

Annual Wellness Report
Fannin County Schools
SY 2022-2023

Blue Ridge Elementary
Where Small Paws Make Big Impressions

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Blue Ridge Elementary School

Wellness Goals 2022-2023

1. It is our goal to continue to encourage and promote physical activity with the objective of improving students' health, reducing childhood obesity, and encouraging lifelong activity. The school will host a minimum of 5 activities that promote physical, social, and emotional health of all students and staff in the 2022-2023 school year.

Examples:

- a. Vision and Hearing screenings- 70 Participants
- b. Kid's Heart Challenge- All students (apx 400)
- c. Pacer Testing/Fitness Gram- 208 participants
- d. All school field day - All Students and Staff (Apx 450)
- e. 5th Grade CHAMPS program - 69 students
- f. Running Club- 100 participants per semester
- g. Pollinator Census- 2nd - 5th grade students participated on 8/19

2. It is our goal to encourage and promote student nutrition and healthy eating through gardening, classroom cooking and taste tests, STEAM activities, and an emerging farm to table cafeteria program. BRES will feature school/student grown items in the lunchroom a minimum of 10 times, and we will have a minimum of 10 cooking activities or taste tests throughout the school during the 22-23 school year. We also started a BRES Farm & Arts Market selling produce in our school at an affordable price for families and community members. (this year our crops were hindered by groundhog infestation)

Cafeteria Farm to Table	Classroom Taste Tests
1. Tomatoes-8/30 2. Kale 3. 4th grade incorporates composting into their instruction through collecting items in buckets that can be composted	1. All Grade Levels-will make and taste tomato salsa 8/24-8/31 2. Fruit Salsa 8/24-8/31 3. Smoothies - Spring/Weekly 4. Dipped Pretzels 5. Cinnamon chips

<p>4. Raised beds for planting (this year we had a groundhog infestation that hindered the growth of our crops)</p>	<p>6. Mashed potatoes 7. Cupcakes 8. Gingerbread houses made with graham crackers 9. Muffins 10. Dried apple slices 11. Dried banana pieces 12. Scrambled eggs 13. 5th grade science - chemical/physical changes - taste test</p>
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- Cooking club and students will cook a variety of items as well as visit from community - 10 students
- Gardening & Art Clubs (apx. 40 students between both clubs)
- Archery Club (10 students)
- One teacher will be ServSafe certified for next school year in order to incorporate the cafeteria into classroom and clubs
- Staff are EpiPen trained as well as some staff are CPR trained and AED trained.
- Teachers were able to participate in a walking club during the fall.



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FANNIN
COUNTY SCHOOLS

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Wellness Goals 2022-2023

1. All K-5 EFES students participate in gardening throughout the year.
2. All EFES students will participate in Kids Heart Challenge and students in grades 2-5 will have the opportunity to become members of the Jump Rope Club. This was completed in February and March.
3. East Fannin is a member of the “Power Up for 30” program that is a statewide initiative to increase physical activity for students during the school day.
4. All EFES 1st-5th grade students will participate in Fitness Gram.
5. All EFES students (PreK-5) will participate in Field Day. This was completed May 15th and 16th.
6. All EFES students will participate in the Fresh Fruit and Vegetables (FFVP) Program.
7. All students will have the opportunity to participate in fitness clubs such as hiking and walking/running.
8. All EFES students will be encouraged to drink more water each day. We have a water filling station so students can fill their water bottles multiple times during the school day.
9. All EFES students will be encouraged to eat the free breakfast provided by the school district.
10. In-house mentoring program for students that need additional support. Teachers recommended students to have a “mentor”, then faculty and staff members signed up to mentor a student from the list. This has been great, both the students and faculty/staff members have enjoyed hanging out with one another.
11. EFES hosted a PE night. It was March 7th from 5:30-6:30. We had approximately 40 families in attendance.



