



# CALLAWAY ELEMENTARY SCHOOL WELLNESS PLAN 2020-2021

## Committee Members:

- Christina Grace - Principal
- Tracy Burnett - Cafeteria Manager
- Dialleo Burks - Basketball Coach
- Dexter Williams - Family Liaison
- Robyn McCann - P.E. Coach
- Lindsey Binion - Instructional Specialist
- Kayleigh M. Hester - Parent



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, Binion, Washington, Wallace, & Brooks)
- Fastest Kids (Coach-McCann)
- Cheerleading (Coaches-Bonner, Harper, Dittman, & Alexander)
- 2nd / 3rd Grade Garden Club (Sponsors-Alford, Murphy & Spader)
- Afterschool Smart Snacks (Food Service)
- Fitness Gram (Coach McCann)

**Wellness Goal #1:** 75% of students in grades 2-5 will be in the healthy fitness zone as measured by the Fitness gram at the end of the school year.

### Action Steps:

1. Students will participate in the TCSS curriculum based physical education course.
2. Students will participate in daily recess activities where students will be encouraged to be active for at least 15 minutes each day.
3. Select students will participate in Basketball, Cheerleading, or Fastest Kid opportunities to promote a physically active child.

**Wellness Goal #2:** 100 % of students in grades K-5 face to face, traditional learning will participate in Health classes during their rotation segment of the school day where they will be introduced to strategies to assist in living a healthy lifestyle.

### Action Steps:

1. Students will participate in the CES Health Education class.

2. Students will participate in eating Smart Snacks when purchasing items on the campus of CES. *All foods sold on campus will meet Smart Snack guidelines.*

3. Select 2nd and 3rd grade students will participate in the after school club :CES Garden club

**Data to Consider:**

- Fitness Gram Data
- Basketball Game Calendar Dates
- Garden Club 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 Garden Club

**Meeting Date(s):**

Basketball Coaches-12/3/20, 1/4/21

Fastest Kids- 1/4/21

Wellness Committee-2/18/21, 5/20/21

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

TBD

**Fastest Kids Competition:** April 2021

**Description of Public Notification of Meeting(s):**

Grade Level Newsletters

School Flyers

School Website