



Cherokee County
School District

Date of Assessment: December 2022		School/Work Location Wellness Action Plan SY22-23	
Name of School/Work Location: Hickory Flat Elementary School		Number of Students: 899	Number of Employees: 105
Nutrition Education and Promotion Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. M3 Podcast	Completed	105	(MindMuscleMouth) A monthly podcast discussing physical activity, mental wellness, and nutrition for all employees. All current and relevant information backed by science and reputable sources.
2. CCSD Wellness Flyer	Completed	105	
Mental Health & Wellness Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. M3 Podcast	Completed	105	
2. Staff Celebrations and Wellness Committee	Completed	105	
Physical Activity Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. M3 Podcast	Completed	105	
2. Move It Mondays	Completed	105	
Other School-Based Activities that Promote Employee and/or Student Wellness:	Goal Status (select one):	Number of Participants	Notes:
1. Journey Club	Completed	80	
2. Jogging Club	Completed	11	
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 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):	Completed	Notes: All foods and beverages not sold to students during the school day shall

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			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. Kerry Estep	Principal	
2. Denna Vance	Assistant Principal	
3. Nick Zomer	Assistant Principal	
Wellness Committee Involvement <i>List of committee members names</i>	Position Title	Notes:
1. Jackson Martinez	Wellness Ambassador	
2. Dori Fauls	Wellness/Celebrations Committee Lead	
3. Olivia Byess	Wellness/Celebrations Committee Team Member	
4. Jenny Juneghani	Wellness/Celebrations Committee Team Member	
5. Beth Powell	Wellness/Celebrations Committee Team Member	
6. Stephanie Goss	Wellness/Celebrations Committee Team Member	

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7. Bri West	Wellness/Celebrations Committee Team Member	
8. Kym Van Hout	Wellness/Celebrations Committee Team Member	
9. Shanda Lathbury	Wellness/Celebrations Committee Team Member	
10. Chris Phillips	Wellness/Celebrations Committee Team Member	
11. Rachel Priepke	Wellness/Celebrations Committee Team Member	
12. April Simmons	Wellness/Celebrations Committee Team Member	
13. Deborah Case	Wellness/Celebrations Committee Team Member	

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. M3 Podcast	Monthly	
2. ThunderWord Email	Weekly	
3. TP & PD QR Codes	Monthly	QR codes in all faculty restrooms