

Brandywine Elementary School
School Health Index and Activity Report
School Year 2016–2017

Activities: 2016 - 2017

Fresh fruit and vegetables were provided daily for lunch. Preschool students are taught the difference between sometimes foods and always foods weekly as a part of the curriculum. 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, the Positive Behavior Support (PBS) plan is to allow all students to receive recess daily instead of taking it away for disciplinary reasons by implementing a Working Lunch. 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. When coming off the bus in the morning, students are encouraged to participate in the morning warm up walk in the gym. Mr. Roberson, Health teacher, does a health or PE activity with 1st–6th grade students one time per week. Also, Preschool students participate in body exercises in their room when unable to go outside or to the gym and brush teeth daily after breakfast.

Activities: 2016

An assembly for bullying and an assembly for school bus safety was held in August. 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. A Veteran's Day Assembly was held in November for community/school involvement. BES participated in the 12 Days of Christmas food drive. In December families were invited to eat a healthy Christmas lunch with their child or children. Holly See held a Diabetes Training for BES Staff on December 14th. 3rd grade students participated in the Christmas Around the World activity to increase knowledge of healthy foods eaten in other countries. The school sponsored extra-curricular sports in the fall and winter months, such as basketball for boys and girls and cheerleading for girls.

Activities: 2017

3rd–6th grade students went to the Trampoline Park for the first semester PBS reward in January. In February BES hosted the following events: 1) PE teacher hosted the Hoops for Heart program for PK–6th grade students to raise donations for the school and to promote and maintain a healthy heart and 2) FFA presented Food for America about dairy to PK–2nd grade students. In late February through early March, the school nurse presented an activity about teeth health for Dental Health month for PK–2nd grade and taught flossing in 4th grade. In March Miss WV presented for PK–6th grade students a message about bullying. Bill Wellington presented about music and singing and had students in PK–6th grade active. The Smarter Lunchrooms Assessment was completed by Cassie Vandevander for lunchroom appearance suggestions. The Week of the

Young Child was attended by the preschool students in April which fostered the importance of health, safety, and physical activity. Also in March PK–6th grade students participated in the Soil Tunnel Trailer to learn about underground ecosystems and the importance of not littering and polluting the environment. K–6th grade students participated in EMS Week in May. Students in grades 3–6 were rewarded for their Accelerated Reader achievements by going to the Water Park in May. For the second semester PBS reward in May, 3rd–6th grade students went 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. Preschool student's last day was celebrated with a pool party at the Franklin Pool. 1st–6th grade students participated in Field Day hosted by the PE teacher in May for the end of the year celebration.

Franklin Elementary
Narrative of Accomplishments
2016-2017

Activities:

Franklin Elementary 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 is provided each day for 30 minutes. With the addition of a gymnasium at our current facility we have the capability to hold indoor recess on inclement weather days. We also utilize the town park, which is located a couple hundred feet from the school, for recess purposes. A school based health clinic is located at the school, with the PCC pediatrician offering services weekly. The school nurse provides fluoride to all classes as well as lessons on dental health (K, 2); growing up (5); and the cardiac project (5). Behavioral health class activities are offered in collaboration with Pendleton Community Care for students in grades 2-6. We had a school-wide Emergency Services day that involved local emergency rescue volunteers leading a workshop with our students. Students in K-6 also completed bus safety activities led by the director of transportation in August. All student in PK-6 grade participated in the Bucket Filling positive behavior support program. Students in grades 3-6 also attending an Anti-Bullying assembly. The following physical education clubs were offered to students in K-6: pacer club, marble club, jumping jack club, push-up club, wellness club, and jogging club; and also tennis club (1-6), bowling club (3-6), and golf club (6). Students participated in a voluntary Walk-a-Thon activity in October. Our students participated in a school-wide Red Ribbon Week to celebrate drug free school and to address drug awareness. The local Sheriff's department participated with us. We had several parent involvement activities throughout the year that were led by the Title 1 teachers, including Pumpkins with Poppas and Mothers' Moments. We had the high school FFA come in to present a Foods for America program (PK-2). Our school counselor worked with the grade level teachers to address various topics dealing with social and emotional issues. One in particular was the growth mindset for 5th graders. Several classes did multi-cultural activities with the students, including PCHS Spanish III students sharing books, reading stories about other countries, and holding discussions on the differences in various cultures. The WV Extension provided food and nutrition classes to students in grades 3 – 5, and also completed a smarter lunchrooms assessment. Many classes walk to the library regularly, as well as to the town park. Many teachers include Brain Pop lessons in their Health curriculum. Cyber safety/digital footprints lessons were provided by RESA and the county technology resource teacher. We also have a full-time school counselor this year. The third grade class went to Pump It Up for a field trip. Field Day was held for students in PK – 5 to promote physical activity. Students in PK – 6 also participated in swimming at the town pool at the end of the year. Students in grades K and 5 walked to the local recreation center for bowling activities.

School Wellness Activity Report

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Our school once again was awarded the Fresh Fruit and Vegetable Grant. Mrs. Dove, the physical education teacher, provided us with several activities to get the students moving. Students first through sixth grade wore pedometers to record their mileage. For every 10 miles they were rewarded. Progress was then shown on the bulletin board. She also had the students do "Hoops for the Heart" where they learned about basketball skills and how the heart works.

Mrs. Heavner had her fourth graders learn about lungs. She had them use straws to learn what it was like to have emphysema. Her class also studied dental health and hygiene. Mrs. Heavner also headed up our Red ribbon week. All students participated in a weekly event promoting a drug free lifestyle.

Mr. Elbin taught school based instructional basketball for some of the older students. He also helped with the Youth League Basketball program.

Sixth grade teacher, Mrs. Daniello, taught on nutrition in health. Students learned about dietary guidelines, how to read labels, eating disorders, healthy eating patterns and exercise.

Students in grades fourth through sixth walked every day for ten minutes. They walked in the lunch room on bad weather days and outside on good weather days.

Our school participated in the Smarter Lunchrooms Assessment. This provided our school with the knowledge, motivation and resources needed to build a lunchroom environment that makes healthy food choices the easy choice.

Pendleton Co. High School

Wellness Activities

2016-2017

1. Smarter Lunchrooms Assessment (WVU Extension)
2. CPR/AED Training (Diana Smith/ Chuck King)
3. Tobacco Prevention (Kristy Kimble)
4. Prevent Child Abuse (Janice Heavener)
5. Kidney Transplant/ Dialysis (Gia Bailey)
6. Parenting- Rescue Breathing (Holly See, Amanda Simmons)
7. Nuero Science Behavior (B. Hill/ WVU Phar.D.)
8. Resume Building (Kristin Dingess)
9. Reading Pay Stud (Kristin Dingess)
10. Drivers Ed Drunk Driver Simulator (Rod Cooper)
11. Understanding Checks and Writing them- Budgeting (Kirstin Dingess)
12. Get-A-Life Program (Pat Ramsburg)