

Annual Wellness Report
Fannin County Schools
SY 2023-2024

Blue Ridge Elementary
Where Small Paws Make Big Impressions

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Blue Ridge Elementary School

Wellness Goals 2023-2024

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 2023-2024 school year.

Goals:

- a. Vision and Hearing screenings-115 students to date have been screened
- b. Kid's Heart Challenge-Total raised \$5,577.71
- c. Pacer Testing/Fitness Gram- Started 2-5 in September - BMI (May),Height/Weight (May)
- d. All school field day - (May)
- e. 5th Grade CHAMPS program - Started program in August/Graduation in May(60 students graduated from CHAMPS)
- f. The Kindergarten team is planning to start using the small outdoor greenhouse (1/2024) to begin growing seeds for spring.

5/24 update - Ms. Graham's class grew Zinnias this year. While the plants were growing, they talked about different types of plants and plant life cycles. All of the Zinnias sprouted, and the kiddos were able to give them to their moms for Mother's Day!

In school clubs:

- Running Club- as of 9/8/23 - 110 runners with 104.7 miles for August
 - 556 miles to date with 120 runners
 - January 2024 - 10 students are on leaderboard for a mile under 15 minutes (4 of these are under 10 minutes)
 - May 2024 0 Total Miles = 864.80 which is equivalent to 33 marathons
 - Top Runner ran 24.5 miles individually
- Art club
- Puzzle club
- Macrame club
- Photography club

2nd Semester Clubs were renamed "Bonus Days". The following is offered to 3-5 students. PK-2 students will participate in enrichment/extension activities of lessons/activities they are doing during normal Specials block times.

3rd Grade: Cooking (King), Makerspace (Parker), Running (Minear), Painting (Ross), Singing (Lindstrom)

4th Grade: Cooking (King), Stop Motion (Parker), Running (Minear), Website Design (Ross), Painting (Lindstrom), Tech Helpers (Holloway), Nursing (Waters)

5th Grade: Cooking (King), Lego Robotics (Parker), Running (Minear), Website Design (Ross), Painting (Lindstrom), Tech Helpers (Holloway), Nursing (Waters)

After school clubs:

Cooking Club - Started 9/23 - Teacher is Servsafe Certified (only first semester)

Archery Club - Started 9/23 (5th grade students 1st semester/4th grade students second semester)

Gardening Club - Started 9/23

Scientific Investigation Club - Started 9/23 (Gilda Lyon assist with club)

Robotics Club - Started 9/23 - Robotics competition in Adairsville, Ga 1/27/24 - B. King is taking a team of 8 students to compete) Local Robotics competition held at Blue Ridge Elementary School, Saturday, February 24th.

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 23-24 school year. We also started a BRES Farm & Arts Market selling produce in our school at an affordable price for families and community members.

Cafeteria Farm to Table	Classroom Taste Tests
<p>August tomatoes for salads</p>	<p>Black Mission Figs/Cucumbers - 9/6/23 Scuppernongs/Peaches - 9/12/23 Muscadines/Grape Tomato/Broccoli mix 9/19/23 Salsa (steam) August Fruit Salsa (steam) August Cinnamon Chips (Steam) Aug Fruit smoothies (Steam) 9/25/23 Acorn Squash 10/3/23 Bosc Pear 10/3/23 Starfruit 10/10/23 Autumn Glory Apples 10/10/23 Pummeio 10/17/23 Concorde Pear 10/17/23 Purple Asparagus 10/24/23 Black Plum 10/24/23 Dec 4-9: Ruby Frost Apple, Pomegranates, Tango Tangerine, Rainbow Swiss Chard Dec 11-16: Juicy Apple, Cranberries, Bartlett Pear, Red/Green pepper mix Jan: blood oranges, Kanzi Apple, Local Cauliflower, Sugarbee Apple, Oroblanco, Koru Apple, Purple Sweet Potatoes Feb 3-24th: Braeburn Apple, Finger Limes, Empire Apple, Tango Mandarins, Ida Red apple, Red Beet, Cantaloupe/Lemon, Tomatillo</p> <p>March classroom taste test items: Honey crisp apples, poppies mandarin, baby carrot rainbow - peeled, wild twist apple, golden nugget mandarin, starfruit, watermelon radish</p> <p>April Taste test items: Cantaloupe, brocc/tom mix, granny smith apples, veggie/sweet peppers, cara oranges, brussel sprouts. Baby Green Zucchini Squash</p> <p>May Taste Test Items: Strawberry/Kiwi Gold Apples and Red Pair Lemon/Lime Mix Pink Lady Apple</p>
<p>STEAM Class Items to taste</p>	<p>STEAM class items planted</p>
<p>Flavor of smoothies: Banana Kale Banana/strawberry Kale Strawberry Kale Tropical Fruit Kale Peach Kale</p>	

