



**School/Work Location Wellness Action Plan SY23-24**

Date of Assessment: 1/31/24			
Name of School/Work Location: Cherokee High School	Number of Students: 2940	Number of Employees: 263	
<b>Nutrition Education and Promotion Goal(s):</b>	<b>Goal Status (select one):</b>	<b>Number of Participants</b>	<b>Notes:</b>
1. Recipe Swap	Completed	80	About 20 shared food, and at least 60 came to eat
2. Christmas Movie Party/healthy snacks	Completed	30	Around 200 voted in the movie selection
<b>Mental Health &amp; Wellness Goal(s):</b>	<b>Goal Status (select one):</b>	<b>Number of Participants</b>	<b>Notes:</b>
1. Football Pick'm	In Progress	200	Around 100/week since September 1st
2. PLC Group Pumpkin Decorating Contest	Completed	All PLC's	Over 5K votes for favorite pumpkin
<b>Physical Activity Goal(s):</b>	<b>Goal Status (select one):</b>	<b>Number of Participants</b>	<b>Notes:</b>
1. Activity Minutes Challenge	In Progress	Not sure yet	<b>Will begin officially when weather is better</b>
2. Walking Group	In Progress	About 20/week	Not always together, but walking
<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. Student Door Decorating for Teachers	Completed	50	<b>Early Childhood teaching students decorated doors for the winter season</b>
2. "What are you reading posters"	Choose an item.	80	<b>Teachers post their current book on a sign outside their door to promote conversations and student reading.</b>
<b>District Nutrition Guidelines for Beverages Sold to Students</b>	<b>Status (select one):</b>	Completed	<b>Notes:</b>
<b>District Nutrition Guidelines for All Foods and Beverages Not Sold to Students</b> <i>(i.e. classroom parties, foods given as reward).</i>	<b>Status (select one):</b>	Completed	<b>Notes:</b>

<b>Key</b>	
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

This institution is an equal opportunity provider.

Not Completed	select if you have not begun working on this goal
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<b>Wellness Plan Leadership</b> <i>Name of school or district level official(s)</i>	<b>Position Title</b>	<b>Notes:</b>
1. Dr. Kyle Davis	Wellness Ambassador	
<b>Wellness Committee Involvement</b> <i>List of committee members names</i>	<b>Position Title</b>	<b>Notes:</b>
1. Alicia Tamayo	Fitness/Nutrition Specialist	<b>Plans and implements fitness and nutrition goals/activities for CHS</b>
2. Melissa Bentley	<b>Emotional Health Specialist</b>	<b>Coordinates activities to improve moral and emotional wellness. Puts the teachers and their happiness at the forefront of planning.</b>

<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. Warrior Wellness Youtube Channel	Monthly on AVG	<a href="https://www.youtube.com/watch?v=lqBD2QDjslY&amp;t=31s">https://www.youtube.com/watch?v=lqBD2QDjslY&amp;t=31s</a>
2. Email	Weekly	
3. Bulletin Board	<b>Each Season</b>	