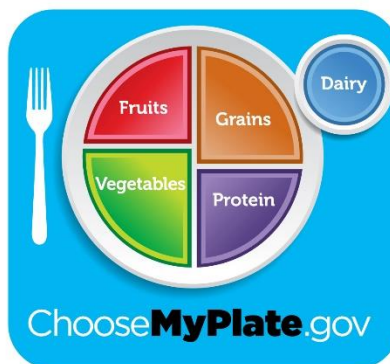


Randolph COUNTY SCHOOLS
40 Eleventh Street
Elkins, WV 26241
(304) 636-9150 ext 126

WELLNESS REPORT 2019



LaDonna Rosencrance
DIRECTOR OF CHILD NUTRITION

July 1, 2019

Wellness Committee 2018-19

Chairperson: LaDonna Rosencrance 304-636-9150 ext 126

Beverly	Paul Zickefoose
Coalton	Alyssa Tallman
Elkins Middle School	Nick Alfred
Elkins High School	Scott Cutright
Elkins Third Ward	Coutney Price
George Ward	Dustin Gardner
Harman	Laura Hawkins
Jennings Randolph	David Baird
Midland	Kim Smith
North	Clint Bennett
Pickens	Christine Long
Randolph Technical Center	Amanda Freeman
Tygart's Valley Middle/ High	Jacob Currence
<u>Community Members:</u>	
Jason Asbell	Davis and Elkins College
Jeri Trippett	Davis Memorial Hospital
Gene Purkey	NCWVCAA Head Start
Melodee Price	Mountain Heart Resource and Referral
Mark Rosencrance	Upward Bound
Denise Fletcher	Parent
Bobby Hart	Parent

Beverly Elementary School

Wellness Report 2018 - 2019

Activities:

Halloween Hustle (5K run/walk) ~ School & Community Activity
Go Noodle (Grades PK ~ 5)
Exercise Activities on PBS Channel (Grade 1)
Creating Raised Beds for School Garden (WVU Extension, Youth Build, The Mountain School)
Raising and Harvesting Fresh Produce to Serve on the Garden Bar (Grades PK – 5)
Nutrition Lessons through WVU Extension (Grades K – 5)
Collaboration with WVU Extension and Beverly Alumni Association with the
 Wildcat School Garden
Wonder & Grow Program (Grades 4/5)
Taking Care of Your Teeth Lessons (Grades K – 5)
Smiles Program (Grades PK – 5)
Drugs & Alcohol Lessons and How They Harm Your Body (Grades 3-5)
Kickball (Recess) (Grades 4 – 5)
4 Square (Recess) (Grades 2 – 5)
The First Tee ~ Golf Program (Grades K – 5)
Healthy Snacks at Parties and Events (Grades PK – 5)
SW ~ PBIS Cohort Project (P.A.W.S.)
PreSchool Transition Activities with Kindergarten Staff and Students
Parent Involvement Activities (Title I Sponsored)
“Jump Start” Kindergarten Registration Program ~ After School Transition Activity
 (All Incoming Kindergarten Students and their Families)
School Sponsored Career Exploration Day
Jump Rope for Heart Event (Grades PK – 5)
PTO Walk-a-Thon ~ Spring 2019 (Grades PK – 5)
Deputy Phil Program (PK – 3)
Health Screening through Cardiac Kids Project (Grade 2)
Body Works Activities (Health Curriculum ~ Grades K – 5)
After School Running Club ~ Teacher Advisors ~ Parent volunteers assist with the program.
Summer Book Mobile ~ Acquisition of a School Bus which has been retrofitted.
 (Summer Library Program/Healthy Snacks/Reading, Math, Science Social Studies
 Activities at established stops)
 Beverly Preservation, Beverly Heritage Center, Elkins Rotary Club, Snowshoe
 Foundation, Tygart Valley Lions Club, Beverly Elementary School, Community
 Churches
Remix Student Wellness Program ~ (Grades PK – 5)
Fed-Up Program ~ (Grade 5)

Strengths:

Community Support and Collaboration with our healthy activities initiatives (School Garden Raised Beds, Halloween Hustle 5K run/walk, Spring Walk-a-thon, Summer Book Mobile, Wonder & Grow Project)

Teacher participation in healthy initiatives. Teachers involve students in health and fitness activities in the classrooms as well as school-wide activities.

