

Date of Assessment: 12/20/24		School/Work Location Wellness Action Plan SY24-25	
Name of School/Work Location: Cherokee High School		Number of Students: 2940	Number of Employees: 263
Nutrition Education and Promotion Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Recipe Swap	Completed	80	About 40 shared food, and at least 80 came to eat
2. Halloween Movie Party/healthy snacks	Completed	20	Around 200 voted in the movie selection
Mental Health & Wellness Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Football Pick'm	In Progress	200	Around 100/week since September 1st
2. Wellness T-Shirt Design	In Progress	All PLC's	Over 5K votes for favorite pumpkin
Physical Activity Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Activity Minutes Challenge	Not Completed	Not sure yet	Will begin officially when weather is better
2. Walking Group	In Progress	About 20/week	Not always together, but walking
Other School-Based Activities that Promote Employee and/or Student Wellness:	Goal Status (select one):	Number of Participants	Notes:
1. Student Door Decorating for Teachers	Completed	80	Early Childhood teaching students decorated doors for the winter season
2. "What are you reading posters"	Choose an item.	100	Teachers post their current book on a sign outside their door to promote conversations and student reading.
District Nutrition Guidelines for Beverages Sold to Students	Status (select one):	Completed	Notes:
District Nutrition Guidelines for All Foods and Beverages Not Sold to Students (i.e. classroom parties, foods given as reward).	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

This institution is an equal opportunity provider.

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. Dr. Kyle Davis	Wellness Ambassador	
Wellness Committee Involvement <i>List of committee members names</i>	Position Title	Notes:
1. Alicia Tamayo	Fitness/Nutrition Specialist	Plans and implements fitness and nutrition goals/activities for CHS
2. Melissa Bentley	Emotional Health Specialist	Coordinates activities to improve moral and emotional wellness. Puts the teachers and their happiness at the forefront of planning.

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. Warrior Wellness Youtube Channel	Monthly on AVG	https://www.youtube.com/watch?v=lqBD2QDjslY&t=31s
2. Email	Weekly	
3. Bulletin Board	Each Season	