

# **Local Wellness Policy**



**July 1, 2006  
Plans of Action – Revised July, 2015**

**Mission Statement:**

The Pendleton County Board of Education shall provide leadership to develop policies necessary to promote wellness for its students and staff.

**General Health Statistics:**

Pendleton County is a very rural, sparsely populated county at lower edge of the Potomac Highlands. Total county population according to the 2010 census was 7695, with 19.5% of the population, under 18 years. Population density is second lowest in West Virginia with 11.0 persons per square mile. Pendleton County has three elementary schools, Pre-K through sixth, and one middle/high school, seventh through twelfth, with a total student population of 1013. Student population continues to decline.

The median family income in Pendleton County is approximately \$35,404 with 21.7% under age 18 at or below the federal poverty guidelines. Many families seek employment outside the county. With high fuel prices more of the family income is being spent on gas just to travel to work.

Health risk behaviors and negative health outcomes continue to be a problem for both the general county population and school children. Pendleton County ranks higher than the United States averages in the prevalence of hypertension awareness, cigarette smoking and smokeless tobacco use. Obesity in Pendleton County ranks about the same as national numbers.

These factors could have a significant impact on the health and nutrition status of children in the county.

**Needs Assessment**

The United States is the undisputed leader in obesity prevalence. Based on 2009 data, one third of adults are overweight or obese in this country. Based on 2001 data, obesity in the United States has risen from 20.1% to the current level. West Virginia ranks second in the nation for prevalence of obesity and has seen a rise in occurrence similar to that of the nation. At 32.2% obesity in Pendleton County ranks right along with the current U.S. average in prevalence of obesity.

As obesity has increased so has the incidence of co-morbidities of obesity which include cardiovascular disease, type 2 diabetes, hypertension, certain cancers, osteoarthritis and others.

Children are not immune from obesity or its effects. 17% of U.S. children (ages 2 - 19) are obese. Data suggests that children who are over fat are more likely to remain over fat during adolescence and into adulthood. Type 2 diabetes was rarely seen in children just a few years ago but now is becoming common in younger children. More children are being diagnosed with hypertension and elevated blood cholesterol levels.

With the increase in the incidence of obesity and the associated health risks and diseases, the need for health care intervention will likely continue to grow. We are fortunate that all four schools have school based health clinics which are staffed by medical providers as well as the services of a school health nurse to monitor the physical needs of these students and provide medical education. The services of a registered dietitian are also available to advise cafeteria personnel regarding special meal preparation.

Education of our children and the community concerning the relationship between obesity and associated health risks and the importance of preventative care including nutrition and physical activity is also crucial. Action plans have been developed to address this need.

## **Goals**

It is our commitment to improve the wellness of children in Pendleton County. Goals have been set for the following areas:

1. Nutrition Education
2. Physical Education
3. Nutrition guidelines for all foods and beverages available on school campuses during the school day
4. Other school based activities designed to promote student wellness
5. Strengthen county & school local wellness committees

**Goal 1:** To establish guidelines for foods served and sold in schools.

10/23/2013

<u>Objective</u>	<u>Plan of Action</u>	<u>Person Responsible</u>	<u>Time Frame</u>
1. Establish guidelines for meals served in the school cafeteria.	1. Pendleton County Schools will use Lunch Implementaion Option B in menu planning.	Child Nutrition Direction Child Nutrition Staff	Ongoing
	2. Pendleton County Schools will adhere to legislative rule Standards for School Nutrition Policies 4320 & 4321.1 and the Healthy Hunger Free Kids Act when planning meals.		
	3. School meals will meet the Nutrition Standards in The National School Lunch & School Breakfast Programs, Healthy Hunger-Free Kids Act 2010.		
2. Establish guidelines for "other foods" sold or served in the school environment.	1. Pendleton County Schools will adhere to legislative rule Standards for School Nutrition, Policies 4320 & 4321.1 for all foods sold or served outside the school cafeteria.	School Principals Business Managers Child Nutrition Director	Ongoing
	2. Contracts with vendors to provide "other foods & beverages" will be awarded by the Pendleton County Board of Education		

