

WELLNESS Plan 21-22 Evaluation

Long Cane Elementary

The focus of the Long Cane Elementary Wellness Plan is to motivate students to participate in activities and experiences that positively impact students overall health and wellness; physically, mentally, and emotionally. All foods sold on campus will meet Smart Snack guidelines.

Committee Members:

Katie Brown, Principal
Rochelle Pompey, Parent
Ernest Ward, PE Coach
Cali Shadix, Garden Club
Amy Taylor, Cheer Coach
Lyndsey Jenkins, Cheer Coach
Tricia Hammond- Teacher
Linda Hayes- Cafeteria Manager
Carter Goodrich- Student
Heather Thomas- Nurse

Wellness Goals: Included in S.I.P. YES **NO**

Goal 1: 90% of traditional students in grades K-5 will participate in physical activities and exercises to promote wellness and prepare students for the FitnessGram performance standards with consideration of CoVid Safety protocols. **Goal was met with 97%**

Goal 2: 30% of students in grades 3-5 will participate in extracurricular activities that promote student physical and mental wellness. **Goal was met with 45%**

Goal 3: 80% of students in grades K-2 will participate in Nutrition Awareness Education using Chartwells resources/services, and educational videos. **Goal was met with 91%**

Goal 4: 70% of students in grades K-5 will participate in Nutrition Promotion activities; create posters, signs and other artwork that reinforce healthy eating messages and healthy eating habits. **Goal was met with 80%**

Data to Consider:

Goal 1: FitnessGram participation records, Physical Education attendance records, lesson plans,

Goal 2: Attendance records, photos

Goal 3/4: Attendance records, photos

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Progress: Attendance data will be reviewed at the end of the year/March to assess targeted participation rate and supporting artifacts and documentation.

Meeting Date(s):

September 7, 2021 and March 11, 2022 (Google Meets)

Description of Public Notification of Meeting(s): Post on LCE website 8/25/21 for the September meeting. March meeting (3/11/22) post on the LCE website on 2/24/21.