



Cherokee County  
School District

Date of Assessment: 11/7/2023		School/Work Location Wellness Action Plan SY23-24	
Name of School/Work Location: Mill Creek Middle School		Number of Students: 1388	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. Harvest of the Month	In Progress	School-wide	Organized through School Nutrition
2. Farm to School	In Progress	School-wide	Organized through School Nutrition
3. Heritage Celebration	In Progress	School-wide	Organized through School Nutrition
4. Crunch for Lunch	Completed	School-wide	Organized through School Nutrition
5. Johnny Appleseed	Completed	School-wide	Organized through School Nutrition
6. Patriot Day	Completed	School-wide	Organized through School Nutrition
7. National Taco Day	Completed	School-wide	Organized through School Nutrition
8. School Lunch Week	Completed	School-wide	Organized through School Nutrition
9. Peeper Palooza	Completed	School-wide	Organized through School Nutrition
<b>Mental Health &amp; Wellness Goal(s):</b>	<b>Goal Status (select one):</b>	<b>Number of Participants</b>	<b>Notes:</b>
1. Student Support Groups	In Progress	15	Lunch bunch, anxiety
2. CCSD Cares Lessons	In Progress	School-wide	Biweekly
3. Mental Health Awareness for Students, Parents, and Teachers	In Progress	School-wide	Monthly Counselor Connect Newsletter
4. Kindness Week @ The Creek	Completed	School-wide	Daily ELT videos and activities
<b>Physical Activity Goal(s):</b>	<b>Goal Status (select one):</b>	<b>Number of Participants</b>	<b>Notes:</b>
1. Teacher Bootcamp	In Progress	8-10	Biweekly
2. Staff Step Challenge	Not Completed	50+	Compete as grade levels
3. Staff Erg Workouts	In Progress	18	Two weeks Fall and two weeks Spring Semesters
4. Staff Pickleball Clinic	Not Completed	15	Spring
5. Bounce N Bash	Completed	School-wide	PTSA
<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>

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1. Staff Book Club	In Progress	27	Kim George organizer
2. Friendsgiving Potluck	Completed	137	School Climate Committee
3. Faculty/Staff "Shoutouts"	In Progress	137	Norma Toner organizer
4. Food Fridays	In Progress	50	Monthly coordination of outside food purchase
5. Staff Holiday Party	In Progress	50	December
6. Staff Costume Contest	Completed	100	October
7. Staff Meet-ups	In Progress	15	Monthly organized after school social
8. Burlap Door Hanger Paint Party	Completed	12	Afterschool activity
9. Tailgate Party	Not Completed	137	End of year celebration
<b>District Nutrition Guidelines for Beverages Sold to Students</b>	<b>Status (select one):</b>	Completed	<b>Notes:</b> All foods and beverages sold to students during the school day shall be consistent with USDA Smart Snack guidelines and shall comply with nutrition guidelines for each grade level. If food item does not meet the nutrition guidelines, it must qualify and be approved for an exemption.
<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> All foods and beverages not sold to students during the school day shall encourage and support healthy eating by students.

<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
Not Completed	select if you have not begun working on this goal

<b>Wellness Plan Leadership</b> <i>Name of school or district level official(s)</i>	<b>Position Title</b>	<b>Notes:</b>
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1. Matthew May	Principal	
2. Donna Ross	PE Teacher	
3. Jamie Vecsey	Counselor	
<b>Wellness Committee Involvement</b> <i>List of committee members names</i>	<b>Position Title</b>	<b>Notes:</b>
1. Katie Hruby	Cafeteria Manager	
2. Ayn McLaurin	School Nurse	
3. Jana Redman	PE Teacher	
4. Eliot Galyean	PE Teacher	
5. Jim Elder	PE Teacher	
6. Stacy Wegrzyn	6 <sup>th</sup> Grade Teacher	
7. Julie Schumaker	7 <sup>th</sup> Grade Teacher	
8. Margarita Nickell	8 <sup>th</sup> Grade 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. Wellness Plan will be posted in MCMS Teacher Handbook	Annual	
2. Wellness Activities Emails	Monthly	
3. Counselor Connect Newsletters	Monthly	Distributed to parents, staff, and students

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