**Goal 1:** To establish guidelines for foods served and sold in schools.

<u>Objective</u>	<u>Plan of Action</u>	<u>Person Responsible</u>	<u>Time Frame</u>
	3. Nutrition Standards will be reviewed with vendors.	Child Nutrition Director Business Manager	Beginning of new contact and as needed.
	4. A list of approved products will be sent to school administrators for purchasing and monitoring purposes.	Child Nutrition Director Business Manager	Annually As new products are approved.
	5. Vending products will be monitored for compliance.	School Administrators Child Nutrition Director	After vendor delivery. During school monitors & follow-up.
3. Improve the nutritional quality of meals served in schools.	1. Review and revise food specifications.	RESA VIII Food Co op	Annually
	2. Limit foods with high sodium content on salad bars.	Child Nutrition Director Child Nutrition Staff	Ongoing
	3. Serve only low fat dairy products that contain 1% or less milk fat.	Child Nutrition Director Child Nutrition Staff	Ongoing
	4. Avoid food that contain trans fat.	Child Nutrition Director Child Nutrition Staff	Ongoing

**Goal 2:** To educate students about nutritious eating habits.

<u>Objective</u>	<u>Plan of Action</u>	<u>Person Responsible</u>	<u>Time Frame</u>
1. Encourage students to bring healthy food and drinks to holiday parties, such as juice, fruits and dairy products.	1. A nutrition calculator is available at <a href="http://www.wvsmartfoods.com">www.wvsmartfoods.com</a> to assist faculty, staff, and parents in planning parties and snacks.	WVDE OCN Website Elementary Schools	On going
	2. Teachers will discuss healthy snacks with students during health class, before holiday parties, and will send information about healthy foods home to families.	Teachers	Health classes Before holding parties
	3. Elementary school teachers will encourage healthy snack foods and ensure that there are healthy snack foods available at parties.	Elementary School Teachers	
2. Teach students to make better food choices using "MyPlate."	1. Students will learn to make better food choices using "MyPlate" in health class.	Teachers	Every year that "MyPlate" is covered

**Goal 2:** To educate students about nutritious eating habits. (Continued)

<u>Objective</u>	<u>Plan of Action</u>	<u>Person Responsible</u>	<u>Time Frame</u>
3. Motivate and remind students about the importance of hand washing before meals.	1. Teachers will discuss the importance of hand washing in class.	Teachers	Health Classes Child Development Classes Food & Nutrition Class
4. Teach preschool and kindergarten students the importance of eating healthy snacks.	1. Teachers will discuss healthy snacks with students .  2. Teachers will offer healthy snacks at snack time. (All Elementary Schools)	Preschool & Kindergarten teachers	Ongoing
5. Provide students the opportunity for an "In School" snack.	1. Teachers will give their students the opportunity of eating a nutritious snack provided by the Child Nutrition Program during the school day. (NFES).	School Administrators Teachers Child Nutrition Director Kitchen Staff	Ongoing

**Goal 3:** To promote an active lifestyle through physical education.

Oct. 23, 2015'

<u>Objective</u>	<u>Plan of Action</u>	<u>Person Responsible</u>	<u>Time Frame</u>
1. Provide opportunities for involvement in physical activities at school.	1. Recess daily for all elementary/middle	Elementary Principals	Daily K - 6
	2. Recess in gym on bad weather days. Utilize town park on nice days (FES)	School Staff	Daily
	3. Age appropriate quality physical education classes.	Certified Physical Education Teachers	Ongoing
	4. Supervised gym time for students before school begins. (NFES)	School Staff	Daily
	5. Walking and Music (NFES first grade)	First Grade Teacher	10 minutes per day
	6. Marbles, Chin-Ups, Dance, Push ups, Pacer, Jumping Jacks Clubs during school (FES)	Certified Physical Education Teachers	Ongoing
	7. Bowling Trip (FES) Ski Trip (FES) Swimming Trip (FES)	Certified Physical Education Teachers	Ongoing
	8. Fitness Gram Test to meet the goals of content standards	Certified Physical Education Teachers	Ongoing



**Goal 3:** To promote an active lifestyle through physical education. (Continued)

<u>Objective</u>	<u>Plan of Action</u>	<u>Person Responsible</u>	<u>Time Frame</u>
	9. Hold St. Jude's "trike-a-thon"; raise money for the cause and facilitate "trike-a-thon" in honor of the cause (BES)	Pre-K Teacher	Late Sept. / Early Oct.
	10. Provide students with opportunity to help water the school's newly planted trees (BES)	Principal Custodian	SY 2014
	11. Walk-a-thon Fund Raiser K-6 (FES)	Physical Education Teacher	1 Day Event
	12. Fitness Clubs (FES)	Certified Physical Education Teacher	Ongoing
	13. Exercising to music, marching, dancing (FES)	Music/ Physical Education Teacher	Ongoing
	14. WV Move (FES)	Grade Level Teachers	Ongoing
	15. WVU Extension Agent to promote physical health through physical activities presented to students (BES)	Principal	Ongoing

