

WELLNESS COMMITTEE – 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:

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

Alesia Lyles, Counselor
Shannah Mabry, Instructional Specialist
Sam Bowling, 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.

Artifacts/Documentation: Attendance Records, Lesson Plans

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.

Artifacts/Documentation: Healthy Eating Habits Display, Attendance Records, Photos, Lesson Plans

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 3rd- 5th grade will score in the healthy fitness zone of the Pacer Test.

Artifacts/Documentation: Fitness Gram Data/Reports

- **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.