

Wellness Report by School **2015-2016**

Alternative Learning Center

Activities:

- Couch to 5K
- WI Fit
- Physical Education Class
- PEIA Screening for Staff
- Health Instruction
- Drug Awareness (Intervention)
- Youth Health Services
- Character Education
- Hygiene Lessons
- Free breakfast and lunch through our Nutrition Program

Strengths:

Flexibility in schedule to provide physical activity when needed. School nutrition program meets the needs of all the children who attend. Curriculum meets the physical, mental, emotional, and social needs of each student.

Weaknesses:

It is recommended a full time counselor be present at the school to meet the diverse needs of students.

Action/ Future Steps:

Offer courses from outside agencies that would include:

- Tobacco Cessation
- Drug Awareness
- Vision/Health Screenings
- Community Projects

Beverly Elementary

Activities:

- Halloween Hustle (5K run/walk) ~ School/Community Activity
- Go Noodle (Grades PK ~ 5)
- Exercise Activities on the PBS Channel (Grade 1)
- Working in the School Garden (Grades K-5)
- Working with the Extension Agent with lessons on seeds, plants & eating from our garden (Grades K-5)
- Field Trip to Charm Farm (Grade K)
- Weekly Nutrition lessons in classrooms with Extension Agent (Grades K-5)
- Simon Says Activities (Grade 3)
- Fun Moves Activities (Grade 3)
- Taking Care of Your Teeth Lessons (Grades K – 5)
- Drugs & Alcohol Lessons and How they harm your body (Grades 3 – 5)
- Planning and Planting the School Garden (Grades K, 1, 2)
- Kickball (Recess) (Grades 4 – 5)
- Speedball (Recess) (Grades 4-5)
- Football (Recess) (Grades 4 – 5)
- Moneyball (Recess) (Grades 4 – 5)
- Whiffleball (Recess) (Grades 4 – 5)
- WrinkleBall (Recess) (Grades 4 – 5)
- Golf (Putting ~ Recess) (Grade 5)
- 4 Square (Recess) (Grades 2 – 5)
- Classroom Olympics (5th Grade)
- Field Day (Grades K-5)
- Healthy Snacks at Parties and Global Studies 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 K students AND their families)
- School Bus Safety (PK – 5)
- Fire Prevention and Fire Safety Month (PK – 5) (Beverly Volunteer Fire Department)
- Cardiac Kids Project (Grade 5)
- Screening through Cardiac Kids Project (Grade 2)
- Summer Reading Program (Scholastic Summer Reading Challenge) ~ Visit by First Lady Tomblin
- Summer Reading Nights (Title I Funded)
- Summer Reading, Math, and Science Camps (Title I Funded)
- Body Works Activities (Health Curriculum) (Grades K-5)
- Folk Dancing (ArtsBank) (Grades K – 5)
- Morning Announcement Movement Activity (Dance the “Z’s Away”!) (Grades PK – 5)
- Folk Dancing (Grade 3)

- Recipient of Whole Kids Foundation Grant to construct a high tunnel to extend our vegetable growing season.
- PTO sponsored a Spring Walk-a-thon as a healthy way to raise money for our school.

Strengths:

- Community Support and Collaboration with our healthy activities initiatives (school garden, garden high tunnel, Halloween Hustle 5k Run/Walk, PTO Walk-a-thon).
- Teacher participation in healthy initiatives. Teachers involve students in health and fitness activities in the classrooms as well as school-wide activities.

Weaknesses:

- Promotion of family meal time and healthy eating/cooking. We started a family cooking class in the Spring of 2015 that was led by the Pro-Start program at Randolph Technical Center. Unfortunately, the family cooking class at Beverly was unable to be continued. We would like to explore the possibility of reviving the class during the 2016 – 2017 school year.
- Moving from Tier I to Tier II with our SW~PBIS cohort is still in process. We continue to look for assistance from the program coordinators at Marshall University.