**Goal 3:** To promote an active lifestyle through physical education. (Continued)

<u>Objective</u>	<u>Plan of Action</u>	<u>Person Responsible</u>	<u>Time Frame</u>
2. Encourage students to become involved in physical activities at home with families.	1. Send information home with students to make them aware of opportunities available for involvement, I.e. Dance Classes, fitness programs, internet services, county recreation, etc.	Physical Ed and/Health Teachers Coaches	2 times/year
	2. Wellness home work involving parent and child exercising together (FES)	Physical Education Teacher	Ongoing
	3. Monthly Wellness Activities (FES)	Physical Education Teacher	Ongoing
3. Provide extra-curricular activities/after school programs for student involvement.	1. Offer soccer, baseball, cheerleading, basketball, football, and softball for elementary students as well as a variety of sports for middle and high school students.	Local School Board Principles Athletic Directors Coaches	Throughout the year
	2. School day clubs: Yoga, Teobo, Tennis, Zumba. Dance, Dance Revolution Club, Jump Rope Club, and Marbles Club. (FES)	Community Resources Instructors Physical Education Teacher	4 weeks

**Goal 3:** To promote an active lifestyle through physical education. (Continued)

<u>Objective</u>	<u>Plan of Action</u>	<u>Person Responsible</u>	<u>Time Frame</u>
	3. Extra Recess while waiting for buses (NFES)	NFES Staff	Thoroughout the year
	4. Tennis clinic after school. Grade 1-6 (FES)	Physical Education Teacher/ Second Grade Teacher	Ongoing
4. Teach students the benefits of physical activity in reference to their mental, physical and emotional/social health.	1. Health instruction as part of the school curriculum, including Life Connections and Foods Classes.	Health teachers or class room teachers, Health Educator	Ongoing
	2. Reinforce the benefits of physical activity through the physical education curriculum.	Physical Ed Teachers	Ongoing
	3. Continue to use the walking trail as a stress relieving and social partaking activity between classes (BES)	First - Sixth Grade Teachers	Ongoing

**Goal 4:** To provide school based activities that promote student wellness.

<u>Objective</u>	<u>Plan of Action</u>	<u>Person Responsible</u>	<u>Time Frame</u>
1. Establish programs/clubs to raise drug awareness.	1. Present tobacco prevention information to middle school students.	Chris Roberson - School Based Health Clinic RESA Tobacco Prevention Specialist Health Cluster	Yearly
	2. Coordinate "Not On Tobacco" (a voluntary tobacco cessation program for students 9-12).	Trained Staff Chris Roberson - School Based Health Clinic	Yearly
	3. Student participation in activities during "Red Ribbon Week" (Elementary Schools)	Elementary Staff	Yearly
	4. Alternative - To - Suspension Program available to students who have a tobacco violation on school grounds	Chris Roberson - School Based Health Clinic	As needed for tobacco violations
	5. Bullying and drug awareness facts K-6 (FES)	Physical Education Teacher	Yearly

**Goal 4:** To provide school based activities that promote student wellness. (Continued)

<u>Objective</u>	<u>Plan of Action</u>	<u>Person Responsible</u>	<u>Time Frame</u>
2. Establish healthy habits for disease prevention of disease and illness.	1. Provide hand washing/oral hygiene instruction to lower elementary students.	School Nurse	Yearly
	2. Provide toothbrushes and toothpaste	School Nurse Head Start (NFES)	Yearly
	3. Germ City (FES; NFES)	WVU Extension Agent	Yearly
	4. Provide personal hygiene instruction (PCMS) & follow-up	School Nurse PCMS Health Classes Health Cluster	Yearly
	5. Dental Hygiene	School Nurse	Yearly
	6. Sun Wise (FES)	WVU Extension Agent	Yearly

