



Cherokee County
School District

Date of Assessment: 1/22/2024		School/Work Location Wellness Action Plan SY23-24	
Name of School/Work Location: Mountain Road Elementary School		Number of Students: 376	Number of Employees: 60
Nutrition Education and Promotion Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Offer nutritious recipes to promote a healthy lifestyle.	In Progress	60	Monthly potlucks with recipe cards to share with staff.
2. Students have a variety of options provided by the school cafeteria that promote healthy eating habits.	In Progress	376	Students are offered meal choices that explore traditional and nontraditional meal options.
Mental Health & Wellness Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Create a positive and safe environment that is inclusive for all students and teachers to promote positive wellness in the building.	In Progress	436	*Zen Den for teachers *Cares Committee *Cares Team at-risk students *Cougar Connects Mentorship Program *Journey Club-with SHS Mentors *Student Clubs
2.	Choose an item.		
Physical Activity Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Students will collaborate and engage in active play with typical peers.	In Progress	376	Students are provided with a 20-minute daily recess and brain breaks. Students also receive 3 days of PE per week.
2. Teachers will engage in monthly physical activities to reduce stress and promote a healthy lifestyle.	In Progress	60	Teachers have been provided with websites that demonstrate YOGA and mindfulness activities. In November, the PE teacher created a calendar of activities to support a healthy lifestyle.
Other School-Based Activities that Promote Employee and/or Student Wellness:	Goal Status (select one):	Number of Participants	Notes:
1. Teachers will participate in optional after-school activities to promote social and collaborative time with their colleagues.	In Progress	60	Monthly activities planned after school.

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2. Students are actively involved in MRES PBF. They engage in character education and quarterly celebrations to honor positive behavior.	In Progress	376	4 Journeys, 1 Destination Explorers, Pathfinders, Adventurers, Trailblazers PRIDE Cougar Leader Board Dojo Points
District Nutrition Guidelines for Beverages Sold to Students	Status (select one):	In Progress	Notes: The cafeteria sells carbonated flavored water
District Nutrition Guidelines for All Foods and Beverages Not Sold to Students <i>(i.e. classroom parties, foods given as a reward).</i>	Status (select one):	In Progress	Notes: Holiday Party and End of Year Party Candy-Grams in February

Key	
Completed	select if you have met this goal at all schools
Partially Completed	select if one or more schools have 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. Erica Morrie	Principal	
2. Tiffany Cothorn	Assistant Principal	
3.		
Wellness Committee Involvement <i>List of committee members' names</i>	Position Title	Notes:
1. Tina Rogers	Counselor	Team Lead
2. Lindsey Cheek	SLP	Wellness Ambassador
3. Laura Butera	ESOL Teacher	
4. Amy Kerwood	EIP Teacher	

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5. Khristina Whitley	Music Teacher	
6. Kristy Reidy	PE Teacher	
7. Maria Ahmed	Art Teacher	
8. Kim Rowland	Registrar	Participates in monthly Cares Meeting

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. Canvas Page on our MRES Cougar Canvas Course	Monthly	Mrs. Cheek sends out reminders to staff when the Canvas module has been updated.
2. CCSD Character Ed lessons	Monthly	Mrs. Rogers sends out reminders to staff to check our Canvas Page
3.		

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