



Cherokee County
School District

Date of Assessment: 1/12/2024		School/Work Location Wellness Action Plan SY23-24	
Name of School/Work Location: Boston Elementary School		Number of Students: 608	Number of Employees: 100
Nutrition Education and Promotion Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. February- National Nutrition Month- Healthy Snack Bar	Not Completed	70	Healthy snack bar available for teachers and staff in the staff lunchroom along with a tip sheet on eating healthy on the go
2. Recipe Sharing- Shared folder	Not Completed	70	Staff able to share healthy recipes they have tried in loved in a shared digital folder.
Mental Health & Wellness Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Holiday Painting and Refreshments	Completed	20	Teachers gathered in December to paint holiday ornaments after school. We provided light refreshments for teachers to enjoy. This was used as a time to relax and unwind from the school holiday season.
2. Monthly Staff Themed Potlucks	Partially Completed	40-70	Sunshine Committee organizes monthly staff potlucks. Each potluck is themed. (Ex. Soups, gameday snacks, holiday treats, etc.). Teachers who normally do not eat lunch in our staff lunchroom will join. Staff is also able to share recipes!
Physical Activity Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Teacher Workday Yoga/Pilates	Partially Completed	12	Teachers gather at 7:00am before teacher workdays to do a 30 minute yoga or Pilates video played on the promethean boards.
2. Chick-fil-a 5k	Completed	24	Staff participated in the Chick-fil-a 5k as a Boston team. We had a record number of sign-ups and won most spirited!
Other School-Based Activities that Promote Employee and/or Student Wellness:	Goal Status (select one):	Number of Participants	Notes:
1. Staff Shoutouts	In Progress	80-100	Each week teachers and staff can send in a shoutout of another staff member via

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			Microsoft Forms. These are featured in our weekly staff newsletter, The Boston Bits.
2. 2024 Goals	In Progress	700	Counseling team made a large 2024 banner that is close to the entrance of the school. Staff and students were tasked to write a goal that they had for the new years and hang it on the numbers. The numbers are filled with everyone's goals, and it is in a place where we can be reminded daily to commit to our goals.
District Nutrition Guidelines for Beverages Sold to Students	Status (select one):	In Progress	Notes: Students who purchase a meal in the cafeteria should get a milk unless health alert says otherwise. Other than milk, students at school drink water. Students do not have access to a vending machine.
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):	In Progress	Notes: Teachers have tried to move away from foods as a reward and moved towards pencils, stickers, stamps, etc. When food is given as a reward, student allergies, and health plans are taken into consideration. For classroom parties, it is preferred that store bought or individually packaged snacks are distributed to ensure safety of all 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:
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1. Kristen Rowburrey	School Wellness Ambassador/Counselor	Kristen Rowburrey plans and implements wellness activities.
2. Jessi Currie	Principal	Jessi Currie approves and oversees wellness activities
3. Meg Martin	Assistant Principal	Meg Martin helps plan and communicate wellness activities to school leaders and staff
Wellness Committee Involvement <i>List of committee members names</i>	Position Title	Notes:
1. Eileen Gilbert	EIP Teacher	Assists in planning and implementing teacher wellness activities
2. Kathy Smith	EIP Teacher	Assists in planning and implementing teacher wellness activities
3. Ardis Lussier	EIP Teacher	Assists in planning and implementing teacher wellness activities
4. Allison Eastep	SLP	Assists in planning and implementing teacher wellness activities
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. Boston Bits	Every Friday	Jessi Currie shares weekly newsletter which includes upcoming wellness events and our staff shoutouts.
2.		
3.		

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