

Hillcrest Elementary Wellness Committee Notes
2023-24 School Year

HCES Wellness Policy Goals & Activities:

A. Nutrition:

1. Menus with nutrition information shared on district website; linked on our school webpage (Tonya Vaught, cafeteria manager)
2. After school snacks follow federal, state, and local regulations
3. Bottle filling stations and water fountains available to students throughout the school day to encourage healthy drink options
4. Meal times scheduled to provide adequate time to enjoy eating healthy foods

B. Physical Activity:

1. Standards based physical education instruction: minimum of 90 contact hours at each grade level (K-5) (Coach Holle Lewis)
2. Student completion of State Fitness Gram (Coach Holle Lewis) completed in April 2024
3. Daily outdoor recess (weather permitting)
4. Physically active brain breaks as needed throughout the school day

C. Other School Activities to Promote Wellness:

1. Vision & hearing checks for students in Grades 2 & 5 (completed September 13, 2023)
2. Red Ribbon Week/ Drug Awareness (October 23-31)
3. 3rd Grade Walking Classroom (Erin Neighbors)

4. Puberty/Hygiene Classes for 5th Grade (Completed February 9th)
(Nurse Ashley Aldridge)

5. "Notes from Nurse Ashley" (pertinent wellness information for parents, as needed) posted on School Facebook page

D. Social/ Emotional/ Mental Wellness

1. Counselor-conducted weekly classes for Kindergarten/ 1st grade
(Catherine Petite)
2. Peer mediation with School Counselor as needed (Catherine Petite)
3. Keys of Excellence Character Education- one key per month (Kim Schoonover)