



# Callaway Elementary School Wellness Plan 2021-2022

## Committee Members:

- Dr. Milton Reese-Principal
- Lindsey Binion-Instructional Specialist
- Tracy Burnett-Cafeteria Manager
- Dexter Williams-Family Liaison
- Robyn McCann-P.E. Coach
- Nikki Alford-Garden Club Sponsor
- Diallo Burks-Basketball Coach
- Jameka Harper-Cheerleading
- Crystal Alexander-Staff Wellness
- Zoe Ledbetter-Parent



## Wellness Goal:

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 extracurricular 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:

- Fastest Kids (Coach-McCann)
- 2nd / 3rd Grade Garden Club (Sponsors-Alford, Murphy & Spader)
- Afterschool Smart Snacks (Food Service)
- Fitness Gram (Coach McCann)
- Walking Wednesdays (Alexander)
- Walking Club (Alexander)
- Basketball (Burks)
- Cheerleading (Harper)

## Data to Consider:

- Fitness Gram Data
- Basketball Game Calendar Dates
- Walking Club Schedule/participants
- 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.

Walking Wednesday/Walking club data is reviewed monthly to assess teachers' monthly goals/progress  
Participation in basketball, cheerleading, Fastest Kid

**Meeting Date(s):**

Basketball/Cheerleading Coaches-12/3/21, 1/4/22

Fastest Kids- 1/4/22

Wellness Committee-2/18/22, 5/20/22

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

Jan/Feb 2022

**Fastest Kids Competition:** April 2022

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

Grade Level Newsletters

School Flyers

School Website