Weaknesses:

The garden has to be transplanted and the high tunnel had to be disassembled and moved to make room for new construction. However, we now have raised beds for vegetables to be planted for student gardening. The raised beds are created in geometric shapes and have been incorporated into our playground area. The high tunnel needs to be resurrected and engaged into working order.

Action/ Future Steps:

The Summer Wildcat Book Mobile is ready to roll once again this summer. Through the generous support of grants, local donations, and community organizations, we are fortunate to have a Randolph County Schools Bus that is in the process of being retrofitted into the official "Beverly Book Mobile"! With the commitment of school staff, community volunteers and WVU Extension, we will begin the BookMobile Route in June and continue it on a weekly basis through the beginning of August.

In 2017, our school received an Action for Healthy Kids Grant to promote a Running Program with our students. Through the commitment of school staff, the After School Running Program has continued to be a very active after school program for our students.

Due to construction we had to take the high tunnel down and we are planning to reconstruct it on a different site. We are in the planning stages to get our school's high tunnel reconstructed so that we will be able to extend our vegetable growing season.

Coalton Elementary School

Wellness Report 2018-19

Activities:

- Halloween (Costume parade through town): Teachers/Staff
- Winterfest (Variety of stations that incorporate different physical activity : Teachers/Staff
- Easter (Egg Hunt): Teachers/Staff
- Summer Reader Reward (Obstacle Course): Krissie Skidmore, Alyssa Tallman, Tracey Harlan
- Thanksgiving Reading Challenge (Incorporate physical activity): Krissie Skidmore, Alyssa Tallman, Marie Elmore
- Christmas Reading Challenge (Incorporate Physical Activity): Krissie Skidmore, Alyssa Tallman, Ernie Gooding
- Coalton Elementary Basketball & Cheerleading Program
- Field Day: Ernie Gooding
- PBIS Rewards (snow play, water play, etc.)

Strengths:

- Healthy snack and physical activity incorporated into every school party
- Healthy snack and physical activity incorporated into every reading reward
- Coalton Elementary Basketball & Cheerleading Program has increased participation at all grade levels.

Weaknesses:

- We need to incorporate more movement into the regular classroom experience.

Action/ Future Steps:

- Next year all classrooms will incorporate at least one Go Noodle activity per day.

Elkins High School

2018-19

Activities:

- Smoothie Day – Health Classes
- After School Physical Activity Program
- Staff Wellness Facility
- Wellness Club
- Cooking Club
- Fishing Club – Outdoor Fishing Trip
- Dance class (elective) - participated in a variety of multi-cultural dances
- Lifetime Physical Education (elective) – focus on local area activities
- After school activities set up for skiing in the schools at Timberline Resort
- Grab and Go offered every day to students
- Army National Guard – Physical Activity Presentation
- Intra-City Track Meet hosts for all local elementary schools
- Hooked on Fishing hosts – EHS groups set up at informational booths

Strengths:

The Health and Physical Education program at Elkins High School is listed as high quality with the focus on Comprehensive School Physical Activity Program. Many health/wellness physical activities are offered at Elkins High School throughout the day as well as a focus on healthy eating habits for students.

Weaknesses:

Areas of weakness include limited opportunities for staff development in the areas of physical activity and wellness. There are few staff members take advantage of the wellness area that could be utilized before/during/after school to improve physical activity and wellness.

Action/ Future Steps:

There will be a concerted effort to increase the amount of staff wellness opportunities throughout the year. Action steps will include; increase the number of meetings with the EHS wellness team, create after school physical activities for staff members and encourage the administration to increase staff development in the areas of physical activity and wellness.

