



Cherokee County
School District

Date of Assessment: 12/19/23		School/Work Location Wellness Action Plan SY23-24	
Name of School/Work Location: WHS		Number of Students: 1962	Number of Employees: 186
Nutrition Education and Promotion Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Healthy recipes on monthly calendar	Completed		
2. Eating Tips for Weight Loss on monthly calendar	Completed		
Mental Health & Wellness Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Mental Health Strategies – monthly calendar	Completed		
2. Guest speakers	In Progress		
Physical Activity Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Hotworx Night	Completed		
2. Weekly Challenge/ Step Challenge	In Progress		
Other School-Based Activities that Promote Employee and/or Student Wellness:	Goal Status (select one):	Number of Participants	Notes:
1. Staff Night Reformation	Completed		
2. Field Day	In Progress		
District Nutrition Guidelines for Beverages Sold to Students- 0 Sugar Machines	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):	Completed	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

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Wellness Plan Leadership <i>Name of school or district level official(s)</i>	Position Title	Notes:
1. Audra Thomas	Wellness Coordinator	
2. Meghan Waid	Wellness Admin	
3.		
Wellness Committee Involvement <i>List of committee members names</i>	Position Title	Notes:
1. Heather Pruitt	Committee Member	
2. Macie Slomkowski	Committee Member	
3. Savannah Thomas	Committee Member	
4. Mark Blades	Committee Member	
5. Sarah Brennan	Committee Member	

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 to staff monthly calendar	Monthly	
2. Email to staff wellness challenge	Weekly	
3.		

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