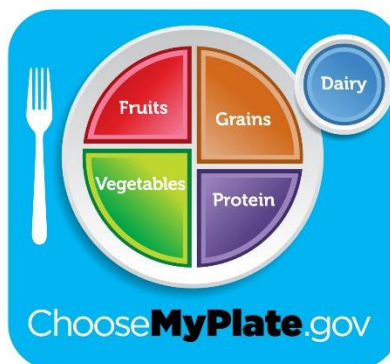


Randolph COUNTY SCHOOLS
40 Eleventh Street
Elkins, WV 26241
(304) 636-9150 ext 126

WELLNESS REPORT 2018



LaDonna Rosencrance
DIRECTOR OF CHILD NUTRITION

August 13, 2018

Wellness Committee 2017-18

Chairperson: LaDonna Rosencrance 304-636-9150 ext 126

| | |
|------------------------------|-----------------|
| Beverly | Jack Crumm |
| Coalton | Kaitlyn Buoni |
| Elkins Middle School | Tina Cooper |
| Elkins High School | Scott Cutright |
| Elkins Third Ward | Courtney Price |
| George Ward | Dustin Gardner |
| Harman | Gregory Kepner |
| Jennings Randolph | David Baird |
| Midland | Todd Price |
| North | Clint Bennett |
| Pickens | Brenda Albright |
| Randolph Technical Center | Amanda Freeman |
| Tygart's Valley Middle/ High | Brian Currence |

Community Members:

| | |
|------------------|--------------------------|
| Jason Asbell | Davis and Elkins College |
| Jeri Pastine | Davis Memorial Hospital |
| Gene Purkey | NCWVCAA Head Start |
| Mark Rosencrance | Upward Bound |
| Denise Fletcher | Parent |
| Alex Rosencrance | Student |

Beverly Elementary School

Wellness Report 2017-18

Activities:

Halloween Hustle (5K run/walk) ~ School & Community Activity
Go Noodle (Grades PK ~ 5)
Exercise Activities on PBS Channel (Grade 1)
Working in the Community Garden (Grades PK – 5)
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 Alumni Association with the
Wildcat School Garden
Yoga Exercises (Grade 4)
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)
Speedball (Recess) (Grades 4 – 5)
4 Square (Recess) (Grades 2 – 5)
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 (Grades PK – 5)
Officer Phil Program (PK – 3)
Health Screening through Cardiac Kids Project (Grade 2)
Summer Reading Nights (Title I)
Summer Reading, Math and Science Camps (Title I)
Body Works Activities (Health Curriculum ~ Grades K – 5)
Recipient of Running Grant that was applied for in the Spring of 2017.
Implementation of the running program ~ Fall of 2017.
Summer Book Mobile (Summer Library Program/Healthy Snacks) ~
Beverly Preservation, Beverly Elementary School, Community Churches
Remix Student Wellness Program ~ (Grades PK – 5)
Fed-Up Program ~ (Grade 5)
Proctor and Gamble Adolescent Program ~ (Grade 5)
Hand Washing/Don’t Sneeze Lesson ~ School Counselor (Grades PK – 5)

Strengths:

Community Support and Collaboration with our healthy activities initiatives (School Garden, Garden High Tunnel, Halloween Hustle 5K run/walk, Summer Book Mobile

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.

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 will begin our Mobile Library in June and continue it on a weekly basis through the beginning of August.

Our school received an Action for Healthy Kids Grant to promote a Running Program with our students. The Marathon Kids' Program will continue into the next school year.

Due to construction we have had to take the high tunnel down and we are planning to reconstruct it on a different site. We are also planning to create garden spaces for individual classrooms to raise crops of vegetables for student consumption in our cafeteria.

Coalton Elementary School

Wellness Report 2017-18

Activities:

- Hand Washing Class (PreK-1): WVU Extension Service
- Halloween (Costume parade through town): Teachers/Staff
- Winterfest (Variety of stations that incorporated different physical activity – hockey, ice skating, skiing, etc.): Teachers/Staff
- Easter (Egg Hunt): Teachers/Staff
- Summer Reader Reward (Obstacle Course): Krissie Skidmore, Alyssa Tallman, Kaitlyn Buoni
- Christmas Reading Challenge (Olympics BINGO game & Bobsled Relay Races): Krissie Skidmore, Alyssa Tallman, Kaitlyn Buoni
- Coalton Elementary Basketball & Cheerleading Program
- Coalton Elementary Kids Run (Randolph County Kids Run): Ashley Kimble, Kaitlyn Buoni, Amanda Minniger
- Field Day: Kaitlyn Buoni
- PBIS Rewards (snow play, water play, etc.)

Strengths:

- Healthy snack and physical activity incorporated into every school party and reading reward.
- Coalton Elementary Basketball & Cheerleading Program has increased participation at all grade levels.
- Coalton Elementary Kids Run has grown from 4 students, when we began as Girls on the Run in 2015, to approximately 15 students in 2018. In addition, many parents and staff members also participate.

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.
- We will also incorporate some of the Go Noodle stretching and yoga activities as part of our PBS plan.

