



CALLAWAY ELEMENTARY SCHOOL

Wellness Program 2017-2018



Wellness Committee

Amy Thornton, Administrator
Katie Brown, Administrator
William Screws, Administrator

Tishanna Jones, Teacher
Britt Wood, Counselor
Mary Beth Pelt, Parent
Tracy Burdette, Nutrition Manager

***Purpose:** Develop two goals, one for students and one for staff, which promote wellness.*

Goal 1: 70% of students in grades 2-5 will be in the healthy fitness zone.

Action Steps:

- Participation in the TCSS curriculum based physical education course
- Daily recess where students are encouraged to be physically active for at least 15 minutes
- Select students will participate in Fastest Kid competition
- Follow smart guidelines provided by TCSS Nutrition Department
- Progress monitoring and conferencing by Coach McCann and Coach Summerlin

Measurement: Assessment data from the Fitness Gram assessment

Progress: 70% of the grades 2-5 students at CES scored in the healthy fitness zone as measured by the Fitness Gram.

Goal 2: 100% of staff will be given the opportunity to participate in a "cross fit game" type competition against other schools through Clockwork Performance Training Center.

Action Steps:

- Training will be offered year round 3 times a week to prepare for the event in May
- Dietary info will be part of the training and provided to the staff

Measurement: Participation rate of staff in wellness opportunity.

Progress: 20% of staff participated in the "cross fit" competition and training throughout the year. We won the challenge!

Cooperative. Excellent. Successful.