Elkins Middle School

Wellness Report 2018-19

Activities:

- Lunchtime movement activities
- Nutrition Education
- My Tray Posters
- Nutritional Guidelines
- Briefing of Nutritional Guidelines
- Weekly Movement
- Project Isaac
- Raze Club
- Counseling Activities
- Teen Talks
- Purchased 2 AEDs for EMS.

Strengths:

- Weekly Movement
- Project Isaac
- Raze Club
- Counseling Activities
- Teen Talks
- Lunchtime movement activities
- 2 AEDs for EMS

Weaknesses:

- Not enough gym classes

Action/ Future Steps:

- Continued movement through the curriculum
- Nutritional Education

George Ward Elementary

Wellness Report 2018-2019

Activities:

- Completion of water fountain project.
- Mighty Milers Walking/Running program.
- Nutrition Classes for K-5 provided by WVU Extension.
- Promotion of local 5K's happening in the area.
- Upper Valley Run Like a Fool 5K presented by GWES and TVHS
- Olympic Field Day.
- Fundraising for new playground completed. Swings to be installed May 2019.

Strengths: According to the SHI, George Elementary is near full compliance in the area of School Health and Safety. Nutrition Services and Physical Education are areas of strength as well. Overall, George Ward scored well in several of the SHI Modules.

Weaknesses: Health promotion for staff is a noted weakness. The school and county do have health screenings in place; however, with the lack of professional development to coincide with the screening, then staff will not utilize the information to its fullest potential.

Action/ Future Steps: Providing faculty and staff with the opportunity to access free or low cost physical activity programs is area our school needs to work on. If the staff is given an opportunity to take ownership of their physical well-being it will make them more likely to engage in physical activity with their students during the workday.

Harman School

Wellness Report 2018-19

Activities:

- Go Noodle
- Recess
- Music and Movement (elementary)
- Dr. Jean Songs/Jammin Minute (elementary)
- Operation Tone Up
- Game Club (6-12)
- Health Instruction for all students in grades K-9
- FitnessGram
- Vision/Hearing/Dental Screening
- Smile Dental Program
- After School Snack Program
- Cardiac Kids Grade 5
- Daily Menu Nutrition Sign (Cafeteria)
- 5-Star Meal Nutrition Posters/1 Terrific Tray
- Serving Size Signs on Salad and Fruit Bar
- Food Guidance Program PreK-5
- Health Instruction WV Content Standards K-9
- Grab and Go Program
- Field Day K-5
- Softball Tournament (Middle/High School)
- Lunch Sports Program 6-12
- High School/Middle School Athletic Program (Basketball)
- High School Baseball Program
- Little Panthers Basketball League (PreK-5)
- Zumba Classes 2-3 times a week for school and community (After School)
- Kettlebell (After School)
- Teacher walking group after school hours
- Suicide Prevention/Cyberbullying 6-12 grades

Strengths:

- Harman School is a rural school, however, we do provide several opportunities for our students that promote movement and physical activity. While the majority of these activities are geared toward our students, we are expanding programs to meet the needs of teachers as well as members of the community.

Weaknesses:

- Harman School will need to continue to develop opportunities for both students and staff as well as members of the community in the area of health and wellness and physical activity. Additional professional development for staff will need to be explored.

Action/ Future Steps:

- Work with the central office, service and professional advisory councils to create then implement professional development in the area of health, wellness, and nutrition. Continue to expand opportunities for staff to participate in movement activities. Continue to offer evening activities that can include students, staff and the community.

Jennings Randolph Elementary

Wellness Report 2018-19

Activities:

- Jump Rope for Heart
- Recess
- Field Day
- Health Related information during morning announcements
- Let's Move Activities
- School Wide Walkathon
- Fed Up Nutritional/health Video
- Reading and Research through nonfiction works
- Vision/Hearing/Dental Screening
- Smile Dental Program
- After School Snack Program
- Staff Participate in 100 mile club
- Daily Menu Nutrition Sign (Cafeteria)
- 5-Star Meal Nutrition Posters/1 Terrific Tray
- Serving Size Signs on Salad and Fruit Bar
- Health Awareness Guest speaker
- Back Pack Wellness Food Program
- Grab and Go Program
- Hike to Fox Forest Trails
- Drug Prevention Speakers

