Sold to Students	Status (select one):	Completed	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

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			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):	In Progress	Notes: 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

Wellness Plan Leadership <i>Name of school or district level official(s)</i>	Position Title	Notes:
1. Keith Furstenberg	PE/ Health/ASP	Serving as state Ambassador for PE and Health Ambassador for Cherokee County
2. Julie Peppers	Principal	
3. Sharon Sullivan	Nurse	
Wellness Committee Involvement <i>List of committee members names</i>	Position Title	Notes:
1. Keith Furstenberg	PE/Health/ASP	
2. Susanna Brooks	Counselor	
3. Sharon Sullivan	Nurse	Has provided additional health training to ASP staff
4. Amy Lathem	Head of Cafeteria	Updates bulletin boards to promote healthy food choices
5. Amy George	Para-professional	

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:
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1. Weekly newsletter - Rocket Review	weekly	Health information is included to our weekly Rocket Review from our principal
2. Bulletin Board	monthly	Updated by our PBIS committee
3. Morning news	daily	Tips and health information - it is often related to our school PBIS

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