

Brandywine Elementary School
School Health Index and Activity Report

May 27, 2016

Activities: 2015 - 2016

Fresh fruit and vegetables were provided daily. Preschool students are taught the difference between sometimes foods and always foods weekly as a part of the curriculum. 5th grade teacher used GoNoodle daily in his classroom to promote physical activity. Through the year, our PE teacher had a Mileage Club with 1st–6th grade students that encouraged walking for exercise using pedometers. For 3rd–6th grade students, it was decided to change the Positive Behavior Support (PBS) plan to allow all students to receive recess instead of taking it away for disciplinary reasons by implementing a Working Lunch daily. Recess is provided daily for all students outside on the playground or inside in the gym. The Walking Trail was utilized throughout the year by classroom and special services teachers for a transition activity between lessons. A school-based health clinic is located in the school and used all year.

Activities: 2015

Red Ribbon week was held in October to promote a drug-free and tobacco-free lifestyle. The Cardiac Project was held in November for 2nd and 5th grade students to boost awareness of heart health. In December families were invited to eat a healthy Christmas lunch with their child or children. The school sponsored extra-curricular sports in the fall and winter months, such as basketball for boys and girls and cheerleading for girls.

Activities: 2016

January through May students were encouraged to walk in the gym of mornings while waiting for school to start instead of sitting. In February BES hosted the following events: 1) PE teacher had a Jump Rope for Heart program for PK–6th grade students to raise donations for the school and to promote and maintain a healthy heart, 2) 3rd–6th grade students visited the Trampoline Park in Charlottesville for the first semester PBS reward and 3) FFA presented Food for America to PK–2nd grade students. In early March, the school nurse presented an activity about teeth health for Dental Health month. Also in March Miss WV presented for PK–6th grade students a message about mental health. Kinderman was attended by the preschool students in April which fostered the importance of health, safety, and physical activity. The 6th graders participated in an interactive video about respect and bullying called *The Ripple Effect* in April. For the second semester PBS reward, students were able to go to the pool in Franklin. PK–2nd grade students participated in the Pump It Up field trip in May and were also able to visit the Dream Come True Playground. PK–6th grade students participated in Field Day hosted by the PE teacher in May. In June PK celebrated their last day at the pool in Franklin and 3rd–6th grade students had the opportunity to participate in the field trip to the Massanutten Water Park for their Accelerated Reader reward.

Franklin Elementary
Narrative of Accomplishments
2015-2016

Activities:

The school participated in a county-wide sports program offering basketball and cheerleading for grades 4-6. Students in grades k-6 participated in physical education classes. Recess was provided each day for 30 minutes and this was provided for all students. Various teachers incorporated the movement activities from the internet Go-Noodle site. We utilized our gymnasium, playground, front hard-top area and the town park for recess purposes. A school based health clinic is located at the school. Behavioral health class activities are offered in collaboration with Pendleton Community Care. Students in PK and K participated in fire prevention training in October. This activity was led by a representative from our local volunteer fire department. We had a school-wide Emergency Services day that involved local emergency rescue volunteers leading a workshop with our students. Our first grade students completed bus safety and fire prevention activities in class during the months of August and October. All students in Pk-6 grade participated in an anti-bullying/kindness program called "Bucket Filling". This was led by Mrs. Jamie Rice, our guidance counselor. PK students had a local dentist visit to talk about tooth care. Our 1st and 2nd grade students participated in a "Lets Move " program, exercising during transitional times each day. Students participated in various activities throughout the year, as part of our Positive Behavior Support Program. These included bowling, pump it up, water park, swimming, board games, and a hay ride. Students participated in a voluntary Walk-a Thon activity in October. Several clubs were offered during PE class throughout the year. These included tennis, jumping jacks, push-up, chin-up, marbles, pacer club, jump rope, and jogging. Mrs. Lambert held several tournaments for students during the school year. These included marble, and

basketball tournaments. Our students also had the opportunity to participate in the state marble tournament. Our students participated in a school-wide Red Ribbon Week to celebrate drug free schools and to address drug awareness. The local Sheriff department participated with us. Students practiced tennis skills as a lifestyle sport throughout the year in the 2nd grade classroom and in PE. We had several parent involvement activities throughout the year that were led by our title I teachers. We had the high school FFA come in to do a foods for America program. Our guidance counselor worked with the grade level teachers to address various topics dealing with social and emotional issues. Several classes did multicultural activities with the students, including counting in Spanish, singing in Spanish, reading stories of other countries, and holding discussions on the differences in various cultures. The WV Extension Service provided several classes such as; ATV safety, germ city, sun-wise program, recycling, focusing/coordination, and hydration. We also did activities involving walking and incorporated it into math instruction. We walked to the library regularly, as well as to the bowling alley and town park. We had food and nutrition discussions in the various classrooms to educate students on proper diet and nutrition.

North Fork Elementary School

Our school again was awarded the Fresh Fruit and Vegetable Grant. Our physical education teacher Shay Dove provided us with several activities to get the students moving and raise awareness of heart health. The students jumped rope to raise money for the heart association while being awarded prizes for their jumping. She also created the Mileage Club which had the students walking with pedometers in grades 3 through 6. The younger students were given credit for the miles they ran in P.E. class.

Mr. Elbin taught school based Instructional basketball for some of the older students third through sixth grade. He also helped with the Youth League Basketball program.

Our sixth grade teacher, Ms. Gramlich, taught a unit on nutrition in health. Students learned about dietary guidelines, how to read food labels, eating disorders, healthy eating patterns and exercise.

Many of the healthy activities we have experienced with our West Virginia extension agent in the past was not possible this year. She moved to another job. Her position has not been filled yet. We are hoping next year things will change.

Mrs. Kirby, the fifth grade teacher did a unit on the digestive system. Students picked a food and told how it went through the digestive system.

Mrs. Heavner, the fourth grade teacher did a unit on Lungs. Students used straws to see what it was like to have emphysema.

The Farm AG Project bus visited our school this year. All the classes had lessons that pertained to the health of our state and the people that live here.

School Year 2015-16, Local School Wellness Narrative

Committee at end of year: Krystal Raymond, Bryan Youngblood, Holly See, Jennifer Taylor-Ide.

Present for year-end reporting meeting: KR, HS, JTI. Narrative by JTI.

PCMS:

1. Staff took about 70 students to Charleston for RAZE Regional Kickoff event on tobacco awareness;
2. Action for Healthy Schools Grant allowed us to provide students new PE equipment such as volleyballs and basketballs, and enable 2 school dances held during school hours to promote physical activity; healthy snacks and water available.
3. Used community resources – bowling alley, town pool – for end of 9 weeks rewards.
4. Started Middle School volleyball.
5. Speakers:
 - a. Kris Ratliff, Regional Tobacco Prevention Specialist, spoke to 7th and 8th graders about tobacco prevention;
 - b. Tina Eye taught CPR First Aid in 7th grade health class – Hands on learning.
6. Held Hoops for Heart and raised money for the American Heart Association; students who raised the money participated in a basketball tournament.
7. Walk-a-Thon Walk for Water hosted by Carrie Nesselrodt raised money for a charity in Africa to them obtain fresh water.
8. One 7th grade PE class received intervention by school counselor related to bullying/making fun of others.

PCHS:

1. FCCLA and FACS student made and distributed healthy snacks with facts about autism to raise awareness. Teacher devoted a month to the topic of autism awareness, with multiple activities.
2. Tenth grade health classes received special presentations on the following topics:
 - a. What is a 'serving'?
 - b. Great American Spit-Out (Canthecan)
 - c. First Aid
 - d. Tobacco prevention