**Goal 4:** To provide school based activities that promote student wellness. (Continued)

<u>Objective</u>	<u>Plan of Action</u>	<u>Person Responsible</u>	<u>Time Frame</u>
3. Establish a safe work & learning environment for Pendleton County students & staff.	1. Provide safety information and training.	Safety Administrator	Ongoing
	2. Hold safety/loss control committee meetings.	Safety Coordinator	Monthly
	3. Investigate accidents to determine causes & identify ways to prevent future accidents.	Safety Committee	Ongoing
	4. Make safety repairs & improvements.		Ongoing
	5. Safe School Activities (FES; NFES)	Safe School Committee	Ongoing
4. Utilize school based health clinics located in all four schools.	1. Refer students for health care as needed.	School Health Nurse School Staff School Based Health Clinic Staff	Ongoing
5. Provide safety intervention to students	1. Fire prevention PK (FES)	School Staff	Yearly
	2. Bus safety K-1 (FES)		Yearly
	3. EMS Week K-6 (FES)		Yearly
	4. Illness Prevention 1st (FES)		Yearly
	5. Bike safety 2nd (FES)		Yearly

**Goal 4:** To provide school based activities that promote student wellness. (Continued)

<u>Objective</u>	<u>Plan of Action</u>	<u>Person Responsible</u>	<u>Time Frame</u>
6. Implement Hazard Analysis Critical Control Point (HACCP) Based Standard Operating Procedures as required by the Child Nutrition Reauthorization Act of 2004.	1. Hold staff meetings regarding procedures & techniques for implementation & sustaining HACCP.	Child Nutrition Staff	Ongoing
	2. Obtain equipment needed to implement HACCP.	Child Nutrition Director Child Nutrition Staff	As needed
7. Revise and develop local recipes.	1. Current local recipes will be standardized.	Child Nutrition Director	Ongoing
	2. Current local recipes will be revised, as needed, to meet nutrition standards (such as lowering fat & sodium).	Child Nutrition Director Child Nutrition Staff	Ongoing
	3. New local recipes will be developed.	Child Nutrition Director Child Nutrition Staff	Ongoing
	4. All local recipes will be periodically reviewed.	Child Nutrition Director Child Nutrition Staff	Annually

**Goal 4:** To provide school based activities that promote student wellness. (Continued)

<u>Objective</u>	<u>Plan of Action</u>	<u>Person Responsible</u>	<u>Time Frame</u>
8. Participate in CARDIAC Project	1. Student participation grades K, 2 & 5 in collaboration with the Regional Health Education Partnership	School Nurse School Administrators	Annually
9. High school students will learn CPR and Heimlich Maneuver	1. CPR will be taught in high school health classes. Heimlich maneuver will be taught in middle school health class.	Health Teacher School Nurse Trained CPR Instructor PCMS Health Cluster	Annually
10. All 6th and 11th graders will receive required immunizations before start of 7th and 12th grades.	1. Tetanus and Menactra vaccines	School Based Health Clinic Staff	Annually
	2. Immunizations will be available at the school based health clinic.		Annually
11. Offer seasonal flu vaccine to all students and staff.	1. Hold flu clinics at all schools.	School Based Health Clinic Staff School Administrators County Health Dept.	Annually



**Goal 4:** To provide school based activities that promote student wellness. (Continued)

<u>Objective</u>	<u>Plan of Action</u>	<u>Person Responsible</u>	<u>Time Frame</u>
12. Increase students' consumption of fresh fruits & vegetables.	1. Salad bars will be available to students in all schools.	School Administrators Child Nutrition Director Child Nutrition Staff	Daily
	2. Eligible schools will participate in the Fresh Fruit & Vegetable Program (NFES).	School Administrators Child Nutrition Director Child Nutrition Staff	At least weekly
13. Provide students with more opportunities to participate in school meals.	1. Eliminate the reduced price fee for breakfast.	Superintendent Treasurer Child Nutrition Director	Beginning August, 2011 and Ongoing
	2. Schedule breakfast for preschool and kindergarten after Grades 1-6 finish breakfast (BES, FES & NFES).	Principal	Beginning August, 2011 and Ongoing
	3. Students who arrive late to school are given an opportunity to eat breakfast before going to class (BES, FES, & NFES).	Principal	Beginning August, 2011 and Ongoing

