

Annual Wellness Report
Fannin County Schools
SY 2024-2025

Blue Ridge Elementary
Where Small Paws Make Big Impressions

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Blue Ridge Elementary School
Wellness Goals 2024-2025

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 2024-2025 school year.

Goals:

a. Vision and Hearing screenings- 69 have been done as of 9/20/24

All of 1st, 3rd, and 5th Hearing and vision were completed by the week of April 7th, 2025. We also helped a 1st grade student get to MD for treatment for pink eye, as well as to Optometrist for vision assistance.

- 9 Hearing and Vision exams that were requested.
- Vaccination audits will continue and will be completed by Feb 14, 2025 per local Health Dept. Grades Kindergarten, 7th, and 11th will be audited.

b. Kid's Heart Challenge- Completed the week of Feb. 3rd - Feb. 25th

c. Pacer Testing/Fitness Gram-. As of October 2024, the entire school has completed the pre Fitness test.

- BMI

-Height/Weight -

d. All school field day - May 14th, 2025 - Successfully completed.

Special Olympics Athlete events - Basketball - October 23, 2024

Track and Field - Spring 2025

e. 5th Grade CHAMPS program - Started August 2024/Graduation May 12th 2025

f. The Kindergarten team - Outdoor Greenhouse

- K has been growing pansies that have already sprouted in the greenhouse. They have discussed the plant life cycle and living/non-living organisms. Once the pansies bloom, students are going to take those home and then will begin growing other plants as well.

- PreK will host a PreK graduation ceremony for the first time on Thursday, May 22nd. Refreshments will be provided for the families.

g. STEAM - Pollinator project

With our pollinator unit in August prek-2 make healthy yogurt and honey dip for fresh strawberries. 3rd-5th made homemade herbed butter with herbs from our garden here. We roasted corn and served it with the butter.

- August - Identify pollinators on campus
- 5th grade will complete the pollinator count and report to UGA (All Specials teachers collaborating on this activity)
- A 2nd grade classroom will do the census with a high school buddy from Mrs. Stiles' advanced environmental science class at FCHS.

Update from STEM: October 2024

When planning our STEM Trip to Tammen Park, I wanted to take our 3rd graders from BRES to give them the opportunity for some hands-on project-based learning. We were so fortunate to be partnered with the Fannin County Chamber of Commerce and Noontootla Creek Farms! I helped to organize three stations to reinforce their third GA Science standards about evaluating the effects of pollution and humans on the environment, and to investigate the properties of soil and its ability to support the growth of plants. Students have been learning in the classroom about the decline of firefly populations due to light pollution and loss of habitat, so with the help of the Master Gardeners in our area, our students planted milkweed to establish a pollinator garden and firefly habitat at Tammen Park. Our hope is that fireflies will continue to populate in this area to be something that our community can enjoy! Another planting station that was set up and funded by our local chamber of commerce was for planting trees. Students have studied how a healthy riparian zone can protect trout in our local watershed. By planting trees along the bank of the Toccoa River we helped to provide shade and a buffer to pollution runoff for one of our favorite fishing spots. Trout require clean cool water, and a healthy tree buffer keeps the Toccoa River perfect for trout. The third station our students worked with was a soil investigation. Students compared the soil on campus at BRES with the soil at Tammen Park. They reviewed the layers of the soil by taking a soil core sample, and conducted a few soil studies to determine that the loamy soil at the park near the river had a lower concentration of clay than the loamy soil on our campus. Their favorite way to determine was to see if the soil will hold its shape when formed into a ball and bounced in their palm. I was so grateful to the FCSS for providing busing for all of our third grade students of differing abilities to experience science in action, because STEM learning is for everyone! We would much rather learn by doing.

H. Georgia Challenge (Agriculture) October

Part of the GA Ag challenge for composting that 3rd and 4th are doing includes edible dirt layers of the soil activity. students are helping to collect and compost fresh vegetable and fruit leftovers from the cafeteria

- Composting: Started October 2024
 - 3rd and 4th grade have started collecting compost items from the cafeteria - the plan is to eventually be able to use the compost to grow items that could be shared back with the cafeteria.