Action/ Future Steps:

- Community and Family Involvement: We are in the process of seeking a culinary arts individual who will lead our Wildcat Cooking Classes for the 2016 – 2017 school year. This component of our gardening project was a huge success with 11 families attending the event during the 2016 – 2017 school year. Our next cooking class will focus on healthy casseroles and family meal time.
- Professional Development: During our beginning of the year Professional Development sessions, we will focus on the First 6 Weeks of School and “flooding” our students, parents and community with P.A.W.S. and the expectations that are established in our SW-PBIS Program.
- Healthy Lifestyles: During the 2016 – 2017 school year, we are seeking to once again sponsor the “Halloween Hustle 5k Run/Walk.” Additionally, we plan to complete the final construction steps remaining for our garden high tunnel and extend our growing season through December so that we are able to serve fresh vegetables on our school garden bar.

Coalton Elementary

Activities:

1. Healthy Holidays (Increase physical activity and nutritious food offerings at holiday parties.)
2. PEIA Pathways to Wellness / Community Zumba
3. Randolph County Kids Run

Strengths:

1. Healthy Holidays
 - Students and families now associate these activities with fun physical activities instead of with fattening foods.
2. PEIA Pathways to Wellness
 - We didn't get a PEIA Pathways to Wellness class started because we instead offered community zumba classes through Axis Training. We had almost 30 participants per night.
 - In addition, so many students began participating at zumba that Axis Training added in dance and gymnastic classes at our building for children in the community.
3. Randolph County Kids Run
 - This was offered for students in grades 3 – 5.
 - We also had 7 staff members , a bus driver and two community members participate in the training sessions.
 - In addition, parents of 3rd, 4th, and 5th grade students participated and also brought younger siblings.
 - On the day of the race, our school had the largest number of participants.

Weaknesses:

1. Healthy Holidays
 - We have difficulty getting enough help for these events as activities require more volunteers than just eating.
 - The 3rd, 4th, and 5th grade classes have transitioned away from and Easter Egg hunt and need to find other physical activities to replace it.
2. PEIA Pathways to Wellness / Community Zumba
 - With the lack of the levy, we will begin having to charge community organizations for use of the building. This may deter instructors and fitness groups from offering classes.
 - If we return to PEIA Pathways to Wellness, we need to find a coordinator, as I am unable to serve in this capacity.
3. Randolph County Kids Run
 - This was so highly successful that the only weakness would be that it didn't last long enough.

Action/ Future Steps:

1. Healthy Holidays
 - Find physical activities for the 3rd, 4th, and 5th grade classes to incorporate in their Easter celebrations.
2. PEIA Pathways to Wellness / Community Zumba

- Find a coordinator for PEIA Pathways to Wellness.
 - Find a funding solution to continue to offer community zumba classes.
3. Randolph County Kids Run
- Expand the program to both fall and spring.

Elkins High School

School Health Index Results:

The strengths identified within Elkins High School were a strong Physical Education and Health curriculum, along with increased opportunities for physical activity throughout the school day. The physical activity opportunities include more clubs offered with physical activity included, as well as a sound CSPAP, comprehensive school physical activity program. Areas that need improvement are opportunities for staff wellness. Our school needs to make a better effort for increased health/wellness/physical activity continuing education opportunities for staff. There also needs to be programs for staff members on physical activity and weight management to increase the health and wellness of all members of Elkins High School.

Activities:

- Smoothie Day – Health Classes
- After School Physical Activity Program
- Wellness Club
- Walking Club
- Drunk Driving Simulator for EHS students
- Before school walking activity
- Dance class (elective) - participated in a variety of multi-cultural dances
- Lifetime Physical Education (elective) - took field trips skiing, fly-fishing, and to the high ropes course.
- Grab and Go offered every day to students
- Army National Guard – Physical Activity Presentation

Strengths:

The Health and Physical Education program at Elkins High School is listed as high quality with the focus on CSPAP. 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 is also few programs for staff members to be involved in 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

Activities:

- Movement in the classroom. (Teachers are required to submit lesson plans with a movement activity.)
- Walking track
- Clubs
- Team Reward Days
- Band, Music, Choir
- Extra Curricular Athletic Teams

Strengths:

- Amount of activities
- Staff and student motivation

Weaknesses:

- Insufficient space for enough gym classes
- Not enough gym teachers
- Community involvement

Action/ Future Steps:

- Apply for alternate physical education plan.
- Professional development of classroom management.
- Using movement in the classroom for classroom management.