West Fannin Elementary School

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West Fannin Elementary Wellness Goals 2022-2023

- 1). WFES will have at least 55% of 4th and 5th grade students score in the Healthy Fitness Zone on all six categories of the Fitness Gram test. **Coach Mashburn reported that 52% of 4th and 5th grades scored in the Healthy Fitness Zone.**
- 2). WFES will have 60 students grades 2nd through 5th to jump the age-appropriate time in order to make the Kangaroo Club in February. **63 students made the Kangaroo Club.**
- 3). WFES will promote school-wide wellness by hosting a staff/faculty wellness challenge. October 27, 2022, 3:45 p.m. -begin workouts with Joey, CPR class for staff - 10 participants, wreath making, **March Madness took place the month of March. 24 staff members participated in the event. A walking track was built around the old football field to encourage the WFES community to become more active.**
- 4). WFES will create a team sports club for grades Kindergarten through 5th grades beginning in October 2022. **The group has been created and they meet monthly.**
- 5) WFES will promote family fitness by hosting a family fitness night. Feb/Mar 2023
A bubble run (Miles for Milestones) was held Saturday, April 15th.

6) WFES will promote student interest in healthy eating habits by focusing on farm-to-table. Garden club, Cooking Club, CTAE collaboration and Charlie Cart.

Raised beds were purchased to create a community garden. 2nd grade hosted a plant sale including tomato, jalapeno, and pepper plants they had raised.

7) WFES will implement a mentorship program to support the social/emotional well-being of students. Peaceful peers, Mentors, **Second Step is implemented in all grade levels.**

Fannin County Middle School

Wellness Goals

2022-2023

1. A minimum of 70% of all students will participate in one physical education class during the school year. Currently 94% of all students are enrolled for at least one physical education class.
2. A minimum of 75% of all students will be administered the FitnessGram in physical education class. Currently 97% of all students have taken or are scheduled to take the FitnessGram.
3. At least 35% of all students will participate in the free breakfast program.

Trends for Breakfast Participation

Month	SY 18-19	SY19-20	SY20-21	SY 21-22	SY 22-23
August	27.05%	26.23%	16.35%	25.97%	33.22%
September	29.25%	28.99%	20.19%	30.47%	38.49%
October	28.21%	27.89%	21.08%	30.82%	37.10%
November	28.91%	29.02%	23.95%	33.54%	39.21%
December	22.56%	22.16%	19.56%	30.94%	29.52%
January	24.56%	22.90%	20.17%	32.50%	34.26%
February	25.88%	22.64%	19.63%	37.94%	34.77%
March	27.53%	23.30%	21.17%	40.20%	35.25%
April	26.16%	COVID	22.04%	39.58%	34.46%
May	24.80%	COVID	19.20%	33.56%	29.67%

* During the first semester of the 2020-2021 SY approximately 11% of the student body participated in online learning. These students have the opportunity to pick up breakfast and lunch at the school.

4. A minimum of 3% of all students will participate in the Snack in a Backpack program. Currently, 4.5% (30/667) of all students participate in the Snack in a Backpack program and 9.3% of all students participated the previous school year.
5. A variety of after school sports and activities will be offered at the middle school to promote physical fitness and wellness. Currently, the following sports are offered; football, basketball, volleyball, softball, wrestling, cross country, golf, baseball, and soccer. Tennis was added

for 2022-2023 as was Track Club.

6. At least 90% of students will take an educational segment regarding relationships. A Nearpod presentation will be developed and completed by the students to address this goal.
7. Middle School field day was scheduled for 2022. Each grade level had their own day to participate and included both indoor and outdoor activities. 2023 each grade level will participate in field day.
8. Opportunities for teacher wellness will be addressed, some topics include 23 miles in 23 days challenge, walking groups, yoga, and exercise with a group. The proposed physical activities were not well-received by faculty at FCMS. Additionally, a faculty kickball tournament was implemented. Lastly, faculty members participated in field day events.
9. Students were able to grow green onions in the school garden using vermicompost from a classroom grant. Onions were harvested and given to faculty and staff.