In school clubs/Bonus Days:

- Running Club
- AGRISPLOERS
- Cooking Club

- Art Club

After school clubs: (1st Semester - Starting in September)

- Community Changers (3-5 students)
- Archery Club (5th students only)
- Skills & Strategies (3-5th only)
- Scientific Investigation Club - (3-5 students Gilda Lyon assist with club)
- Robotics Club - (3rd - 5th students)

After school clubs: (2nd Semester - Starting in February) The same clubs will be offered and new applications will be sent out. Archery will now be for 4th grade students only. We will only offer clubs once a month during the second semester. Clubs will still only be offered to 3-5 grade students.

Clubs were a huge success this year. Students love to participate and the staff did some great projects with students throughout the year. Our community changers club promoted kindness and community engagement. We hope to be able to offer clubs during the 25-26 school year.

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. Students will cook throughout the year in STEAM and will be taste testing during the process.

Cafeteria Farm to Table	Classroom Taste Tests
<p>September:</p> <p>Ginger Gold Apples</p> <p>Sweet Sapphire Grapes</p> <p>Bartlett Pears</p> <p>Muscadine Grapes</p> <p>Scuppernongs</p> <p>Snow Peas</p> <p>Jazz Apples</p> <p>Pickling Cucumbers</p> <p>Jonagold Apples</p> <p>Kiwi Berries</p> <p>Parsnips</p> <p>Finger Limes/Caviar Limes</p> <p>Rambutan</p> <p>Black Plums</p> <p><i>October: (Fresh Veggie Bar/salad)</i></p> <p><i>Spring mix lettuce</i></p> <p><i>Carrot sticks</i></p> <p><i>Cherry tomato</i></p> <p><i>Celery</i></p> <p><i>Cauliflower</i></p> <p><i>Broccoli</i></p> <p><i>Cucumbers</i></p> <p><i>Pickles</i></p> <p>October fruit</p> <p>Jonagold Apple</p> <p>Kiwi Berries</p>	<p>September:</p> <p>Kindergarten students made apple sauce from the apples they received on their field trip to Johnny Appleseed.</p> <p>3rd Grade: made smores in their hand, created solar ovens and also made ice cream to eat during a science lesson.</p> <p>December:</p> <p>Gingerbread houses</p> <p>Monster plant (venus fly trap) cupcakes</p> <p>Stem classes plan to explore sugar supplement options such as Monk fruit.</p>

Finger Limes
Parsnips
Black Plums
Rambutan
November:
Lucy Glo Apples
Bosc Pear
Seckel Pear
Satsuma Mandarin
Lucy Rose Apples
Asian Pear
Juci Apples
Pummelo IW

December:
Gold Beets
Tangerines
Snap Dragon Apples
Cara Oranges
January;
Blood Oranges
Spaghetti Squash
Melogold Grapefruit
Autumn Glory Apple
Sunrise Magic Apple
Anjou Pears
Apricots
Minneolas
February:
IW pineapple
Tango Mandarin
Raspberry Oranges
IW watermelon Radish
Wild Twist apple
IW tomatillo
Golden nugget mandarins
March:
Evercrisp Apples
Honey Tangerines
Sugar Snap Peas IW
Sprouts lollipop Kale
Kiwi IW
Pepino Melon
Rainbow Baby Carrot IW
Tangelos IW

STEAM Class items to taste	STEAM class items planted
August: Make and taste butter Honey tasting-	

Staff:

Staff were given the opportunity to participate in a walking challenge that will go throughout the entire school year. Those who signed up are tracking their progress along the Appalachian Trail. The walk is completed through an app called Walk the Distance. There are 12 staff signed up through the app and participating. Most of us have passed the Rock Gap Shelter along the Appalachian Trail. It cost \$20 per person to join and we were assigned our own group in the app. A spreadsheet was sent out to all other staff encouraging them to walk and record their steps/miles beginning in September. So far we have 2 additional staff members that are recording their steps that way. As of September 19th, we have walked apx 1200 miles.

WALKING UPDATE: As of December 6th - Staff participating in the Appalachian Trail walk have walked a total of 3715 miles.

Walking update: As of May 16, 2025 - The group has walked a total of 8,052 miles. The top 4 are as follows: Debby Settle has walked 1266 miles; Carrie Minear has walked 1162 miles; Tori Arp has walked 1148 miles and Chris Parker has walked 1053 miles.