George Ward Elementary

School Health Index Results: Strengths identified (81%-100%) were School Health and Safety Policies and Environment, Health Education, Physical Education, and School Health Services. Needs identified (41%60%) were Health Promotion for Staff, and Family and Community Involvement.

Activities:

Students engaged in walking/running program "Mighty Milers" during the 2015-2016 school year.

Hand Washing Program through WVU for grades PK-2

Good Touch, Bad Touch Program through Family Resource Center for grades PK-1

Nutrition Classes provided by WVU for grades 3-5

ATV safety class for grade 5

Character Counts Program

Olympic Field Day

PEIA Screening for Staff

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 another 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

Activities:

- Clubs to promote physical fitness
- After school nutrition program
- Health/Vision/Dental Screening
- PEIA information for staff
- Cardiac Program (Grade 5)
- Health Instruction
- Field Day
- Class Softball Tournament (6-12)
- Let's move activities
- Run For It
- Grab and Go
- Nutritional Content Posters
- Recess
- Lunch time sports
- After school Dance
- Morning Walk in the gym

Strengths:

- Several opportunities for students to be active throughout the school day

Weaknesses:

- Low participation in the cardiac project
- More after school activities for students in elementary grades

Action/ Future Steps:

- Encourage students/families to participate in cardiac project by disseminating more information about the benefit of the program to both students and families.
- Work with PTSO and parent volunteers to provide additional afterschool activities to students

Invite teachers to walk in the gym after school.

Homestead Elementary

Activities:

- Wellness Team
- Essential topics on physical activity
- Essential topics on healthy eating
- Community physical activities (Zumba & Walking Trail)
- Intramural Programs (basketball teams)
- Brain Breaks
- Health Education WVU Extension
- PE Instruction PK-5 (WV CSO)
- Cardiac Kids Project (5th)
- Vision Screening
- Character Education Program: Character Counts!
- Daily Menu Sign in Cafeteria (Lunch)
- Back to School Night
- Outdoor Education
- End of Testing Celebration (3-5)
- Kids Day at the Park (MSFF)
- Randolph County Kids Run

- School Carnival
- Field Trips (Clay Center 2-5 & Game Farm K-1)
- Book Walk
- Let's Move! WV School
- Field Day (K-5)
- PBIS Reward & Awards Ceremony
- Health Instruction Grades PK-5
- Outdoor Education for 5th grade
- After-School Tutoring and Snack Program
- Flu Shots for Staff

Strengths:

- 78% Breakfast Participation
- 76% Lunch Participation
- Character Counts Education Program

Weaknesses:

- Community Involvement
- Community Service Programs (i.e. Relay for Life, Jump Rope for Heart, etc.)
- Health Promotion for Staff (more involved)

Action/ Future Steps:

- Have staff participate in PEIA's Pathways to Wellness Program
- Have Walking Trail Awards Program

Jennings Randolph Elementary School

Activities:

- Health/Vision/Hearing Screenings
- On-Site Health Clinic – Mondays and Thursdays
- Jump Rope for Heart
- Kids Run Club for Girls and Boys
- Back Pack Weekend Food Program
- Health Instruction/WV Content Standards Grades K-5
- Cardiac Kids Project (Grades 2, 5)
- Character Education School Program: Bucket Fillers
- Move Up Day – Grades K-4

- Grade 5 to EMS Move Up Day
- Special Education Grade 5 to EMS Move Up Activity
- PreK/Youth Health Visits to Kindergarten: Buddy Program
- Whole School Buddy Classes (younger grade paired with older grade all year)
- Field Day PreK
- Field Day Grades K-5
- Let's Move - Classroom Brain Break Activities – daily
- WV Extension Agent Safety/Safe Touching
- Germ Awareness Grades K-1
- Batman – Anti Bullying Program
- Addition of Nutrition Calculator to school website
- Mile Club – school-based walking recognition

