

Date of Assessment: 9/2025		School/Work Location Wellness Action Plan SY25/26	
Name of School/Work Location: Sequoyah HS		Number of Students: 2049	Number of Employees: 180ish
Nutrition Education and Promotion Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Pay to wear jeans	In Progress		Buy a card and wear jeans on certain days
2. Lunch Deliveries	In Progress	Staff wide	Some days-staff pays and others we have free lunch from sponsors
Mental Health & Wellness Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. teacher massages	Completed	School wide	Back 2 back chiropractic
2. teacher thank yous and snack cart	In Progress	School wide	All the time-themes change
Physical Activity Goal(s):	Goal Status (select one):	Number of Participants	Notes:
1. Biggest Loser	In Progress	5-15	
2. HIIT/Dancing/Yoga classes	In Progress	5-30	
Other School-Based Activities that Promote Employee and/or Student Wellness:	Goal Status (select one):	Number of Participants	Notes:
1. Football Tailgates	In Progress	20	
2. sip sip hooray	Completed	School wide	Mocktail station
District Nutrition Guidelines for Beverages Sold to Students	Status (completed)	Choose an item.	
District Nutrition Guidelines for All Foods and Beverages Not Sold to Students (i.e. classroom parties, foods given as reward).	Status (in progress)	Choose an item.	

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. Erin Maierhofer	School nurse	
2. Robert VanAlstyne	Principal	All of our admins are fantastic sports and very participatory
3. Jennifer Russell	teacher	
Wellness Committee Involvement <i>List of committee members names</i>	Position Title	Notes:
1. Jennifer Russell	teacher	All of our wonderful ideas!!!!
2. Marina Goddard	teacher	A big idea helper too!! These ladies are the best!
3. Eleese Francini	Media center	Book club, Faith & Friends devotions
4. Melissa Echt	teacher	Body Combat
5. Fallan Patterson	teacher	Yoga

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. TVs in lobby	weekly	
2. Emails to employees	monthly	See examples I will send also-flyers, emails, etc
3. Staff meetings	monthly	