<p>Other items taste tested: Salsa & chips Fruit salsa Cinnamon chips Halloween cupcakes More smoothies Choc covered pretzels Muffins gingerbread (graham cracker) houses Rice krispie treats Brussel sprouts</p>	
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Misc:

All 4th and 5th grade students were taught archery during the month of January

Archery instructors (Carrie Minear and Holly Ross) spent one of the recent PL days (2/15/24) teaching middle school teachers archery skills.

March Madness Wellness Challenge - March 1- March 31, staff able to pick from physical activity, healthy eating, or emotional health options to become more aware of their health and wellbeing throughout the month of March.



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Wellness Goals 2023-2024

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 will be 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. Field Days are scheduled for May 6th, 7th and 8th.
6. All EFES kindergarten students will participate in "Apple Day" in their classrooms. They did this on September 15th.
7. All EFES students will participate in the Fresh Fruit and Vegetables (FFVP) Program.
8. All 4th and 5th grade students will have the opportunity to participate in fitness clubs such as hiking, walking, and running.
9. 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.
10. All EFES students will be encouraged to eat the free breakfast from the school cafeteria. Students are also encouraged to eat school lunch from the cafeteria. This will increase the student participation in the school breakfast and lunch programs.
11. In-house mentoring program for students that need additional support. This was implemented last school year and will continue to grow this school year. 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.
12. EFES hosted a PE night on March 5th.
13. Many EFES students receive a "snack in a backpack" for the weekend that is provided by Feed Fannin Organization. This allows students to have food for the weekends.
14. 1st, 3rd and 5th grade students have had hearing and vision screenings conducted by the school nurses.



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West Fannin Elementary Wellness Goals 2023-2024

- 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.
- 2). WFES 1st through 5th grade students earned bracelets/belts for jumping a certain number of consecutive jumps based on their grade level.
 - 1st Grade: 49% - 1 Jump; 22% - 3 jumps; 16% - 5 jumps; 6% - 10 jumps, 1% - 15 jumps, 1% - 15% 20 jumps
 - 2nd Grade: 80% - 5 jumps; 9% - 10 jumps; 6% - 15 jumps; 2% - 30 jumps; 4% - 50 jumps
 - 3rd Grade: 14% - 10 jumps; 16% - 15 jumps; 14% - 25 jumps; 11% - 30 jumps; 11% - 45 jumps; 5% - 60 jumps; 2% - 75 jumps; 5% - 60 jumps; 21% - 125 jumps
 - 4th Grade: 24% - 10 jumps; 11% - 20 jumps; 15% - 30 jumps; 15% - 45 jumps; 6% - 60 jumps; 6% - 75 jumps; 5% - 100 jumps; 8% - 125 jumps; 11% - 175 jumps
 - 5th Grade: 17% - 15 jumps; 21% - 25 jumps; 12% - 45 jumps; 8% - 65 jumps; 11% - 85 jumps; 9% - 100 jumps; 15% - 125 jumps; 3% - 175 jumps; 4% - 250 jumps
- 3). WFES will promote school-wide wellness through Saturday Morning Social events and The Trailblazers Hiking Club encouraging community participation in collaborative outdoor activities.
- 4). WFES will offer clubs that promote student wellness through physical and social/emotional activities such as: hiking, gardening, art, photography/yearbook, etc.
- 5). Trailblazers club is working on healthy eating habits and planting seeds.
- 6). WFES will promote student interest in healthy eating habits by focusing on farm-to-table experiences utilizing Fresh Fruit and Vegetables and offering a space for community gardening.
- 7). WFES will implement a mentorship program to support the social/emotional well-being of students. Breakfast Buddies, Mentors, Second Step is implemented in all grade levels.

