

## Wellness Engagement Activities for 2024-25


School Name: **Coffee County Educational Academy**

### Wellness Committee Members:

**Sarah Warren**, Principal   **Portia Harris**, Paraprofessional   **Tonya Clemmons**, Paraprofessional  
**Calvin Smith**, Paraprofessional   **Bernice Martin**, Teacher   **LaShanda Harris**, Teacher

Month	Activity/Awareness/Recognition Title	Description
August	Cafeteria Etiquette  Faculty Meeting	Each class is given the expectations of what they should do while entering and exiting the cafeteria. How to have appropriate conversations in the cafeteria. Understanding the importance of eating and keeping their area clean.  <a href="#">☰ Faculty Meeting Minutes</a>
September	Wellness Intro Meeting (9/10/24) Suicide Prevention CKH/ Starting school right Social Contracts and word of the month ( Empathy) Guest Speaker Implement weekly Reading to Head Start students	Discuss the purpose of the committee. Develop strategies to reach students Outline of CKH <a href="https://iheartckh.com/resources/ckhpremium/view/excel-meeting-agenda">https://iheartckh.com/resources/ckhpremium/view/excel-meeting-agenda</a> <a href="https://iheartckh.com/resources/ckhpd/view/starting-school-right">https://iheartckh.com/resources/ckhpd/view/starting-school-right</a> Motivational Speaker Looking Best, Doing Your Best (Pastor Reuben Speight)



		
<p>October</p>	<p>Staff PL Aligning Discipline with the CKH MODEL.</p> <p>Teaching lessons on eating in moderation and healthy. PE lessons</p>	<p><a href="https://iheartckh.com/resources/ckhpremium/view/october-staff-meeting-agenda-2024-2025">https://iheartckh.com/resources/ckhpremium/view/october-staff-meeting-agenda-2024-2025</a></p> <p>Video presentation: Elementary</p> <ul style="list-style-type: none"> <li>▶ Healthy Eating: An introduction for children aged 5-11</li> <li>▶ Moderation and Self Control   Educational Videos For Kids</li> </ul> <p><a href="https://mail.google.com/mail/u/0/?ogbl#search/pe/WhctKLbMzMkJFnhHqJDHRPITFIhJzCWWhbIRRdDVkZcldWtCzSqkSxHQXSBPvrLhRknhCRtQ?projector=1&amp;messagePartId=0.1">https://mail.google.com/mail/u/0/?ogbl#search/pe/WhctKLbMzMkJFnhHqJDHRPITFIhJzCWWhbIRRdDVkZcldWtCzSqkSxHQXSBPvrLhRknhCRtQ?projector=1&amp;messagePartId=0.1</a></p>
<p>November</p>	<p>What does Thanksgiving dinner look like for you? (Discussion) History of Thanksgiving.</p>	<p>Agenda for meeting</p> <p><a href="https://iheartckh.com/resources/ckhpremium/view/easy-affirmation-ideas-for-meetings">https://iheartckh.com/resources/ckhpremium/view/easy-affirmation-ideas-for-meetings</a></p>

CKH PL (Affirmations)  
Thankful Jars

Men of Integrity meeting Guest  
Speaker:  
Mr. Craig Johnson

Girl Power Group Meeting:

Reading for fun: Mrs. Portia  
Harris facilitates the students'  
reading on Wednesday to the  
Headstart students.

[https://drive.google.com/drive/u/0/folders/1joud2t9i88zJbnzBxI0ySN5FMrlEnj\\_P](https://drive.google.com/drive/u/0/folders/1joud2t9i88zJbnzBxI0ySN5FMrlEnj_P)



December

**CKH Word Discussion  
Perseverance and Integrity  
And Data Review**

<https://iheartckh.com/resources/ckhpremium/view/using-surveys-data-to-drive-implementation-and-impact>  
<https://mail.google.com/mail/u/0/?ogbl#search/pe+/WhctKLbMz>

	<b>PE Lesson</b>	<a href="https://iheartckh.com/resources/ckhpremium/view/january-staff-meeting-agenda-2024-2025">MkJFnhHqJDHRPITFIhJzCWbIIRRdDVkZcldWtCzSqkSxHQXS BPvrLhRknhCRtQ?projector=1&amp;messagePartId=0.1</a>
January	Parent and Student Perception Survey CKH PL 1/7/24 PE Lesson	<a href="https://iheartckh.com/resources/ckhpremium/view/january-staff-meeting-agenda-2024-2025">https://iheartckh.com/resources/ckhpremium/view/january-staff-meeting-agenda-2024-2025</a>  Corn hole, Jumping Jacks,
February	Vaping Lesson  <b>City of Douglas Career Field Trip</b>	
March	Finish Strong (CKH)  7 Habits of Highly Successful Students (Book Study lessons)	
April		
May	<b>Review ways to incorporate other strategies to enhance student engagement and personal well-being during post-planning.</b>	<b>Post Planning</b>
June/July		

