

WELLNESS PLAN

Callaway Elementary School 2019-2020

Committee Members:

Christina Grace-Principal
Tracey Burnett-Cafeteria Manager
Dexter Williams-Family Liaison
Robyn Mc Cann-P.E. Coach
Diaello Burks-Health Teacher / Coach
Mia Blandingburg-Parent

Wellness Goal:

The focus of the Callaway Wellness Plan is to motivate and encourage students and teachers to embrace healthy lifestyle choices by offering a variety of school and extra-curricular activities that provide nutrition education and physical experiences for healthy lifestyle practices.

An emphasis of nutrition education and physical activity is part of the learning experience at CES through the school initiatives below:

- Health/Instruction/Classes (Teacher-D. Burks)
- Basketball (Coaches-Burks, McCann)
- Fastest Kids (Coaches-McCann, Burks)
- Step/Dance Team (Coaches-C. Alexander & J. Harper)
- Afterschool Smart Snacks (Food Service)
- Fitness Gram (Coach McCann)

Data to Consider:

- Fitness Gram Data
- Basketball Game Calendar Dates
- A.C.E. Smart Snack Documentation
- Fastest Kids Practices & Competition Calendar Dates

Progress:

Fitness Gram-Data from Fitness Gram pre-assessments will be reviewed at the end of the year for student progress toward goals.

Participation in basketball, cheerleading, Fastest Kids and Step Team

Meeting Date(s):

Basketball Coaches-12/4/19, 1/6/20
Fastest Kids- 1/6/20
Wellness Committee-2/24/20, 5/18/20

Basketball Game Dates for Basketball Team, Step Team and Cheerleaders:

Jan – March 2020

Fastest Kids Competition: April 2020

Description of Public Notification of Meeting(s):

Grade Level Newsletters

School Flyers

School Website