



Cherokee County  
School District

Date of Assessment: 11/9/23		School/Work Location Wellness Action Plan SY23-24	
Name of School/Work Location: Oak Grove STEAM Academy		Number of Students: 472	Number of Employees 81
Nutrition Education and Promotion Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Share meal planning tips and healthy recipes from Oak Grove staff in the monthly email	In Progress	81	Teachers at Oak Grove are sending in meal planning tips and their favorite recipes. They are being compiled into fliers and released with each monthly email.
2. Include a nutrition focus each month on the Wellness calendar	In Progress	81	Ex: increase water intake, eating more green vegetables, etc.
Mental Health & Wellness Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Establish Wellness Boards: mental health inspiration, teacher de-escalation, and calming tools set-up in central locations throughout the school building	Completed	81	Wellness boards have featured: inspirational cards, octopus pop-it fidgets to encourage the use of the Overwhelmed Octopus strategies, sensory strips to help “velcro the positive,” Attitude of Gratitude checklists, thankful/grateful bracelets, EAP login cards, jumbo pom-poms, “pocket hug” tokens, etc.
2. Increase teacher access to mental wellness tips & information (shared in a dedicated section of the monthly email)	In Progress	81	EAP benefits and login information, articles/strategies to support mental health, Leaves on a Stream meditation, negativity bias, etc.
Physical Activity Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Increase teacher activity levels by offering 1 to 2 physical activity events per week on Thursdays or Saturdays	In Progress	7	Activities have included, but are not limited to: on-site workout videos every “Thriving” Thursday, a walking group, 1 pickleball session per month, 1-2 hikes per month, goat yoga (cancelled—to be rescheduled)
2. Increase teacher use of the Oak Grove walking track	In Progress	4	

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<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. Implement student CARES lessons with fidelity	In Progress	472	All homeroom teachers are required to present CARES lessons to students during a designated morning meeting block
2. Quarterly staff gatherings outside of school to build community and morale	In Progress	5-20	Ex: Friendsgiving, Potluck Parties, Rafting Trip, etc.
3. Monthly Sunshine Cart	In Progress	81	Administration and Sunshine/Wellness Committee work together to organize to organize a cart to bring goodies to teachers once a month
4. Teacher Recognition at Faculty Meetings	In Progress	81	Faculty meetings include recognition of teachers through Kudos (compliments to-and-from one another), Teacher-of-the-Month awards, and Hometown Hero awards from community partner Modern Woodmen
5. Student Mentor Program	In Progress	30	Select students have been nominated by teachers to receive a school-based, trained mentor
6. APEX Behavioral Health Therapist onsite 2 days/week	In Progress	10	Select students with parental consent
7. Increase in Student Clubs to support Physical and Emotional Wellnes	In Progress	Approx. 240	Addition of K-5 Soccer Club, K-5 Garden Club, and Newspaper Club (12 total clubs)
8. Holiday Dress-Up Calendar	In Progress	553	There is a dress-up calendar for the month of December. Teachers receive rewards for participating in the dress-up days.
<b>District Nutrition Guidelines for Beverages Sold to Students</b>	<b>Status (select one):</b>	Completed	<b>Notes:</b> Students only have access to drinks sold in the cafeteria. There are no vending machines available to students.
<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>	In Progress	<b>Notes:</b> Some teachers occasionally give small candy as a reward. Stickers, stamps, and other non-edible rewards will be encouraged.

<b>Key</b>	
Completed	select if you have met this goal at all schools

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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>
1. Penny Valle	Principal	Mrs. Valle reviews and approves Wellness emails and calendars before they are forwarded to the rest of the staff.
2. Lee Patti	Assistant Principal	Mrs. Patti supports all school wellness initiatives.
3. Abby Hernandez	Wellness Ambassador/Teacher	Mrs. Hernandez plans wellness activities, emails, calendars, and communicates with the Wellness committee and staff about upcoming events. She also seeks feedback from stakeholders to increase participation in Wellness initiatives.
<b>Wellness Committee Involvement</b> <i>List of committee members names</i>	<b>Position Title</b>	<b>Notes:</b>
1. Abby Hernandez	Wellness Ambassador	Also: ESOL/EIP Teacher
2. Becki Ashworth	Sunshine Chair	Also: ESOL Teacher
3. Michael Swift	EIP Teacher	
4. Haleigh Davis	2 <sup>nd</sup> Grade Teacher	
5. Jennifer Broder	Kindergarten Teacher	
6. Christine Carter	1 <sup>st</sup> Grade Teacher	
7. Ereka Fitts	SPED Teacher	
8. Deborah Rogers	SPED Teacher	
9. Tammy Owen	3 <sup>rd</sup> Grade Teacher	
10. Denise Lewis	Media C. Specialist	
11. Alyse Chester	5 <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>

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1. Wellness emails to the staff	Monthly	<a href="#">August Email (Web view)</a> <a href="#">September Email (Web view)</a> <a href="#">October Email (Web view)</a> <a href="#">November Email (Web view)</a>
2. Wellness calendars posted in common work areas	Monthly	<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">               October Wellness Calendar.pdf           </div> <div style="text-align: center;">               November Wellness Calendar.pdf           </div> </div>
3. Discussed at Committee Meetings	Bimonthly	