



Cherokee County
School District

Date of Assessment: 11/1/2022			
School/Work Location Wellness Action Plan SY22-23			
Name of School/Work Location: Bascomb ES	Number of Students: 1000		Number of Employees: 106
Nutrition Education and Promotion Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Woot Woot Cart	In Progress	All staff	Admin led
2. Recipe of the month	In Progress	All staff	In monthly newsletter
3. Nutrition tips	In Progress	All staff	In monthly newsletter
Mental Health & Wellness Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Strong 4 Life Brain Breaks	In Progress	Staff and students	Monthly newsletter- videos
2. Stress Less challenges	In Progress	Staff	Sharecare
3. Mailbox Fairy	In progress	Staff	Praise notes in teacher boxes
4. Mindful Minute	In progress	Staff	Tip/videos
5. Weekly Shout Outs	In progress	Staff	Weekly Principal Communication (Bits)
Physical Activity Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Walking Club	In Progress	Staff- TBD	Tuesdays, 3 pm walk
2. Monthly Fitness workouts	In Progress	Staff	Monthly newsletter
3. Local activities promoting fitness	In progress	Staff	CCSD monthly newsletter
Other School-Based Activities that Promote Employee and/or Student Wellness:	Goal Status (select one):	Number of Participants	Notes:
1. Wellness Wednesdays	In Progress	Staff and students	Monthly newsletter- videos/tips
2. Red Ribbon Week	Completed	Staff and students	
3. Trivia Thursday, Meme Monday	In progress	Staff	Wellness committee
4. SHBP challenges	In progress	Staff	Stress less, steps challenge, green day challenge
5. Bascomb Buddy	In progress	TBD	Staff participates in something like "Secret Santa"
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

This institution is an equal opportunity provider.



			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.

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. Carolyn Daugherty	Principal	
2. Janet Roach	PE Teacher	Wellness Ambassador
3.		
Wellness Committee Involvement <i>List of committee members names</i>	Position Title	Notes:
1. Janet Roach	PE Teacher	Wellness Ambassador
2. K. Hill	K Teacher	
3. L. Lents	1 st grade	
4. K. Flint	2 nd grade	
5. E. Mayfield	3 rd grade	
6. M. Wallace	4 th grade	
7. B. Miller	5 th grade	

This institution is an equal opportunity provider.



8. A. Nalijwaka	SPED	
9. J. Mendenhall	Specials	
10. S. Gebhart	AIM	
11. K. Collins	Office	
12. C. Daugherty	Principal	

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. Monthly newsletter	Monthly	
2. Bascomb Bits	Weekly	Principal's info. to staff
3.		

This institution is an equal opportunity provider.