**Goal 4:** To provide school based activities that promote student wellness. (Continued)

<u>Objective</u>	<u>Plan of Action</u>	<u>Person Responsible</u>	<u>Time Frame</u>
	4. "Breakfast talks" will be conducted with students to encourage more to eat breakfast (FES; NFES)	Principal Head Teacher Preschool Teacher	Beginning August, 2011 & Ongoing
	5. Provide middle school students with a place to put personal items before entering breakfast line (PCMS).	Middle School Principal	Beginning September, 2011 & Ongoing
	6. Grab & Go Breakfast (PCHS)	Cafeteria Manager	Beginning Janaury, 2014 & Ongoing
14. Continue to utilize the walking trail for the purpose of promoting student wellness and aid in class transitioning.	1. All students, Pre K-6, and teachers will plan to utilize the walking trail for at least 10 minutes as part of their daily schedule (BES)	Principal Classroom Teachers	SY 2014
15. ATV Safety for 5th/6th Grade Students (FES)	Class held in gym which includes videos/activities/handouts	WVU Extension Agent	1 week/May

## Brandywine Elementary School

### School Health Index and Activity Report

June 16, 2015

Activities: Fresh fruit and vegetables were provided daily. A Scavenger Hunt discussing the importance of 60 minutes of exercise each day was presented by Janice Heavner in September for 3<sup>rd</sup>-6<sup>th</sup> grade students. Also in September Janice presented Germ City; Germs Stop Here to PK-2<sup>nd</sup> grade students highlighting the importance of hand-washing. Red Ribbon week was held in October to promote a drug-free and tobacco-free lifestyle. Janice presented activities and lessons to 2<sup>nd</sup> grade students and their parents about the importance of reading. Halloween Safety Bags were given to preschool through third grade students by Janice and Pendleton County 4-H. Janice also discussed how to handle Halloween candy and the importance of dental care with 4<sup>th</sup>-6<sup>th</sup> graders. Parents were invited to eat Thanksgiving and Christmas Luncheons with their child or children. Mic Souter was invited to present about West Virginia culture, past and present, using different musical instruments native to West Virginia. Preschool through second grade students took part in Dental Health activities in February facilitated by School Nurse, Holly See, and she provided students with a toothbrush. The school sponsored extra-curricular sports in the fall and winter months, such as basketball for boys and girls and cheerleading for girls. Fifth grade students participated in the Cardiac Project in March to promote healthy lifestyles. FFA members from PCMS/PCHS came to discuss the all of the uses of corn. Kinderman was attended by the preschool students in April which fostered the importance of health, safety, and physical activity through presentations such as Mr. Yuck by Melissa Hartman and fire safety by Matt Kile. Janice Heavner presented an ATV Safety class to the 5<sup>th</sup> and 6<sup>th</sup> graders. Paramedics/EMTs visited the preschool and kindergarten students in May to talk about the importance of proper emergency safety techniques. Preschool-2<sup>nd</sup> grade students participated in the Pump It Up field trip in May to encourage physical activity. Third through sixth grade students had the opportunity in June to participate in the field trip to the Massanutten Water Park. The Walking Trail was utilized throughout the year by classroom and special services teachers for a transition activity between lessons. Healthy snacks were provided for students who were in the after-school math and reading tutoring program year round. A school-based health clinic is located in the school and used all year, and flu shots were given to those who wanted them. Daily recess is scheduled and offered daily for all students either outside or in the gym, depending on weather conditions. The Families Times Newsletter Series is sent home to parents of kindergarten and first grade students. Erin Eye scheduled physical activities for the end of the month rewards. The opportunity was given to sixth grade students to get the Tetanus and Menactra vaccines for seventh grade. In May members from the Rescue Squad came to show K-6<sup>th</sup> graders the EMS vehicle. Field Day was held for 1<sup>st</sup>-6<sup>th</sup> graders to promote physical activity.

Franklin Elementary  
Narrative of Accomplishments  
2014-2015

**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 is provided each day for 30 minutes. With the addition of a new gymnasium at our new school, we had the capability to hold indoor recess on bad weather days. We also utilized 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. 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 a PTO sponsored program called Kindness Challenge. This program is part of our anti-bullying initiative. PK students had a local dentist visit to talk about tooth care. Our 1<sup>st</sup> and 2<sup>nd</sup> 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, skiing, 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 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 2<sup>nd</sup> 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, 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.

## School Wellness Activity Report

North Fork Elem.

