

Date of Assessment: 2025- 20026 School Year		School/Work Location Wellness Action Plan SY25-26	
Name of School/Work Location: Creekland Middle School		Number of Students: 1425	Number of Employees: 144
Nutrition Education and Promotion Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. School Nutrition Week	Completed	1425	Completed
2. Food Pantry	In Progress	22	Providing healthy food for economically disadvantaged
3. Healthy Bulletin boards	In progress	Whole school	The school nurse and the café manager create bulletin boards that change monthly that include healthy habits and nutrition tips.
5. Thanksgiving meals	In progress	Varies based on need	Entire Thanksgiving meals given at school; staff was able to celebrate together
6. Staff meals & smoothies/teas	In progress	Entire staff	Each week staff is able to order meal out and we have weekly smoothies and teas for delivery
Mental Health & Wellness Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Morning meetings/Extended Learning Time	In Progress	1425	Staff and students complete lessons that focus on areas of mental health and conflict resolution.
2. Student choice Health goals	In Progress	1425	Students have one or two health goals that they are working on all year long. This includes at least two ways they are going to reach that goal
3. Student of the Month	In progress	varies	Students from each grade level are recognized by their team and celebrated with staff and family for SOTM Breakfast.
4. Student of the Week	In progress	1425	Students are selected by their teams based on positive character being displayed at school. They receive a praise paw and entered into a weekly drawing for prizes.
6. "Just Right" and chill out zones	Completed	1425	Teachers provide fidgets and information about making a spot in their classrooms and

			spaces where students can deescalate from stressful situations.
7. SOS	In Progress	1425	These are counselor led lessons that promote student safety and personal advocacy. These age-appropriate lessons are presented to all students.
8. Check in Check Out	In Progress	Varies by need	Teachers with Check In Check Out training meet with some of our highest need students before school starts and when it ends every day. This lasts the entire year. Teachers provide students with strategies and de-escalation techniques.
9. Professional Development: Instructional Lead Strategist	In Progress	Teachers	Diane Schumacher has been providing staff with a "toolbox" of strategies to Elevate the Excellence.
10. Positive Office referral	In Progress	1425	Teachers write students up for positive behavior. Those students are then celebrated on announcement or social media posts. Administration also does a call home to highlight their behaviors and actions.
11. Incentive Days/Behavior Enrichment	In Progress		At the end of each 9 weeks our entire school has the opportunity to participate in behavior incentive games. We highlight students for physical and academic achievements as they are able to participate in a variety of activities in celebration of success.
Physical Activity Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Chick-Fil-A 5k: CMS Team	Completed	20+	All students walked/jogged/ ran for 45 minutes October 4 th 2024
2. Clubs (variety)	In Progress	700+	Students have the opportunity to join various teacher sponsored clubs for ASL, Student Council, Writer's Club, Gaming Club, etc.

3. Morning/Afternoon Announcements	In progress	1425	Wellness Tips offered
4. Staff Walking/Hiking Club	In progress	144	Staff encouraged to walk during planning (if time permits) and once a month staff member leads a voluntary hike.
Other School-Based Activities that Promote Employee and/or Student Wellness:	Goal Status (select one):	Number of Participants	Notes:
1. Red Ribbon week	Completed	1425	Focus on making healthy, drug free choices
2. Georgia Fit (formally the Fitness Gram)	In Progress	1425	All students take part in practicing and completing the Georgia Fit testing. The scores of are reported to the state & achievements are recognized during awards ceremony.
3. Hungry Grizzly Weight Loss Challenge	In Progress	Staff	Anonymous weight loss challenge for staff with money incentive.
4. Friday grade level lunches	In progress	Entire Staff	Staff may have lunch delivered and eat with one another to build community and mental wellness.
5. Snack Cabinet with Healthy Options	Completed/On-Going	Entire School	Snacks provided for staff that have healthy options.
6. Free Library for Staff	Completed	Entire Staff	A library for staff only to exchange and check-out books in the media center.
7. Team Building	In progress	Entire Staff	Staff participate in various thematic challenges as well as special events. Annual Christmas party, book club, hiking club, etc.
8. Puberty Lesson	Completed	1425	All students are presented with lessons on their changing bodies. Also included are components of hygiene, nutrition, and self care.
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):	In Progress	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

Wellness Plan Leadership <i>Name of school or district level official(s)</i>	Position Title	Notes:
1. Mr. Matthew May	Principal	Includes health tips and information for school-wide implementation
2. Amanda Breau	Principal	Serving as School Ambassador for Cherokee County representing Creekland Middle School
3. Nurse JJ-Jenny Juneghani	Nurse	
Wellness Committee Involvement <i>List of committee members names</i>	Position Title	Notes:
1. Amanda Breau	Teacher	Wellness School lead; 7th Grade Wellness Lead
2. Jenny Juneghani	Nurse	Has provided additional health training to staff. Create additional bulletin boards on health & wellness related topics
3. Ms. Katie	Head of Cafeteria	Updates bulletin boards to promote healthy food choices & Wellness Initiatives
4. Payton Snider	Teacher	Christmas Party, Book club
5. Sunny Rae Harike	Secretary	Hiking Club
6. Kim Jeffries	Teacher	8 th Grade Wellness Lead
7. Julie McRae	PE Teacher	PE component, Puberty Lesson; Connections Lead
8. Tracey Sharrock	Teacher	FACS/help promoting healthy lifestyle; coordinates luncheon
9. Traci Rollman	Teacher	Fundraising to promote staff wellness
10. Madison Nguyen	Teacher	6 th grade Wellness Lead; Christmas Party
11. Tina Peardon	Teacher	8 th Wellness Co-Lead/Secret Santa Contact
12. Mark Nazemzadeh	Teacher	Encouragement Emails/messages to staff

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. Weekly newsletter –	Monthly	Health information is included in our monthly newsletter from our principal (as needed or relevant)
2. Bulletin Board	monthly	Updated by our café manager
3. Morning news/Daily at the Den	2-3 times a week	Tips and health information – it is often related to our school Behavior incentives/initiatives
4. Parent Square	As needed	Information is sent out to the entire community in regard to our healthy events such as the CFA 5K and Field Day