



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

Date of Assessment: Nov 2022		School/Work Location Wellness Action Plan SY23-24	
Name of School/Work Location: Creekland Middle	Number of Students: 1500	Number of Employees: 137	
<b>Nutrition Education and Promotion Goal(s):</b>	<b>Goal Status (select one):</b>	<b>Number of Participants</b>	<b>Notes:</b>
1. Snack Cabinet with Healthy Options	In Progress		
2. Healthy Recipe of the month	In Progress		
<b>Mental Health &amp; Wellness Goal(s):</b>	<b>Goal Status (select one):</b>	<b>Number of Participants</b>	<b>Notes:</b>
1. Free Library for teachers	In Progress		Located in the media center
2. Team Building	In Progress		Activities with Social Committee such as Boo, Secret Santa and Holiday party
<b>Physical Activity Goal(s):</b>	<b>Goal Status (select one):</b>	<b>Number of Participants</b>	<b>Notes:</b>
1. Camp Gladiator	Completed		Free Gladiator Boot Camp for all Cherokee County Teachers
2. Steps Challenge	Not Completed		4 <sup>th</sup> Quarter
<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. Hungry Grizzly Weight Loss Challenge	In Progress		12/20 - 3/31
2. Chic-fil-a 5k	Completed		5K at Etowah park
3. Friday grade level lunches		22	
<b>District Nutrition Guidelines for Beverages Sold to Students</b>	<b>Status (select one):</b>	Choose an item.	<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>	Choose an item.	<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. Richie Carnes	Principal	
2. Kim Jeffries	Teacher	
3.		
<b>Wellness Committee Involvement</b> <i>List of committee members names</i>	<b>Position Title</b>	<b>Notes:</b>
1. Stacy Arnold	Teacher	
2. Ray Catlett	Teacher	
3. Mark Nazemzadeh	Teacher	
4. Samantha Rosemond	Teacher	
5. Brad Kleeman	Teacher	

<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. Emails to entire staff	Monthly	
2. Wellness FB Page		
3.		