



Cherokee County
School District

Date of Assessment: November 2022		School/Work Location Wellness Action Plan SY22-23	
Name of School/Work Location: Teasley Middle School		Number of Students: 1598	Number of Employees: 150
Nutrition Education and Promotion Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Increase diet and nutritional awareness among staff.	Completed		Ex: Informational meeting regarding metabolism and diet.
2.	Choose an item.		
Mental Health & Wellness Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Establish periodic after school get-togethers to promote camaraderie.	Completed	30+	Ex: Christmas party at Pizza restaurant.
2. Establish activities to promote staff interaction outside of meeting.	Completed	50+	Ex: Voluntary participation in nerf battle.
Physical Activity Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Increase daily steps for staff	Not Completed	staff wide	
2. Participation in after school physical activities.	Not Completed	staff wide	Survey for interest in participation has been distributed.
Other School-Based Activities that Promote Employee and/or Student Wellness:	Goal Status (select one):	Number of Participants	Notes:
1. Multiple clubs and activities for students	Completed	Open to all students	Ex: running club, multiple intramural sports, guitar club, drama club.
2. Participation in dress ups days.	Completed	schoolwide	Ex: red ribbon week.
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.

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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):	Not Completed	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. Kathi Monti	Principal	
2. Wes Stansell	Teacher	
3. Ali Lamb	Teacher	Mrs. Lamb is head of the school's Sunshine Committee. Sunshine committee is responsible for staff wellness events.
Wellness Committee Involvement <i>List of committee members names</i>	Position Title	Notes:
1. Ali Lamb	Teacher	
2. Katherine Deal	Teacher	
3. Jenn Rogers	Counselor	
4. Anne Martin	Teacher	
5.		

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. TMS raider roundup	weekly	

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2. Whats happening at TMS	weekly	
3.		