Strengths:

- School-wide participation which raises money to help with heart disease
- Field day is fun and highly motivated activities that all students look forward to
- Let's move activities are planned in the teachers plans daily
- Walkathon allows students to socialize with friends while exercising
- Videos provide students with many facts and help students understand what is going on in their bodies
- Hands on age appropriate activities
- Backpack food program provides nutrition for needed students over the weekend
- Presentations are positive for students

Weaknesses:

- Did not do a school collaboration with let's move activities
- Fed up Nutritional/Health Video is only for grades 3-5
- 100-mile club needs more definite guidelines in respect to continuous active walking vs steps
- Back Pack bags can be heavy to carry home; backpacks not returned
- Hike to Fox Forest is only for 3-5
- Confidentiality

Action/ Future Steps:

- Plan to do jump rope for heart in the fall
- Continue with field day
- Health related announcements continue weekly
- Continue to do let's move activities daily
- Continue with the school wide walkathon

Midland Elementary

Wellness Report 2018-2019

Activities:

Family Fun Glow Run (2 miles)

Health Education WVU Extension 4th and 5th grades

Cardiac Program

Recess Walking Program

Jump Rope for Heart

Health/Vision/Hearing/Dental Screenings

National Cup Stacking activity

Pedometer Club for teachers and students

Valley Health Care Clinic (2 days a week)

Strengths:

There are multiple activities for students promoting health and lifetime exercise. Students have access to PE classes 3 times a week for 40 minutes per class. This class provides instruction in physical activity and a variety of sports.

Community involvement with annual participation in Jump Rope for Heart.

Available medical attention for those who do not have easy access through Valley Health Care.

Weaknesses:

Resources are available to staff through PEIA. Because these programs are not adequately promoted, the staff may not be taking advantage of all the opportunities offered.

Action/ Future Steps:

Promote health and wellness resources for staff

Continue to offer opportunities to students and staff

North Elementary School

Wellness Report 2018-19

Activities:

- *Grab and Go Breakfast
- *Character Education Program
- *Brain/ Movement breaks throughout the day
- *Staff running/working-out together after school
- *Student/Staff Run Club
- *5th Grade Basketball/Cheerleading teams
- *Health Education Class/WVU Extension Office
- *Health Instruction Grades K-5/ WV Content Standards
- *End of the year Field Day Activities
- *PK Health and Safety Reviews
- *School Based Clinic
- *Daily Menu for Lunch and Breakfast
- *Science Night
- *Dr. Seuss Night
- *Food Handlers Class
- *Child Advocacy Health and Safety Program
- *School Dental Program
- *Fresh Fruit and Veggie Grant

Strengths:

- According to the SHI, it is felt that North Elementary School is near full compliance in the area of Family and Community Involvement. School Health and Safety Policies and Environment at our elementary are considered at high quality.
- As a whole North Elementary School scored very high in many of the areas. North Elementary has adequate physical activity at the facilities where students are active most to all of the class time. Other areas of strengths include the health education taught in all grades k-5, nutrition services, school health services, and school counseling services.

Weaknesses:

- Health promotion for staff is a noted weakness at North Elementary. However we have continued participation in a run club this year that involves students in grades 3-5 and involves staff.

Action/ Future Steps:

- Meeting as a staff and continue promoting and creating physical fitness opportunities for staff, students, and parents outside of school with such options as continuing the run club year after year and working out after school, etc.

Updates for 2018-2019:

Our staff attended a class from September-November presented by D&E College professors on a Healthy Life Style.

2019-2020 School Year:

For upcoming 2019-2020 school year, staff will be continue attending the class at D&E.

Our school will be collaborating with local farmers and will be starting school gardens. We will also be planting fruit tress on our playground.

Grades 1-2 will begin a walk/run club at recess using the Mile Tracker to track their running distance. This program will help feed into our Running Club Grades 3-5 program.

