

# WELLNESS COMMITTEE – Hillcrest Elementary

2016-217

Committee Members:	NAME	ROLE
	Holle Lewis	Teacher/Parent
	Evans Eiler	Teacher/Parent
	Allison Batchelor	Teacher
	Marie Cason	Nutrition
	Carol Montgomery	Principal

Wellness Goals:	Included in S.I.P.	YES	NO
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1. To increase the number of students who are rated in the “Healthy Fitness Zone” on the Fitness gram that is measured each spring in grades 4-5<sup>th</sup>.
2. To increase the number of students who choose to participate in the healthy lunch program offered through the school district.

Data to Consider:

**Goal 1:**

May 2016 Fitness gram data:

Students scoring in the “Healthy Fitness Zone”:

4<sup>th</sup> grade students = 19

5<sup>th</sup> grade students = 15

**May 2017 – Fitness gram data:**

**Students scoring in the “Healthy Fitness Zone”:**

**4<sup>th</sup> grade students = 20**

**5<sup>th</sup> grade students = 22**

Fit Club participation:

**Up to 22 members of the Fit Club attended twice weekly for the entire year. This participation is believed to have played a large role in the numbers of 4<sup>th</sup> and 5<sup>th</sup> grade students who were rated in the “Healthy Fitness Zone.”**

**Goal 2: Nutrition Education and Promotion:**

Lunch participation for FY 2016 = 42,221 reimbursable

**Lunch participation for FY 2017 is = 45, 103 reimbursable**

Healthy Food Choice Education – provided by the cafeteria staff as well as in PE and Fitness Club has also increased the numbers of students who choose healthy fruits and vegetables. The evidence for this is in the increased orders for these items at lunch. See numbers above.

Progress:

Fit Club and Physical Education classes implementing health and wellness strategies daily to ensure student progress in all areas.

**Fit Club celebrated with an “End of Year” party consisting of only healthy snacks for students to enjoy together.**

Meeting Date(s):

December 7, 2016 & May 16, 2017

Description of Public Notification of Meeting(s):

School calendar and monthly updates and school website