Event: Instead of Red Ribbon Week this year we will be doing more like a Wellness Week instead. The Wellness Week will be celebrated beginning on October 28th and running through November 1st. Wellness will be celebrated in the following ways:

Oct. 28th - Take care of your body - exercise and eat well - Wear athletic attire

Oct 29th - Progress is Powerful - Plan for your future - Wear college or career attire

Oct. 30th - Kindness Matters! Show Empathy! "Walk in their Shoes" Wear mix matched shoes and or socks

Oct. 31st - Character Counts - When you do good, you feel good. Dress as your favorite character

Nov. 1st - You Matter! Rest and Rejuvenate - Wear Pajamas

One of our staff 12 days of Christmas days will be designated as a "Day of Giving". We will be collecting Toys for Toys for Tots and also collecting items for the local nursing home. Staff will have the option to make this an event their students could participate in as well.

We had great participation with the Day of Giving. We collected more than two huge boxes of toys and a car full of items to take to local nursing homes.

A 2025 BEST SELF challenge for all staff began on Monday, January 13th, 2025 and will run through Friday, February 14th, 2025. There has been a good response to the challenge so far.

The investigative research team is working on calculating how many calories are found in different kinds of nuts.

Milkweed Distribution Day is Friday May 9th. The 2nd grade STEM classes plan to visit the Ag Barn to explore and learn about Milkweed.

STEAM Wellness Goals 2025

Fall- Pollinator Lessons- STEM classes made chilled yogurt dipped strawberries with local honey and cheerios. STEM classes made herbed butter and roasted corn on the cob. Honey taste tests to compare color, aftertaste, smell and viscosity.

October- Agrisplorers planted Kale and spinach in raised beds. Unfortunately, as the Fall garden started to grow, groundhogs ate the greens.

November- Agrisplorers Clubs “put the garden to sleep” by cleaning out raised beds and turning over the soil. Students picked and recovered small amounts of kale and spinach that hadn't been eaten by the ground hogs to take home.

****Staff yoga after school on January 23rd- guided stretching and yoga for stress management.**

January- Pre-K/2nd grade STEM classes made pudding and compared each recipe made with milk versus water. Students tasted and compared color and consistency and discussed the health benefits of milk. Students read a dairy farm book by the Dairy Alliance and learned about the steps of making ice cream.

January 21st- Emily Owenby of Noontootla Creek Farms and Becky Griffin of UGA Extension office came to help students stratify milkweed seeds in the STEAM Lab. Students learned about the importance of milkweed for fireflies, and about the lifecycle of fireflies, and their habitat needs. Students stratified milkweed in sand and then stored it in the fridge for 6 weeks.

February- Students planted milkweed in peat pods that they watered and prepared. Students watched the milkweed seeds germinate and begin to grow. As the milkweed plants grew, students helped to transplant and raise them in the greenhouse. Students learned about plant needs, and how they're helping monarch butterflies, fireflies and other pollinators to create healthy gardens with milkweed.

Earth Day STEAM Night- April 22nd- Lights Off, Fireflies On! Families participated in STEAM night activities by learning about firefly lifecycles, and habitat needs. Students worked with their families in the green house and transplanted milkweed to take home to plant, did a nature hike in the math garden, and received wildflower seeds to plant for fireflies and other pollinators at home. Students played firefly flashlight tag in the gym and learned about how the firefly glow helps them to communicate. Students played firefly beats in the art/music room to learn about the different light patterns that fireflies use. Firefly read aloud in the learning commons for families to share reading time about fireflies, and to learn about light pollution. The Chamber of Commerce did a station for students and families to play games and win prizes for the firefly project. Hotdogs, snacks and refreshments were provided for dinner.

Mrs. Arp collected macroinvertebrates from the local watershed and took them to Troutfest on April 26th. Students and their families visited the BRES booth at Troutfest to help identify macroinvertebrates and to talk to community members about the health of our local watershed and maintaining water quality. Mrs. Arp showed off student made work about the food chains of trout.

Also April 26th, 5th grade BRES students participated in the Soapbox Derby. Students practiced racing, lining up their cars, and running their cars back up for each round. Students competed against each other and other students from FCSS at FCMS. A BRES student, Brantley Barton, won his entire flight!

Students learned about Rainbow and Brook trout through Trout in the classroom lessons. Students assisted with tank maintenance while the eggs hatched, then helped to do water quality testing while learning about the stages of the Trout life cycle, as the trout grew from sac fry to fry then fingerlings. A small group of staff and students helped to release 89 Rainbow trout in the Toccoa River at Tammen Park on April 28th after school.

