



Cherokee County
School District

Date of Assessment: Fall of 2023		School/Work Location Wellness Action Plan SY23-24	
Name of School/Work Location: Avery Elementary		Number of Students: 1104	Number of Employees: 123
Nutrition Education and Promotion Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Food Pantry	In Progress	AVES Staff/Students	Counselors organize food drives for community members in need
2. Quarterly Wellness Newsletter	In Progress	AVES Staff	Includes seasonal nutrition tips and healthy recipes. Also includes stress relief suggestions, fitness tips, and local run information
3. School Garden	In Progress	AVES Staff/Students	Teaching points in classrooms, harvested crops are given out to teachers
Mental Health & Wellness Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Seasonal Staff Games/Contest	Partially Completed	AVES Staff	Friendly Competition games/contest throughout the year i.e. Pumpkin in your pocket? Find a turkey get a prize, Bead RPS Challenge - most beads get's a prize
2. Happy Cart	In Progress	AVES Staff	Local businesses sponsor the Happy Cart - The cart comes around occasionally with a choice of drink & snack.
3. Sunshine Events	In Progress	AVES Staff	Throughout the year: Food truck days, staff luncheons - Chili contest, "Souper Bowl Day" Dress up days during Holidays.
4. Morning Meetings	In Progress	Students	Teacher/student meetings to see how things are going with everyone
Physical Activity Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Morning Running Club/Fitness Gram Testing	In Progress	Running Club - 30-60 kids Practice testing - All Students 4 th & 5 th Testing - 386	3 rd -5 th students have the option to come to the gym and jog once a week for a certain amount of time during the fall & again during the spring. FG Testing -All students practice fitness gram test components, but

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			4 th & 5 th perform the test and scores are recorded.
2. Avery Cardio Club	In Progress	Open to AVES Staff	Teachers can meet on Tuesday's & Thursday's after school to do walk/run on the outdoor track or indoor cardio or yoga of inclement weather days
Other School-Based Activities that Promote Employee and/or Student Wellness:	Goal Status (select one):	Number of Participants	Notes:
1. Monthly Morning Devotional	In Progress	Open to AVES Staff	Once a month a teacher host a morning devotional open to any teacher who would like to attend.
2. Various ASP Programs	In Progress	Open to students in ASP for a fee	Art, sports, lego, chess,
3. Red Ribbon Week	Completed	AVES Staff/Students	Importance of making healthy choices, drug free
District Nutrition Guidelines for Beverages Sold to Students	In Progress	AVES Staff/Students	Notes: Avery Complies
District Nutrition Guidelines for All Foods and Beverages Not Sold to Students <i>(i.e. classroom parties, foods given as reward).</i>	In Progress		Notes:

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. Jason Fitts, & Katherine Wallace	P.E./Steam Teacher	Wellness Ambassadors
2. Chance Cain	P.E. Teacher	
3. Dr. Lisa Turner	Principal	

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Wellness Committee Involvement <i>List of committee members names</i>	Position Title	Notes:
1. Ashley Rodriguez	Teacher	
2. Nakenya Stockdale	Teacher	
3. Annika Lanning	Teacher	
4. Nicole Lavigne	Teacher	
5. Karissa Charles & Courtney Hale	Teacher	

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. Wellness Newsletter	Quarterly	Email to staff as a sway
2. Avery Staff Cardio Club	Weekly	Email /MS Forms
3. Food Drives	As needed	Parent Square communication about food drives
4. Wellness Plan	Updated with committee yearly	Sent out as email, items are communicated through emails
5. ASP Clubs	Monthly	Parent Square
6. Running Club/Fitness Gram Info/ Red Ribbon	As Needed	Parent Square

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