

Blue Ridge Elementary
Where Small Paws Make Big Impressions

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Blue Ridge Elementary School

Wellness Goals 2020-2021

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 2020-2021 school year.

Examples:

- a. PTO 5k - All students at BRES participated in a 1 mile fun run [Completed 10/16/20](#)
- b. Vision and Hearing screenings [Completed- 3rd Grade](#)
- c. Kid's Heart Challenge - [Completed](#)

[As a school, we raised 2,948.29 during the Kids Heart Challenge for the American Heart Association. Students learned about cardiovascular health and risk factors that lead to heart disease. Students were introduced to heart hero characters that encouraged them to choose water instead of sugary drinks, move more, help others, saying no to tobacco and vaping, being kind, and being a leader.](#)

[Students rotated through 4 jumping stations for their Kids heart challenge event which included: Short jump rope station, Hula hoop jump and hop scotch, hurdle jumping, create your own lily pad jumping course.](#)

[We had one student from our school raise 1,166.00 of our total all on his own!](#)

- d. Pacer Testing/Fitness Gram - We have completed the BMI portion which includes all of our students height/weight and each 3-5th grader has at least two attempts of the pacer test completed. In February, we will be completing the curl up and push up portion of the fitness gram. I will wait until Spring to complete another Pacer test. [-Completed](#)
- e. All school field day (we are still hoping for this in some form or fashion this year!)- [Completed May 18, 2021](#)
- f. 5th Grade CHAMPS program - [Completed, celebrated graduation on May 17, 2021](#)

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 20-21 school year. We also started a BRES Farm & Arts Market selling produce in our school at an affordable price for families and community members. (completed)

Cafeteria Farm to Table	Classroom Taste Tests
<ol style="list-style-type: none"> 1. Tomatoes - Aug 20 2. Banana Peppers - Aug 20 3. Lettuce from the Garden- Nov 20 	<ol style="list-style-type: none"> 1. PreK Apple taste tests 9/20 2. 2nd Grade Apple taste tests 9/20 3. 3rd Grade Radish v Carrot taste tests 10/20 4. 4th Grade Sweet Potatoes 11/20

- Goal not met



East Fannin Elementary School

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Wellness Goals

2020-2021

1. All K-5 EFES students participate in gardening throughout the year. **We grew watermelons, strawberries, green beans, lettuce, cabbage, brussel sprouts, carrots, and pumpkins. We also grew tomato plants for a donation to Feed Fannin Community Gardens.**
2. All EFES students will participate in Jump Rope for Heart and students in grades 2-5 will have the opportunity to become members of the Jump Rope Club. **During the month of February all EFES students participated in Jump Rope for Heart. The students who jumped for: 2min- 2nd, 2.5-3rd, 3 min-4th grade, and 3.5 for 5th grade.**
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. **All EFES students participated in this activity throughout the year during their recess time.**
4. EFES will meet the criteria for the Golden Radish Award. Kindergarten, 1st and 2nd grades have raised garden beds where they grow then eat the vegetables that they grow. They will serve the vegetables in the lunch line 3-5 times during the school year. **PreK, K, 1st, and 2nd grades were all served salads and their fruits by the lunchroom staff.**
5. All EFES kindergarten students are screened for hearing, vision, dental, height and weight. All third grade students participated in hearing and vision screenings done by the school nurses. **This did not happen due to COVID.**
6. All EFES 1st-5th grade students will participate in Fitness Gram. **All students were assessed in their PE classes.**
7. All EFES students (PreK-5) will participate in Field Day. **All PreK-5th grade students participated in field day this year.**
8. All EFES students will participate in “Apple Day”. **All students were served different types of apples during their lunchtime.**
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. **We have 2 water filling stations for students to keep water bottles filled to drink on throughout the day.**
10. All EFES students will be encouraged to eat the free breakfast and lunch from the school cafeteria. This will increase the student participation in the school breakfast and lunch programs. **All students were encouraged to eat both breakfast and lunch even if they have brought their lunch from home.**



West Fannin Elementary School

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Milly Rice, Interim

West Fannin Elementary Wellness Goals

1). WFES will have at least 25% of 4th and 5th grade students score in the Healthy Fitness Zone on all six categories of the Fitness Gram test.