Pickens School (K-12)

Wellness Report 2018-2019

Activities:

1. Field Day K-12
2. Annual Walkathon for Autism
3. Daily Menu sign for the Cafeteria
4. Vision Screening
5. Annual Alumni Basketball Game
6. Activity time for students –morning/afternoon
7. Archery Team competitions
8. Archery Practice
9. Community, public, staff and students use of walking track throughout the year.
10. Basketball intramurals in Physical Education Class
11. Nutrition Program in Physical Education Class
12. Dance Recital (Student of Dance)
13. Food Handlers Card
14. Students participated in community service
15. Elementary recess –daily
16. Dental Screening
17. WVU Cardiac Program
18. Youth Health Presentation
19. Family Resource Network Presentation
20. SOS Presentation

Strengths:

Activities promoting students health has been implemented throughout the school year. Students have been participating in more afterschool activities this year such as Field Day, active time and Archery practice. Some types of activities that students can participate in are usually held three time a week.

Weaknesses:

Health promotion for staff. Screenings for staff are not available at the school or county level. Programs and incentives need to be put in place to encourage staff to participate in activities that promote a healthy lifestyle.

Action/ Future Steps:

Staff is encouraged to take part in activities throughout the school year. Many of the activities are activities in which staff member can participate. County/Schools needs to provide information through Health Fairs, etc. so staff can make healthy choices. Staff can also use indoor or outdoor walking facility.

Third Ward School

Wellness Report 2018-19

Activities:

- Health Education Class/WVU Extension Office Grades 3-5
- Outdoor Education Program Grade 5
- Randolph County Fair Grade 4
- Health Instruction Grades K-5 WV Content Standards
- Cardiac Kids Project Grade 5
- Health/Vision/Hearing Screenings
- Preschool Move up to Third Ward Elementary
- Positive Behavior Character Traits (PBS)
- Math Lego Night
- Superhero Book Night
- Third Ward Basketball League Grades 4-5
- Third Ward Kids Run Grades 3-5
- Bike Safety

Strengths:

- According to the SHI, it is felt the Third Ward Elementary is near full compliance in the area of Family and Community Involvement. School Health and Safety Policies and Environment at our elementary are considered at high quality.
- As a whole, Third Ward Elementary scored very high in many of the areas. Third Ward has adequate physical activity at the facilities where students are active at least 50% of the class time. Other areas of strengths include the health education taught in all grades k-5, nutrition services, school health services, and school counseling services.

Weaknesses:

- Health promotion for staff is a noted weakness at Third Ward Elementary. (This was identified as a weakness at Third Ward, but the majority of the staff have purchased Fitbits and begun some friendly competition with steps. You will now see staff walking during their breaks and during their lunches. This has promoted comradery, wellness, weight loss, and even the students have gotten on board.)

Action/ Future Steps:

- Now when we get together as a staff, we discuss the benefits of our walking and how it has lowered our blood pressure and cholesterol levels. We are still discussing eating healthy, healthy choices, exercising, tobacco use, and stress management.

Tygarts Valley Middle/High School

2018-2019

Activities:

- After School Weight Lifting
- Paved half a mile loop around the facility
- Wellness Team Meetings
- Walking Club
- Archery Club
- Advanced PE Class for upper level students
- Grab and Go offered every day to students
- Army National Guard – Physical Activity Presentation
- FRN presentations
- Character Under Construction presentations

Strengths:

Many health/wellness physical activities are offered throughout the day as well as a focus on healthy eating habits for students. Multiple outside resources are used for different speaker presentations.

Weaknesses:

Areas of weakness include limited opportunities for staff development in the areas of physical activity and wellness. There are few staff members take advantage of the walking loop that could be utilized before/during/after school to improve physical activity and wellness.

Action/ Future Steps:

There will be a concerted effort to increase the amount of staff wellness opportunities throughout the year. Action steps will include; increase the number of meetings with the wellness team, create after school physical activities for staff members and encourage the administration to increase staff development in the areas of physical activity and wellness.