



Cherokee County  
School District

Date of Assessment: School/Work Location Wellness Action Plan SY23-24			
Name of School/Work Location: Sequoyah HS		Number of Students: 2079	Number of Employees: 170
<b>Nutrition Education and Promotion Goal(s):</b>	<b>Goal Status (select one):</b>	<b>Number of Participants</b>	<b>Notes:</b>
1. Join SHBP water challenge	Partially Completed	All Employees	Download SHBP App
2. Smart Snack Swap	In Progress	Teaching Staff	Teacher Breakroom-Bring/Share items Special "themes" for birthdays, holidays, etc.
<b>Mental Health &amp; Wellness Goal(s):</b>	<b>Goal Status (select one):</b>	<b>Number of Participants</b>	<b>Notes:</b>
1. Employee "Shout Outs"	Partially Completed	Teaching Staff	Nominations from Other Staff (recognition) during staff meetings. Also put pies up on TVs for Bravo awards
2. Employee Tailgates	Completed	Teaching Staff	Home Football Games-Located Behind Score Board-families can set up their chairs and bring foods-enjoy games
<b>Physical Activity Goal(s):</b>	<b>Goal Status (select one):</b>	<b>Number of Participants</b>	<b>Notes:</b>
1. Join SHBP Step Challenge	In Progress	All Employees	Download SHBP App
2. Fitness Challenge-Sequoyah's Own Fit Body Bootcamp	In Progress	All Employees	May meet daily (individual or a group) in room 126 from 4-Spm and use Body Sculpting Room/Equip We have also tried walking groups during lunch or after school
<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. Biggest Loser Competition	In Progress	20	Year Round-Break to Break-Compete for Cash Prize in 6-12 week increments. Weekly Weigh In, Informational emails weekly (recipes, encouragement, tips, fitness info) <b>*have not begun this yet this year as I will be heading on maternity leave</b>
2. Positivity Tree	In Progress	School Wide	Encouraging Messages-Take One if You need One (located outside Media Center)

This institution is an equal opportunity provider.



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<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
Not Completed	select if you have not beg-un 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. Erin Krantz	Nurse	Sends out emails/ informational material
2. Robert VanAlstyne	Principal	Approval of info
3.		
<b>Wellness Committee Involvement</b> <i>List of committee members names</i>	<b>Position Title</b>	<b>Notes:</b>
1. Melinda O'Brien	Secretary	Recipes/Swaps, anything else needed
2. Angie Geiger	Secretary	<b>Whatever is needed-Helping with fitness room, etc</b>
3. Stephanie Judkins	Media Center	Positivity Tree
4. Elease Francini	Media Center	Positivity Tree
5. Kimberly Morgan	Teacher	Garden, Bulletin Boards

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. Email	Weekly	and more often as needed



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