Fannin County High School
Wellness Goals 2022-2023

Fannin County High School will test and assess all 9th grade students in “hands on” CPR, AED, and First Aid Procedures. The students will also participate in the Alcohol Drug and Awareness Program.

Coach Kuna, Coach Helton and Coach Richerson classes have completed first and second semester goals.

Fannin County High School HOSA will host blood drives (1 or 2) at Fannin County High School and recruit students and staff to donate blood. Fall Semester FCHS HOSA hosted a blood drive on 9/14/22. Collected blood from approximately 70 students/staff. A second blood drive was completed 2/8/23.

Fannin County will ensure that all 9th grade health and personal fitness students discuss and demonstrate understanding of suicide awareness and prevention, eating disorders and mental health disorders, as well as set up outreach programs using the student body for support (Sources of Strength).

Coach Kuna, Coach Helton and Coach Richerson classes have completed first and second semester goals.

Fannin County will ensure that all 9th grade health and personal fitness students will demonstrate understanding of the dangers of drug and alcohol abuse.

Coach Kuna, Coach Helton and Coach Richerson classes have completed first and second semester goals.

Fannin County will test all students in personal fitness and team sports using the Fitness Gram.

Coach Kuna, Coach Helton, Coach Roof and Coach Richerson classes have completed first and second semester goals

Fannin County will ensure all 9th grade health and personal fitness students demonstrate understanding of the consequences of contracting HIV, AIDS, STDs, as well as the health benefits of abstinence and contraceptives, and the dangers of teen dating violence, and the characteristics of healthy relationships.

Coach Kuna, Coach Helton and Coach Richerson classes have completed first and second semester goals.

Fannin County High School will have no positive drug screen results.

We have had one positive drug screen. This screen was conducted at parental request. The student was counseled and there are ongoing support efforts for this student/family.

Fannin County will ensure that all 9th grade health and personal fitness students will demonstrate understanding of proper nutrition and healthy eating habits. Coach Kuna, Coach Helton and Coach Richerson classes have completed first and second semester goals.

Fannin County High School Family & Consumer Science (FACS) classes will incorporate dietary recommendations and available food sources to include items grown in the FCHS garden. FACS classes will provide instruction on eating disorders, the dangers of fad diets, and the effects of substance abuse on health. FACS students will explore the relationship between nutrition and chronic diseases and the dietary recommendations for prevention and maintenance. Wellness will be promoted by teaching strategies to manage and cope with stress, anxiety, and mental health issues.

Amy Adams and Kristen Stone have completed the first and second semester goals, and are continuing to work on the outdoor garden, incorporating the dietary recommendations and available food sources to include items grown in the garden. We have been cleaning up the garden and growing culinary vegetables in the spring.

Fannin county will ensure that all 9th grade health and personal fitness students demonstrate understanding of strong character traits through the use of the “Habitudes” program.

Coach Kuna, Coach Helton and Coach Richerson classes have completed first and second semester goals.

Fannin County High School Sources of Strength will promote positive mental health practices and suicide prevention resources to all students.

Fannin County High School will offer support groups based upon identified needs. The high school offered a grief group for freshmen. Mentor groups were held on a monthly basis.

Fannin County High School offers on-site telehealth counseling services at the request of the parent.

Fannin County High School has offered a mentor program for upcoming freshman to assist in a healthy high school transition.

Fannin County High School strength training classes will understand and demonstrate proper lifting techniques to develop muscular strength and endurance.

[Coach Kuna and Coach Thigpen classes have completed first and second semester goals.](#)

Fannin County High School strength training classes will be assessed throughout the semester to monitor individual progress to ensure they are achieving personal goals.

[Coach Kuna and Coach Thigpen classes have completed first and second semester goals.](#)