Strengths:

- Based upon lesson plan documentation, the classrooms provide movement opportunities for students throughout the day. GoNoodle.com, whole school Movement Breaks and lessons which integrate movement are noted.
- Based upon scheduled activities, the school provides students with a variety of opportunities for health and physical education knowledge and implementation – guest speakers, new health materials, physical education five days a week
- With the addition of the school health clinic, school health services are a strength.

Weaknesses:

- The school did not participate in any staff-based wellness activities this year

Action/ Future Steps:

- Increase student exposure to dances in an effort to carry over outside of the school environment
- Introduce and education staff on use of various health related apps (Anatomy 4D, etc.)
- Increase staff involvement in personal wellness activities
- Beginning with 2016-17 school year, begin morning fitness activities in multi-purpose room (jump rope, dance, walking)

Midland Elementary School

Activities:

- Health/Vision/Hearing Screenings
- On-Site Health Clinic – Mondays and Thursdays
- Jump Rope for Heart
- Kids Run Club for Girls and Boys

- Back Pack Weekend Food Program
- Health Instruction/WV Content Standards Grades K-5
- Cardiac Kids Project (Grades 2, 5)
- Character Education School Program: Bucket Fillers
- Move Up Day – Grades K-4
- Grade 5 to EMS Move Up Day
- Special Education Grade 5 to EMS Move Up Activity
- PreK/Youth Health Visits to Kindergarten: Buddy Program
- Whole School Buddy Classes (younger grade paired with older grade all year)
- Field Day PreK
- Field Day Grades K-5
- Let's Move - Classroom Brain Break Activities – daily
- WV Extension Agent Safety/Safe Touching
- Germ Awareness Grades K-1
- Batman – Anti Bullying Program
- Addition of Nutrition Calculator to school website
- Mile Club – school-based walking recognition

Strengths:

- Based upon lesson plan documentation, the classrooms provide movement opportunities for students throughout the day. GoNoodle.com, whole school Movement Breaks and lessons which integrate movement are noted.
- Based upon scheduled activities, the school provides students with a variety of opportunities for health and physical education knowledge and implementation – guest speakers, new health materials, physical education five days a week
- With the addition of the school health clinic, school health services are a strength.

Weaknesses:

- The school did not participate in any staff-based wellness activities this year.

Action/ Future Steps:

- Increase student exposure to dances in an effort to carry over outside of the school environment
- Introduce and education staff on use of various health related apps (Anatomy 4D, etc.)
- Increase staff involvement in personal wellness activities
- Beginning with 2016-17 school year, begin morning fitness activities in multi-purpose room (jump rope, dance, walking)

North Elementary

Activities:

- Daily Menu for Cafeteria
- Grab and Go Breakfast
- Character Education Program
- Brain/Movement breaks throughout the day
- Staff running together after school
- Health Education Class/ WV Extension Office
- Cardia Kid Project Grade 5
- Health Instruction Grades K-5
- End of the year Field Day activities
- PK Health and Safety Review
- Food Handlers Class
- Child Advocacy Health and Safety Program

Strengths:

Our school- staff, parents, and students- enjoy working together to provide fun and healthy activities for everyone. The students in our building are continually encouraged to make healthy decisions, emotionally and physically.

Weaknesses:

The staff often becomes very busy n providing for the students that they neglect their own health issues.

Action/ Future Steps:

- To promote more involvement in staff health and wellness activities
- To provide staff opportunities to obtain continuing education in health and wellness

Pickens School

Activities:

- Field Day K-12
- Fuel Up to Play 60- Physical and Health
- Walkathon
- Daily menu sign for the cafeteria
- Let's Move
- Running Club

- Vision Screening
- PEIA Health Screening
- Activity time- morning and afternoon
- Running Club
- Annual Alumni Basketball games
- Community, Public, staff and students use of walking track throughout the year
- Young life activities

Strengths: Activities promoting student to make healthy choices have been implemented throughout the school year. Example are suicide prevention, alcohol literacy and many other informative assemblies. A cross county track team has been added at Pickens School this year for grades 6-12. In addition Pickens School also received a Play 60 grant and a running club grant that provided equipment and supported activities such as a field trip to an organic dairy farm.