WFES surpassed this goal with 54% of 4th and 5th grade students scoring in the Healthy Fitness Zone on at least five of the six categories of the Fitness Gram test.

2). WFES will have 40 students grades 2nd through 5th to jump the age appropriate time in order to make the Kangaroo Club in February.

WFES surpassed this goal with 49 students making the Kangaroo Club.

3). WFES will promote school wide wellness by hosting a staff/faculty wellness challenge. *Due to the ongoing issues surrounding the current pandemic, we were unable to host a staff/faculty wellness challenge this school year.*

4). WFES will create a fitness program/club for grades 3 through 5 beginning in January 2021 depending on the status of the current pandemic. *Due to the ongoing issues surrounding the current pandemic, we were unable to establish the fitness program/club for grades 3 through 5.*

Fannin County Middle School

Wellness Goals

2020-2021

1. A minimum of 60% of all students will participate in one physical education class during the school year. Currently 90% of all students are enrolled for at least one physical education class.
2. A minimum of 60% of all students will be administered the FitnessGram in physical education class. Currently 90% of all students have taken or are scheduled to take the FitnessGram.
3. At least 20% of all students will participate in the free breakfast program.

Trends for breakfast participation

Month	SY1718	SY 1819	SY1920	SY2021
August	30.59%	27.05%	26.23%	16.35%
September	29.71%	29.25%	28.99%	20.19%
October	28.57%	28.21%	27.89%	21.08%
November	30.07%	28.91%	29.02%	23.95%
December	24.35%	22.56%	22.16%	19.56%
January	24.70%	24.56%	22.90%	20.17%
February	25.40%	25.88%	22.64%	19.63%
March	26.43%	27.53%	23.30%	21.17%
April	25.18%	26.16%	COVID	
May	22.32%	24.80%	COVID	

* 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, 9.3% of all students participate in the Snack in a Backpack program and 7.8% 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.
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.

Fannin County High School
Wellness Goals 2020-2021

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.

Mrs. Gibb's 1st semester Intro Healthcare & Patient Care classes have completed this goal

Mrs. Gibbs' 2nd semester Intro to Healthcare and Patient Care classes have completed this goal

Mr. Richerson & Mr. Patterson's 1st semester health classes have completed this goal.

Mr. Richerson & Mr. Patterson's 1st semester health classes have completed this goal.

Fannin County will partner with DKMS to host a virtual donor drive for bone marrow.

Mrs. Gibbs has attempted to do this but it has not yet been completed.

Mrs. Gibbs' and FCHS HOSA members promoted awareness of this topic and provided information for students on how to join the bone marrow donor registry.

Fannin County will discuss suicide awareness and prevention and set up outreach programs using the student body for support (Sources of Strength).

SOS members have visited health classes to discuss suicide prevention.

SOS members have visited health classes to discuss suicide prevention (2nd semester).

SOS members have created a presentation and video on bullying prevention for delivery in advisement.

SOS members have visited homerooms, delivered suicide prevention information, along with stress balls.

SOS member facilitated a thankfulness challenge school wide

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

Mr. Richerson & Mr. Patterson's 1st semester PE classes have completed this goal.

Mr. Richerson & Mr. Patterson's 1st semester PE classes have completed this goal.

Fannin County will teach all 9th grade students about HIV, AIDS, STDs, abstinence and contraceptives, as well as teen dating violence and healthy relationships.

Mrs. Gibb's 1st semester Intro Healthcare & Patient Care classes have completed this goal.

Mrs. Gibbs' 2nd semester Intro Healthcare & Patient Care classes have completed this goal.

Mr. Richerson & Mr. Patterson's 1st semester health classes have completed this goal.

Mr. Richerson & Mr. Patterson's 1st semester health classes have completed this goal.

Fannin County High School will have no positive drug screen results. We tested 336 students during 2019-2020 SY; 7 were positive giving a 98% pass rate.

9th Grade health students will participate in the “Habitudes” curriculum.

Mr. Richerson & Mr. Patterson's 1st semester health classes have completed this goal.

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