



Cherokee County  
School District

Date of Assessment: <b>School/Work Location Wellness Action Plan SY22-23</b>			
Name of School/Work Location: Mountain Road Elementary School		Number of Students: 404	Number of Employees: 60
<b>Nutrition Education and Promotion Goal(s):</b>	<b>Goal Status (select one):</b>	<b>Number of Participants</b>	<b>Notes:</b>
1. Offer nutritious recipes to promote a healthy lifestyle.	In Progress	60	Cooking classes for teachers after school.
2. Students have a variety of options provided by the school cafeteria that promote healthy eating habits.	In Progress	404	
<b>Mental Health &amp; Wellness Goal(s):</b>	<b>Goal Status (select one):</b>	<b>Number of Participants</b>	<b>Notes:</b>
1. Create a positive and safe environment that is inclusive for all students and teachers to promote positive wellness in the building.	In Progress	464	*Zen Den for teachers *Cares Committee *Cares Team-at risk students *Check-in Check-Out *Mentoring *Student Clubs
2.	Choose an item.		
<b>Physical Activity Goal(s):</b>	<b>Goal Status (select one):</b>	<b>Number of Participants</b>	<b>Notes:</b>
1. Students will collaborate and engage in active play with typical peers.	In Progress	404	Students are provided with a 20-minute daily recess and brain breaks.
2. Teachers will engage in monthly physical activities to reduce stress and promote a healthy lifestyle.	In Progress	60	We went to Sequoyah Park and had Zumba classes.
<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. Teachers will participate in optional after-school activities to promote social and collaborative time with their colleagues.	In Progress	60	Monthly activities planned after school.
2. Students are actively involved in MRES PBF. They engage in character education and quarterly celebrations to honor positive behavior.	In Progress	404	<b>4 Journeys, 1 Destination Explorers, Pathfinders, Adventurers, Trailblazers PRIDE</b>

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			<b>Cougar Leader Board Dojo Points</b>
<b>District Nutrition Guidelines for Beverages Sold to Students</b>	<b>Status (select one): In progress</b>	In Progress	<p><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.</p> <p>The cafeteria sells carbonated flavored water</p>
<b>District Nutrition Guidelines for All Foods and Beverages Not Sold to Students</b> <i>(i.e. classroom parties, foods given as a reward).</i>	<b>Status (select one): in progress</b>	In Progress	<p><b>Notes:</b> All foods and beverages not sold to students during the school day shall encourage and support healthy eating by students.</p> <p>Holiday Party and End of Year Party Candy-Grams in February</p>

Key	
Completed	select if you have met this goal at all schools
Partially Completed	select if one or more schools have 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. Erica Morrie	Principal	
2. Lori Etheridge	Assistant Principal	
3.		
<b>Wellness Committee Involvement</b>	<b>Position Title</b>	<b>Notes:</b>

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<i>List of committee members' names</i>		
1. Tina Rogers	Counselor	Team Lead
2. Lindsey Cheek	SLP	Wellness Ambassador
3. Laura Butera	ESOL Teacher	
4. Amy Kerwood	EIP Teacher	
5. Khristina Whitley	Music Teacher	
6. Kristy Reidy	PE Teacher	
7. Maria Ahmed	Art Teacher	
8. Kim Rowland	Registrar	Participates in monthly Cares Meeting

<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.		

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