Weaknesses: Health promotion for staff. Other than required screening from PEIA, screenings are not available at the school Due to scheduling with archery and track, the gym is used every day after school which allows little time for staff to exercise especially during the winter.

Action/ Future Steps: Staff are encouraged to take part in activities throughout the school year. Activities such as a walkathon, running club and field day are all activities in which staff can participate. If possible a time can be set for a weekly family activity night.

Randolph Technical Center

Activities:

- Health Fair
- Vital Signs Clinic
- Health Science Education
- PEIA Pathways to Wellness activities for staff

Strengths:

- Health Education

Weaknesses:

- Health promotion for staff is another noted weakness. The school does have health screening 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:

- Start a walking group for clubs (students and teachers)
- Find non-food activities to use as rewards
- Continue to encourage staff to participate in PEIA Pathway to wellness program
- Set up fitness classes through PEIA or as a part of the Adult Community Education Program

Third Ward Elementary School

School Health Index Results:

Strengths identified (85%-100%) were Family and Community Involvement, School Health and Safety Policies and Environment, Health Education, Physical Education, Nutrition Services, School Health Services, and School Counseling. Our need that was identified with a medium score range (57%) was Health Promotion for Staff.

Activities:

- Health Education Class/WVU Extension Office Grades 3-4
- 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 Bingo Night
- Book Walk Night
- Bedtime Stories Night
- Let's Move! WV – Grant Activities

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.

Action/ Future Steps:

- This area is a real concern for our staff. We are collaborating as a staff to identify some ideas to solve this weakness. It is very important for our staff to feel ownership over their own wellness first, and then they will want to continue with the students. Topics to be discussed are: eating healthy, healthy choices, exercising, tobacco use, and stress management.

Tygart's Valley Middle High School

Activities:

- Students walk the halls every morning for 20 minutes before advisor
- Archery Club
- Walking Club
- Relay for life Basketball Tourney
- PBS reward days that include afternoons at the park, inflatable bounce houses, tubing and other physical activities.
- Woman's Aid and Crisis workshop
- Character Under Construction Workshop
- Menu sign in the cafeteria
- After school snack program for athletes
- Grab and Go breakfast for all students
- Summer School Classes
- Health instruction 6-10
- Physical Education 6-10
- PEIA health screening for staff

Strengths:

According to the SHI, TVHS/MS scored the highest in the modules of Family and Community Involvement (3 of 3) and Health Education (5 of 6).

Weaknesses:

According to the SHI, our school the modules with the lowest scores are Physical Education (7 of 11) and Nutrition Services (5 of 8).

Action/ Future Steps:

There are a few things that we can do to ensure the health and wellness of our staff and students.

- Give more opportunities for the community to be involved in physical activities.
- Give students time in classrooms to have some type of physical activity.
- Offer more physical activity classes throughout the year.
- Staff development on health and wellness.

Valley Head Elementary

Activities:

- Exercise before breakfast
- 45 minutes of PE at least 3 times per week
- 30 minutes of recess daily
- WVU Extension Services nutrition and gardening program
- Health Instruction Grades K-5
- PEIA Health Screening for staff
- Field Day
- Family Fun Nights
- Daily Menu Sign for Cafeteria
- Proper Hand Washing Procedures
- Tooth Brush Distribution
- Hygiene Product Distribution

Strengths:

- Physical activity time
- WVU gardening program activities

Weaknesses:

- Getting students to eat more fresh vegetables at lunch.

Action/ Future Steps:

- Increasing the number of students who try fresh vegetables during lunch.
- Educating parents and students on the importance of eating fresh vegetables as a snack instead of the chips, cookies, etc.