Elkins High School

2017-2018

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 2017-18

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 2017-2018

Activities:

- Completion of water fountain project.
- Mighty Milers Walking/Running program.
- Hand washing class through WVU Extension.
- ATV Safety course through WVU Extension.
- Nutrition Classes for K-5 provided by WVU Extension.
- Promotion of local 5K's happening in the area.
- Character Counts program.
- Olympic Field Day.
- Upper Valley 5K Walk/Run

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 2017-18

Activities:

- Go Noodle
- Recess
- Music and Movement (elementary)
- Dr. Jean Songs/Jammin Minute (elementary)
- Morning Walking Program
- Walking Club (6-12)
- Volleyball Club (6-12)
- Improv Club (acting out through movement 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
- PEIA Healthy Tomorrow Program
- Grab and Go Program
- Field Day K-5
- Softball (Middle/High School)
- Drug-Free All Stars Program
- Lunch Sports Program 6-12
- High School/Middle School Athletic Program
- Little Panthers Basketball League (PreK-5)
- Zumba Classes 2-3 times a week for school and community (After School)
- Teacher walking group before school hours
- Teacher walking group after school hours
- ATV Safety 4-5 grades
- Handwashing Program PreK-2
- Talking About Touching Program PreK-1
- Youth Health Services Counseling/Play Therapy (weekly)
- 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 most 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 2017-18

- Activity: Jump Rope for Heart
- Strengths: school-wide participation which raises money to help with heart disease and it motivates the students to jump rope; we give out jump ropes to all students
- Weaknesses: this year it was done during a busy time of the year, younger PreK-K students are still learning how to jump rope
- Action/Future Steps: plan to do this in the fall next year
- Activity: Field Day
- Strengths: fun and highly-motivated activity that all students and staff look forward to; team building games and activities
- Weaknesses: none
- Action/Future Steps: continue this activity
- Activity: Health-related information during morning announcements
- Strengths: written and presented by Student Council, character education information presented
- Weaknesses: didn't continue all year
- Action/Future Steps: continue and do weekly
- Activity: Let's Move Activities
- Strengths: scheduled into teacher plans daily, uses technology such as Gonoodle.com, gives students "brain breaks" and makes exercise fun
- Weaknesses: did not do a school collaboration
- Action/Future Steps: continue and do more whole school activities
- Activity: Jump Ropes Provided to All Students
- Strengths: allows students to practice away from the classroom, promotes exercise at home
- Weaknesses: none
- Action/Future Steps: continue
- Activity: Fed Up Nutritional/Health Video
- Strengths: provided students with many facts and helped students understand what is going into their bodies
- Weaknesses: only for grades 3-5
- Action/Future Steps: show video and incorporate activities which go along with the video

- Activity: Reading & Research through nonfiction works
- Strengths: strengthens reading and research skills; provides health information in an age appropriate manner
- Weaknesses: Supplement to curriculum; time to complete may vary across grade levels
- Action/Future Steps: include nonfiction health magazines/books whenever possible
- Activity: Staff Participation in 100 Mile Club
- Strengths: easy activity to complete with no special equipment/requirement
- Weaknesses: needs more definite guidelines in respect to continuous active walking vs steps
- Action/Future Steps: need to have a midway program check to maintain motivation
- Activity: Health Awareness Guest Speaker – discussed germs, handwashing, safe touching, bike safety, healthy eating
- Strengths: hands on, age appropriate activity
- Weaknesses: needs to be a follow up or carried out over a period of time
- Action/Future Steps: the program has been scheduled again for next year
- Activity: Back Pack Wellness Food Program
- Strengths: It is a consistent program that provides nutrition for needed students over the weekend.
- Weaknesses: bags can be heavy to carry home; provided backpacks not returned; no guarantee child eats the food
- Action/Future Steps: continue with this program through the FUMC
- Activity: Hike to Fox Forest Trails
- Strengths: Provides students the opportunity to explore and exercise in a local trail system
- Weaknesses: It is only offered to third through fifth grade
- Action/Future Steps: We will be turning this event into a half day trip with DNR and Forestry employees teaching lessons on health, fitness, and outdoor recreational activities.
- Activity: Nutritional Calculator on Website
- *** Calculator not linked on website and not found on county website. PTO provides snacks for all parties to ensure guidelines are followed.

Midland Elementary

Wellness Report 2017-18

- **Activities:**

- Color Run 2K Walk/5K Run
- Health Education WVU Extension 4th and 5th grades
- Recess Walking Program
- Field Day (Grades K-5)
- 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 2017-18

Activities:

- *Grab and Go Breakfast
- *Character Education Program
- *Brain/ Movement breaks throughout the day
- *Staff running together after school
- *Student/Staff Fun Run
- *5th Grade Basketball
- *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
- *PEIA Health Screenings for Staff
- *Daily Menu for Lunch and Breakfast
- *Math Night
- *Dr. Seuss Night
- *Food Handlers Class
- *Child Advocacy Health and Safety Program
- *School Dental Program

Strengths:

- According to the SHI, it is felt that North Elementary School is near full compliance in Family and Community Involvement. School Health and Safety Policies and Environment at our elementary are considered at high quality.
- 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 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 started participating in a fun run 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 fun run year, walk 100 miles in 100 days, 10,000 step challenge, etc.

Updates for 2017-2018:

- **Our school has a School based clinic which provides services to students, parents and staff.**
- **Our school has a Running Club which had 67 members this year. The members included students, staff, parents and community members. We practiced three times a week and ate lunch together to build relationships among the group. The culminating activity was a 5K in May.**

Pickens School (K-12)

Wellness Report 2017-2018

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. Heart Association Jump Rope fund raiser.
11. Nutrition Program in Physical Education Class
12. Jazz performance
13. Hunters Safety Course
14. Students participated in community service
15. Elementary recess -daily

Strengths:

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

Weaknesses:

Health promotion for staff. Other than required screening from PEIA, screenings are not available at the school. County health fairs are not available to staff. 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 2017-18

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
- Choose Your Own Adventure Book Night
- Third Ward Basketball League Grades 4-5

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

2017-2018

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.