

2021-2022 OHIO COUNTY SCHOOL WELLNESS REPORT

School	Date	Activity	# Attending	Instructor
Bethlehem	Aug-Dec	Development Guidance/Self-concept/self-esteem/coping skills, etc.	122 (K-5)	Gretchen Gill
	10-7-21	Fire Prevention/Home Safety/Activities with Wheeling Fire Dept.	100 (K-5)	Wheeling FD
	10-25-10-29-21	Red Ribbon Week/Drug Safety Prevention/Substances abuse prevention activities	100 (K-5)	Gretchen Gill/Classroom Teachers
	10-27-21	Buster Bus Safety/Bus Safety Rules	65 (PK-2)	OC Transportation Dept.
	12-14-21	YWCA/Hands are not for Hitting/Good Touch/Bad Touch Habits	60 (K-2)	Michelle Harriman/YWCA
	1-14-22	Dental Screening/Oral Health Promotion	60 (K-2)	OCS/WLU Dental Hygiene Dept.
	2-22-22	Global Play Day/Wellness & PE Activities at WLU	60 (K-2)	WLU PE Department
	4-12-22	5 th Grade D.A.R.E. Graduation	11 (5 th)	PRO Officer/Teacher
	5-18-22	Project Kind/Character Education Lessons	60 (K-2)	Gretchen Gill
BSMS	Year	Students presented water bottles for hydration	373 (6-8)	Rick Thomas
	3-16-22	Wellness Fair/30 minute session/wellness/health information	135	Britany Rose
	4-7-22	7 th Inning Stretch/Hit whiffle balls	310 (6-8)	Jessica Birch/Karin Butyn
	4-7-22	Family Engagement Night/Spring into Fitness/Jazzercise/Yoga	16	Karin Butyn
	5-17-22	Grade Get a Life/Life Lesson/Budgeting Money	93 (7-8)	Stephanie O'Donnell
	5-19-22	Grade/Color Run for Fun/Run or Walk 2 laps around athletic field	290 (6)	Shawna Safreed
	5-24-22	PBIS Picnic/Inflatable Obstacle course/Velcro Axe Throwing/Gladiator	170	Jessica Birch/Karin Butyn
Elm Grove	Year	GoNoodle/Students follow music movements for "Brain Break"	34	S. Ramsey
	Year	Calendar/Reading/Alphabet/Math Songs/Students move/sing	54 (K)	C.Williams/K.Perkins/E.Conaway
	Year	Fitness Runs/3 times a week/running/dodging/jumping activities	1 (3)	Jennifer Scarnecchia
	Year	Yoga/morning meditation	20 (1-5)	Heather Hines
	Year	Weekly Lessons/physical/motor skills/fitness activity	300	Shaun Black
	Year	Project Kind/sharing/no bullying/friendship/kindness	(K-5)	K-2 Teachers/Counselors
	Year	Healthy Fruits & Vegetables/Tuesday & Thursday/tasting	394 (K-5)	Staff
		Your Growing Body/lesson on how & why their bodies are changing	300	Shaun Black
		Caring for Your Body & Teeth/lessons on caring for teeth/skin/nails/hair/eyes/ears	300	Shaun Black

2021-2022 OHIO COUNTY SCHOOL WELLNESS REPORT

EG (cont.)		Keeping Fit & Active/lesson on physical fitness/importance of sleep	300	Shaun Black
		Kids Heart Challenge/jumping rope skills	300	Shaun Black
		Health/Life Skills/Good Character/how to stay healthy/manage stress	300	Shaun Black
		Mental Health/students viewed a video on coping with stress/feeling	300	Shaun Black
		Staying Well/preventing illness	300	Shaun Black
		5 Fabulous Food Groups/video viewed on the food groups	300	Shaun Black
	3-24-22	Schrader Center/Nature Walk/Walking wooded are at Oglebay Park	14	Lynne Clemont
	4-4-22	Healthy Choices/students made shopping list/discussed different food/healthy choices	15 (2)	Summer Timbs
	5-27-22	Field Day/obstacle courses/relay races/lawn games	394 (K-5)	Staff/Students/Volunteers
Madison	Year	Daily morning & closing motion songs	21 (K)	Eileen Gilmore
	Year	Go Noodle	30	Melanie Riddle
	Year	Breathing Exercise & dance video	18-22 (1)	Chelsea Jordan
	Year	Adopt A Cow/virtual tour of a farm	22 (1)	Chelsea Jordan
	9-7 to 10-29-21	Student Self-Regulation & Mindfulness/students were taught to be successful by using PBIS Program/sensory walk	92 (2-5)	Watt
	10-14-21	Nature walk	14 (PK)	Lisa Armstrong
	10-19-21	Bones, Bones, Bones/guided dance to identify major bones	11	Eleanor White
	10-19-21	Sunflower Pulling/outside cleaning up sunflowers	34 (5)	Jeanne Schroeder
	11-15 to 11-17-21	Vision Screening	122 (1,3,5)	Jodie Jordan, RN
	11-16-21	Yoga	5 (TK)	Miss Amber
	12-15-21	Height/Weight Screening	2 nd grade	Jodie Jordan, RN
	3-14-22	Dino write the Room/students walked in classroom for words beginning with Longneck or Raptor	9 (TK)	Miss Amber
	3-15-22	Yoga Animal Dances	9 (TK)	Miss Amber
	3-21-22	Fruit & Veggie Map/Map from where food comes from	16 (4)	Melanie Riddle

