

## School Based Wellness Committee Annual Report – West Point Elementary

*The focus of the West Point Elementary Wellness Plan is to motivate and encourage students to embrace healthy lifestyle choices. An emphasis of nutrition education and physical activity is part of the learning experience at WPE. All foods sold on campus will meet Smart Snack guidelines.*

### **Committee Members present:**

Brandy Murphy, Parent  
Jason Phillips, PE Instructor  
Rhonda Patisaul, Cafeteria Manager  
Jan Franks, Principal

Alesia Lyles, Counselor  
Shannah Mabry, Instructional Specialist  
Kaye Hodge, School Nurse

### **WPE Wellness Plan Goals SY 2021-22**

**HEALTH INSTRUCTION GOAL:** By the end of the 2021 -2022 school year, there will be an 85% participation rate of K-5th students in guidance classes as measured by attendance data. Lessons/concepts in health class focus on nutrition, hygiene, fitness, conflict resolution, self-esteem, substance abuse prevention, life skills and safety. ~ **MET Artifacts/Documentation:** Attendance Records, Lesson Plans

**GOAL ATTAINMENT:** During the academic year the following Guidance lessons and activities have been available to at least 85% of students in grades K-5<sup>th</sup> grade.

August: Life Skills of following school and classroom rules
September: Conflict Resolution
October: Substance Abuse and Bully Prevention
November: Like Skills focusing on perseverance and determination
December: Celebrating Diversity
January: Health, Hygiene, Fitness, Nutrition, and Safety
February: Life Skills to be successful
March: Self-esteem

**NUTRITION PROGRAM GOAL:** By the end of the 2021-2022 school year during the guidance class nutrition unit, 85% of students in K-5th will create posters, signs and other artwork that reinforce healthy eating messages and healthy eating habits. ~ **MET Artifacts/Documentation:** Healthy Eating Habits Display, Attendance Records, Photos, Lesson Plans

**GOAL ATTAINMENT:** During National School Lunch Week, Oct. 11-15, 2021, all students had an opportunity to create posters displaying healthy food options and illustrate a healthy plate. In guidance class during the month of January, students viewed and discussed the Nutrition Healthy Eating Pyramid. Students learned how to read labels and portion control. An emphasis was placed on high calorie drinks and sports drinks that taste great but should only be utilized after physical activities in order to replace electrolytes.

### **FITNESS INSTRUCTION**

**GOALS:** 1- By the end of the 2021-2022 school year, 85% of students in Kindergarten thru 2nd grades will master gross motor skills. 2- By the end of the 2021-2022 school year, 60% of students in 3<sup>rd</sup>- 5<sup>th</sup> grade will score in the healthy fitness zone of the Pacer Test. ~ **MET Artifacts/Documentation:** Fitness Gram Data/Reports

GOAL ATTAINMENT: By March 2022, 133 out of 156 students in grades K-2 mastered gross motor skills for a total of 85.25%. In grades 3-5, 62.13% of students scored in the healthy fitness zone of the Pacer Test.

- **Progress:** Progress will be reviewed in March.
- **Meeting Date(s):** August 27, 2021, October 19, 2021, January 18, 2022 and March 22, 2022 at 8:00 a.m. - WPE Cafeteria
- **Description of Public Notification of Meeting(s):** Information will be posted on the school website and announced on the morning broadcast.