May 8th- Investigative research groups presented their projects at the FCSS Elementary Science Fair. Two groups studied various types of fertilizer effects on the germination rate of cabbage, and presented their findings to the panel of judges. Another group studied nut calorimetry and presented their findings. A final student worked independently to test the effectiveness of different vegetables as natural pH indicators. She presented her findings that while red cabbage was the most dramatic, orange bell peppers and radishes could be used to detect various level of pH.

May 9th- Milkweed giveaway day- 2nd grade STEM students partnered with FCHS FFA and the Fannin Chamber of Commerce to distribute milkweed to members of the community to help create healthier habitats for monarchs, fireflies and other pollinators in Fannin County.

May 15th- Investigative Research students took a STEM Field Trip to 6 Ponds Farm where students participated in various outdoor activity stations- birdwatch hiking, barn quilts, hiking stick designing, nature painting, fishing, and feeding the farm animals. Students then cooked their own hotdogs at a campfire with some assistance from teachers and families.

IDEAS FOR 25-26 SCHOOL YEAR

- Possibly pre order lunches from the high school to have delivered or picked up for staff once a week?
- GG's cookies - order them from high school weekly - possibly have our cafeteria bake cookies to sell similar to the HS
- Promote walking/steps - encourage staff to get outside and walk during planning, lunch, etc. This promotes healthy habits and also allows extra eyes to be on our campus. Send out a potential walking map to encourage steps/walking campus.
- Staff challenges - have a buy in in order to join? How can we promote participation? How can we easily track? Teams could compete? Prize? Google Drive - folder per person participating.



East Fannin Elementary School

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Wellness Goals 2024-2025

1. All K-5 EFES students participate in gardening throughout the year. Completed May 23, 2025
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. Completed February and March 2025
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. Completed May 23, 2025
4. All EFES 1st-5th grade students will participate in Fit Georgia. Completed May 23, 2025
5. All EFES students (PreK-5) will participate in Field Day. Completed May 6th, May 15th and May 20th
6. All EFES students will participate in the Fresh Fruit and Vegetables (FFVP) Program. Completed May 23, 2025
7. All 4th and 5th grade students will have the opportunity to participate in fitness clubs such as hiking and walking/running. Completed May 23, 2025
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. Completed May 23, 2025
9. All EFES students will be encouraged to eat the free breakfast and free lunch provided by the school district. Completed May 23, 2025
10. Internal and external mentoring program(s) 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. Completed May 23, 2025
11. EFES will host a PE night. Completed March 11, 2025
12. All EFES students will assist in caring for and raising our school chickens. Completed May 23, 2025
13. All EFES students will have up to date immunizations or an immunization waiver completed. Completed November 2024
14. EFES students will have access to the dental bus. The dental bus will provide cleanings, x rays and basic fillings. Completed March 26, 2025
15. Access to vision care and screening through District relationships. Ongoing throughout the year.
16. All students in 1st, 3rd and 5th grades will receive hearing and vision screenings. Completed March 2025
17. Encourage adult participation in wellness activities including walking about the building and campus. Completed May 23, 2025

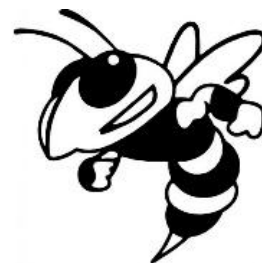


West Fannin Elementary School

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West Fannin Elementary Wellness Goals 2024-2025

1). WFES will test all of the 4th and 5th grade students on the Fit Georgia Assessment and observe adequate progress from pre-test to post-test data. (Data is not available on Fit Georgia website)

2). WFES 1st through 5th grade students met or exceeded their goal for jumping a certain number of consecutive jumps based on their grade level.

- 1st Grade: 19% of students
- 2nd Grade: 34% of students
- 3rd Grade: 61% of students
- 4th Grade: 57% of students
- 5th Grade: 44% of students

3). The Trailblazers Hiking Club encourages community participation in collaborative outdoor activities. Kids heart challenge to promote healthy choices.

4). WFES continues to offer clubs that promote student wellness through physical and social/emotional activities such as: hiking, gardening, art, photography/yearbook, etc.

5). Trailblazers club continues working on healthy eating habits and planting seeds.

6). WFES continues to 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 implemented a mentorship program to support the social/emotional well-being of students. Breakfast Buddies, Mentors, Second Step is implemented in all grade levels.