2014-15

Our school was again awarded the Fresh Fruit and Vegetable Grant. Janice Heavner spent a lot of time at our school presenting Wellness Programs. Mrs. Heavner began the year by presenting a program on fitness which emphasized the many ways to keep your body fit. "Get Outdoors with a Nature Scavenger Hunt" was another program that was used to promote exercise.

She also presented "Germ City" which helped the younger students see that germs are everywhere and "Germs Stop Here" for the other students. ATV Safety was presented to the older students to show them the dangers of ATV's. At Halloween Mrs. Heavner presented a program on Halloween Safety to our younger students.

Dental Care was addressed with programs given by Holly See on Dental Health and how to take care of your teeth. Janice Heavner presented a program "Candy Experiments" which focused on dental care and health. She also presented the program "The Cinderella Apple Story". Miss Parsi the fifth grade teacher used two activities in her classroom entitled "How Much Sugar is in your favorite foods and drinks?" and Food Log/ Nutrients Discussion. "Food for America" was presented in the classroom by the Pendleton County FFA.

The Conservation Officers presented a video presentation to our young students on what to do is you find a gun. The older students were instructed on the proper way to carry, load and fire a gun.

Kris Ratliff's program on Tobacco Prevention was attended by students and parents. It was an eye opening experience for our students and parents.

## Wellness Activities

2014-15

1. Food for America (Pendleton County FFA)
2. Fitness (Janice Heavner)
3. Gun Safety (Conservation Officer)
4. Dental Health (Holly See)
5. Germ City (Janice Heavner)
6. ATV Safety (Janice Heavner)
7. How much sugar is in your favorite foods and drinks? (Miss Parsi)
8. Tobacco Prevention (Kris Ratliff)
9. Food Log/ Nutrients Discussion (Miss Parsi)
10. Halloween Safety (Janice Heavner)
11. Get Outdoors with a Nature Scavenger Hunt (Janice Heavner)
12. Candy Experiments – Dental Care (Janice Heavner)
13. Germs Stop Here! (Janice Heavner)
14. The Cinderella Apple Story (Janice Heavner)

## **School Wellness Activities Pendleton Middle/High School SY 2014-15**

The programs and activities listed below supplement the ongoing curriculum content of the middle/high school, which provides high quality physical education, fitness, health, child development, and life skills instruction throughout the year.

RAZE activities were extended to middle schoolers with participation of roughly 50 students attending the kickoff conference in Morgantown.

Middle School students participated in Just a Minute (JAM) by dancing to "Cotton Eye Joe." Roughly 100 middle school students participated in a basketball activity to raise money to combat cardiovascular disease (Hoops 4 Heart).

Middle school PE students observed a demonstration on the art of Fencing given by the James Madison University Fencing Club.

Fifteen female middle school students were instructed in good skin care by school nurse as part of health cluster class. Another health cluster received instruction in brief techniques for physical relaxation and stress management.

Note that this year the CARDIAC Project eliminated 8<sup>th</sup> grade, which has participated in the past.

High school health classes (roughly 80 students) participated in a presentation on becoming organ donors (Donate a Life); this presentation was featured in the local newspaper. Health classes received instruction from county dietician on serving versus portion sizes. A local EMT taught basic first aid to health class students, who also received instruction in CPR from the school nurse. They also received a presentation on the dangers of tobacco use by the regional tobacco prevention specialist, and another on drug awareness by regional substance abuse prevention specialist.

In addition to these special events, many regular programs continued. These include special immunization clinics for influenza, tetanus, and menactra, with immunizations available in school-based health center throughout the year. The school-based health centers operated throughout the school year with coverage by the pediatrician and the mental health counselor as well as the school nurse. Not On Tobacco and Alternatives to Suspension were offered by the health center's Behavioral Health Educator.



**Goal 5:** To strengthen county and local wellness committees.

<u>Objective</u>	<u>Plan of Action</u>	<u>Person Responsible</u>	<u>Time Frame</u>
1. Review committee membership to assure diverse representation.	1. Review and identify school and county committee membership.	County & School Wellness Committee Members	October, 2013
	2. Recruit members from identified areas.	County & School Wellness Committee Members	October, 2013
2. Member Training	1. Provide training to school and county committee members.	Regional Wellness Specialist	On going
	2. Foster new school principals' learning of the Wellness Committees Activities and Procedures	Wellness Committee Members	On going