



Happy·Confident·Educated·Students

# Hillcrest Elementary School

## Wellness Plan 2021-2022

| Committee Members: | NAME                 | ROLE                     |
|--------------------|----------------------|--------------------------|
|                    | Holle Lewis          | Teacher/Parent           |
|                    | Kim Schoonover       | Teacher/Fitness Coach    |
|                    | Ava Medders          | Instructional Specialist |
|                    | Laura Sanchez-Ortega | Cafeteria Manager        |
|                    | Teri Ogles           | Nurse                    |
|                    | Christy Keeth        | Principal                |

### Wellness Mission :

The focus of the Hillcrest Elementary 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. All foods sold on campus will meet Smart Snack guidelines.

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

- Physical Education Instruction/Classes (Teacher- H. Lewis)
- Fastest Kids (Coach- H. Lewis)
- Fitness Club (Sponsors- H. Lewis, E. Eller)
- Afterschool Smart Snacks (Food Service)
- Fitness Gram (H. Lewis)
- Jr. Deputy Program- 3rd Grade (Troup Co. Sheriff's Dept.)
- Wellness Wednesday (Broadcast Team)

Progress will be reviewed in March 2022.

Meeting Dates: August 25, 2021, November 11, 2021, January, 27, 2022, March 24, 2022

Description of Public Notification of Meeting(s): Information will be posted on the school website.

## SMART Goals for 2021-2022

### Physical Education Class Participation

- By the end of the 2021-2022 school year, there will be a 90% participation rate of K-5th grade students in physical education classes as measured by attendance data. Lessons/ concepts in Physical Education classes will focus on fitness, nutrition, hygiene, conflict resolution, building self esteem, and safety.

Artifacts/Documentation: Lesson plans, attendance data

Progress will be reviewed during each meeting of the Wellness Plan committee by looking at attendance data and making sure we are on track to meet our goal.

### Fitnessgram

- By the end of the 2021-2022 school year, 85% of students in grades Kindergarten -5th grade will complete and pass the performance standards for the FitnessGram test.

Artifacts/Documentation: Fitnessgram Data/Reports

Progress will be reviewed during each meeting by reviewing pre-assessment data and having updates from the PE teacher towards student goals.

### Other Initiatives

- Fitness club- weekly fitness club that focuses on different ways that students can stay fit and healthy
- Participation in Fastest Kids Race
- Nutrition Lesson provided by Chartwells for designated grade levels
- A.C.E/ Strings Attached Smart Snack Documentation
- Fastest Kids Practices & Competition
- Jr. Deputy program for all 3rd Graders- focuses on making smart choices and safety

Description of Public Notification of Meeting(s):

Grade Level Bloomz Notifications

School Website

School Facebook Page