- 8.) Encourage students to participate in outdoor activities including pickleball, badminton, volleyball, wiffle ball, kickball, basketball, gaga ball, soccer, and walking the new paved trail. Pictures sent for documentation.
- 9.) Color Run took place on the WFES track on March 28th. Pictures sent for documentation.
- 10.) Caring Colleague to support and encourage one another. Ongoing. There will be an ending activity by the end of the year.
- 11.) Jolly Jackets - will plan faculty morale and attendance awards for students and adults. We Are Fannin Week had many activities: A water bar, Ice Cream Truck, Goodies throughout the week, Breakfast sponsored by the PTO, Lunch provided by Admin. All staff members will have received a random prize through a drawing by the end of the year.
- 12.) Recognition for faculty/staff that implement and exhibit characteristics that are being focused upon school-wide. Staff Member Shout Out of the Day.

Fannin County Middle School

Wellness Goals

2024-2025

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 Fit Georgia in physical education class. Currently 97% of all students have taken or are scheduled to take the Fit Georgia education class.
3. At least 35% of all students will participate in the free breakfast program.

Trends for breakfast participation

Month	SY20-21	SY 21-22	SY 22-23	SY 23-24	SY 24-25
August	16.35%	25.97%	33.22%	26.38%	35.21%
September	20.19%	30.47%	38.49%	34.25%	40.40%
October	21.08%	30.82%	37.10%	34.34%	38.46%
November	23.95%	33.54%	39.21%	36.20%	40.98%
December	19.56%	30.94%	29.52%	30.65%	31.86%
January	20.17%	32.50%	34.26%	23.82%	31.35%
February	19.63%	37.94%	34.77%	28.20%	35.77%
March	21.17%	40.20%	35.25%	31.19%	34.72%
April	22.04%	39.58%	34.46%	29.71%	35.31%
May	19.20%	33.56%	29.67%	24.43%	31.00%

* During the first semester of the 2020-2021 SY approximately 11% of the student body is currently participating 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. 45% of teachers participate in the Teacher Snack of the Backpack program.
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, tennis, track, and soccer.
6. At least 90% of students will take an educational segment regarding relationships. A Health Education class has been added to the curriculum beginning in the 2024-2025 school year.

7. Middle School field day is scheduled for 2024-2025.
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. Possibility of Biggest Loser competition in January, 2025.
9. The Agriculture Department is growing veggies & fruit to be used in Health Education classes.

Fannin County High School
SY: 25 Wellness Goals

Health/PE/Strength Training

Goal: Fannin County High School will test and assess all 9th grade health and personal fitness students in “hands on” CPR, AED, and First Aid Procedures.

Fannin County High School will ensure that all 9th grade Health/PE students will demonstrate understanding of the dangers of drug and alcohol abuse. The students will also participate in the Alcohol and Drug Awareness Program.

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. The program Choosing the Best will be utilized.

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

Fannin County will test all students in personal fitness and team sports using the Georgia Fit.

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.

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

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

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.

Completed First Semester: Yes Completed Second Semester: Yes

If any goal was not met, please explain why:

HOSA

Goal: 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

Completed First Semester: Yes Completed Second Semester: Yes

If any goal was not met, please explain why:

Counseling Suite/Counselors/Social Workers

Goal: School counselors and social workers will set up outreach programs using the student body for support (Sources of Strength) in regards to suicide awareness and prevention, eating disorders and mental health disorders.

Social workers will complete an advisement lesson with students on stress management.

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 incoming freshmen to assist in a healthy high school transition as needed.

FCHS Counseling Suite held a Puppies on the Lawn/Cats on the Catio event to decrease stress during exams

Completed First Semester: Yes Completed Second Semester: Yes

If any goal was not met, please explain why: FCHS offers DSGs in place of the grief group for all grade levels.

FACS and Nutrition

Goal: 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.

Fannin County High School will implement school-grown foods in the cafeteria.

Completed First Semester: Yes Completed Second Semester: Yes

If any goal was not met, please explain why: Food is in the process of growth in the second semester and will be used next year.

School Wide

Goal: Fannin County High School will focus on adult health by utilizing the wellness hub: <https://fcsswellness.my.canva.site/>

Fannin County High School will encourage all faculty and staff to walk around campus as they have the opportunity for exercise and mental health.

Fannin County High School will offer an educational program regarding the dangers of vaping for students who vape. Students who are caught vaping are required to participate in an educational program on the dangers of vaping.

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

Completed First Semester: Yes Completed Second Semester: Yes

If any goal was not met, please explain why: