



Cherokee County
School District

Date of Assessment: 2022- 2023 School Year		School/Work Location Wellness Action Plan SY23-24	
Name of School/Work Location: Free Home Elementary School		Number of Students: 291	Number of Employees: 66
Nutrition Education and Promotion Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. School Nutrition Week	Completed	291	Completed
2. Food Pantry	In Progress	28	Providing healthy food for economically disadvantaged
3. Healthy Bulletin boards	In progress	Whole school	The school nurse and the café manager create bulletin boards that change monthly that include healthy habits and nutrition tips.
4. Rocket Review	In progress	All teachers and staff	Information, healthy tips, and recipes are shared weekly in the staff newsletter
5. Thanksgiving meals	In progress	Varies based on need	Entire Thanksgiving meals and surplus food is given to those in need at our school.
Mental Health & Wellness Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Morning meetings	In Progress	291	Staff and students complete the lessons that are provided by the county
2. Student choice Health goals	In Progress	200	Students have one or two health goals that they are working on all year long. This includes at least two ways they are going to reach that goal
3. Kind student of the month	In progress	varies	Students from each grade level are recognized by one of business partners each month for being kind.
4. Kindness Week	In progress	291	This week is to remember to be extra kind to each other and is filled with service projects for all grade levels.
Physical Activity Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. 7 th Annual Rocket Run	Completed	291	All students walked/jogged/ ran for 45 minutes September 15 th 2022

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2. Running Club	In Progress	190	Students in grades 2-5 come to the gym and run before school 4 days a week
3. Morning News Fitness	In progress	291	Wellness Wednesday and Fitness Friday
Other School-Based Activities that Promote Employee and/or Student Wellness:	Goal Status (select one):	Number of Participants	Notes:
1. Red Ribbon week	Completed	291	Focus on making healthy, drug free choices
2. Fitness Gram	In Progress	291	All students take part in practicing and completing the Fitness Gram testing. The scores of 4 th and 5 th grade are reported to the state.
District Nutrition Guidelines for Beverages Sold to Students	Status (select one):	Completed	Notes:
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:

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. Keith Furstenberg	PE/ Health/ASP	Serving as state Ambassador for PE and Health Ambassador for Cherokee County
2. Julie Peppers	Principal	Includes health tips and information in weekly newsletter
3. Anette Fountain	Nurse	
Wellness Committee Involvement <i>List of committee members names</i>	Position Title	Notes:
1. Keith Furstenberg	PE/Health/ASP	

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2. Susanna Brooks	Counselor	
3. Anette Fountain	Nurse	Has provided additional health training to ASP staff. Create additional bulletin boards on topics such as hand washing and sugar in foods.
4. Amy Lathem	Head of Cafeteria	Updates bulletin boards to promote healthy food choices
5. Amy George	Para-professional	

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. Weekly newsletter – Rocket Review	weekly	Health information is included to our weekly Rocket Review from our principal
2. Bulletin Board	monthly	Updated by our PBIS committee, café manager, school nurse
3. Morning news	2-3 times a week	Tips and health information – it is often related to our school PBIS

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