

**HOLLIS HAND ELEMENTARY SCHOOL
WELLNESS PLAN
2019-2020**

Principal - Jason Graham
Cafeteria Manager - Elizabeth Blouin
Family Liaison - Donna Haralson
PE Coach - Kareem Douhne
Parent- Crystal Poe

Wellness Goal:

The focus of the Hollis Hand Wellness Plan is to motivate and encourage students and teachers to embrace healthy lifestyle choices by offering a variety of school and extra-curricular 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 HHES through the school initiatives below:

Fastest Kid (Coaches- K. Douhne, P. Lundy, D. Boykin)
Afterschool Smart Snack (Food Services)
Basketball Team (D. Boykin, N. Doer)
Cheerleading Team (J. Kemp, A. Vinson)
Fitness Gram (K. Douhne)

Data to Consider:

-Fitness Gram Data
-A.C.E. Smart Snack Documentation
-Basketball Stats/Dates
-Fastest Kids Practices & Competition Calendar Dates

Progress:

Fitness Gram-Data from Fitness Gram assessments will be reviewed at the end of the year for student progress toward goals.

Participation on the Basketball team (Jan-Feb 2019)
Participation in Fastest Kid April 2019

Meeting Date(s):

Fitness Gram Pre-test Fall 2019, Post-test Spring 2019
Basketball Spring 2019 (January-February 2019)
Cheerleading (January-February 2019)
Fastest Kid April 2019

Description of Public Notification of Meeting(s):

Grade Level Newsletters, School Flyers, School Website