Fannin County Middle School Wellness Goals

Goals:

- 70% of students will participate in PE class
- 35% of students will participate in free breakfast
- 3% of students in backpack

Trends for Breakfast Participation Month	SY 18-19	SY19-20	SY20-21	SY 21-22	SY 22-23	SY 23-24
August	27.05%	26.23%	16.35%	25.97%	33.22%	26.38%
September	29.25%	28.99%	20.19%	30.47%	38.49%	34.25%
October	28.21%	27.89%	21.08%	30.82%	37.10%	34.34%
November	28.91%	29.02%	23.95%	33.54%	39.21%	36.20%
December	22.56%	22.16%	19.56%	30.94%	29.52%	30.65%
January	24.56%	22.90%	20.17%	32.50%	34.26%	23.82%
February	25.88%	22.64%	19.63%	37.94%	34.77%	28.20%
March	27.53%	23.30%	21.17%	40.20%	35.25%	31.19%
April	26.16%	COVID	22.04%	39.58%	34.46%	29.71%
May	24.80%	COVID	19.20%	33.56%	29.67%	24.43%

Decline in breakfast in January when breakfast was moved to the cafeteria. Breakfast will return to the classroom in 2024-25.

- Field day scheduled May 14th
- Teacher appreciation week, chiropractors to offer about 10 minutes of chair massages for teachers & staff.
- Teachers participated in archery during PL days
- Wellness committee sent out survey for staff wellness – ideas from survey – cornhole and badminton
- Students are participating in a variety of clubs on club days and a lot are getting active

Wellness plans for next year:

- Salad bar coming the first week of the May to begin next year’s menu item.
- Dean can use produce waste for compost utilizing the compost bin behind 8th grade hall.
- Relationship segment for students
- Possible yoga & karate/kickboxing for teachers after school
- Partner with ag to showcase items grown by students in the cafeteria (more veggies).

Fannin County High School Wellness Goals 2023-2024

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.

Helton’s and Snider's classes have completed these first semester. Helton, Snider, and Roof also completed second semester. Mr. King also completed the CPR, AED, and first aid procedures both semesters.

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

Anne Gibbs completed first semester and second semester.

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).

Helton and Snider completed first semester. Helton, Snider, and Roof completed this second semester. Sources of Strength visited the health classes.

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

Helton, Roof, and Snider completed both semesters.

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

Helton, Snider, and Roof completed first semester. They, as well as Coach Kuna, completed second semester as well.

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.

Helton and Snider both completed first semester. Helton, Roof, and Snider also completed this second semester as well.

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

We had one positive drug screen result this year. We followed the handbook policy.

Fannin County will ensure that all 9th grade health and personal fitness students will demonstrate understanding of proper nutrition and healthy eating habits.

Helton, Snider, and Roof completed this in class both semesters. Our Food, Nutrition, and Wellness classes also learned about these topics as well.

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.

Adams and K. Stone completed this in class both semesters. The garden was also updated as well.

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.

Snider, Roof, and Helton completed Habitudes lessons with their students both semesters.

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

We have completed multiple activities with Sources of Strength. Visited all Health and PE classes both semesters. We also had a “Hot Coco” event that provided mental health care resources to students and had Puppies on the Lawn/Cats on the Catio during testing second semester.

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.

We have one mental health support group that is held on club days. DSG groups were held second semester. The mentor group is ongoing. Currently no students are paired; however, when we do they meet weekly and monthly.

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

This is held on a daily basis through our social workers and counselors in the counseling suite.

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

We currently do not have any students partnered; however, if we do they would meet weekly and monthly.

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

Woodall and Kuna-both completed both semesters.

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

Woodall and Kuna completed both semesters.

Fannin County High School will offer an educational program regarding the dangers of vaping for students who vape.

We implemented this first semester and utilized it year long.