2021-2022 OHIO COUNTY SCHOOL WELLNESS REPORT

MC	Year	Too Good for Drugs/Curriculum for Health Choices	224	Pam Fazzini
	Year	Mindfulness/Yoga	255	Nikki Kiger
	Year	Grades/Presidential Fitness/Monitor Fitness	(4-5)	Robb Bauer
	February	Jump Rope for Heart/Competition to promote heart health	255	Robb Bauer
	4-5-22	Dental Health Lesson/WLU presented dental health information	255	Katrina Lewis
Ritchie	Year	Brain Break Bag/Alphabetic Exercise Activity	15	Elaine Sedilko
	Year	Move/Sing to Videos	115 (K-2)	Heather Williams
	Year	Brain Break/Go Noodle 15-25 minutes daily	10 (3-5)	Cori Erbacher/Heather McFadden
	Year	Sensory Room Recess/Swing/Trampoline/Scooters/Draw/Build	3	Cori Erbacher
	1-3-22	Cosmic Kids Yoga	11 (PK)	Desiree Scaggs
	1-6-22	Would You Rather Youtube Workout	16 (4)	Mrs. White
	1-11-22	Would You Rather Fun Fitness	17 (3)	Jessica Bartemes (Cox)
	1-14-22	Sensory Day/Swing/Trampoline/Go Noodle	2	Mia Huck
	February	Wellness Wednesday/My Food Plate/Nutritional Information/Fitness	300	Shannon Gessler
	Year	Water Bottle Wednesday/Hydration	300	Shannon Gessler
	2-9-22	Go Noodle/Walk/Jog in place	17 (1)	Elaine Sedilko
Ritchie	2-16-22	Wellness Wednesday/Workout Video	300 (K-5)	Shannon Gessler
	2-19-22	100 Day Exercises/Various Exercises	6 (K)	Julie Daily
	2-22-22	Monster 7 Minute Workout/Squats/Crunches/Windmills	11 (3)	Mrs. Woodyear
	2-26-22	Action Word Movement/Actions w/verbs/Jump/Stomp	13 (1)	Shannon Gessler
	3-1/3-5	Brain Break Letter Tokens/Movement to activity on token	15 (1)	Elaine Sedilko
	4-20-22	Exercise Dice/15 minutes	11 (5)	Jessica Cox
	4-23-22	Flying Bird Kites/Ran outside w/kites	14 (1)	Elaine Sedilko
	4-27-22	Cha-Cha Slide	17 (4)	Julie Loy
Steenrod	Year	Music & Movement/song & educational exercises	40 (K)	Kuhns & Schmitt
	Year	Go Noodle & PE Chase/music & movement time	93 (PK-2)	Teachers
	Year	Extra Recess	83 (K,2)	Kuhns/Schmitt/

2021-2022 OHIO COUNTY SCHOOL WELLNESS REPORT

Steenrod (cont.)	Year	Yoga	157 (PK,1,2,3,5)	Nikki Kiger
	12-2-21	Beyond the Classroom/students worked with WPHS students on games & activities in WLU gym.	60 (3)	Meredith Dailer
	12-13 to 12-21-21	"Be Kind" board for students to do 4 kind things then talk about the good feeling from being kind	24 (4)	Heidi Hohman
	Jan-May	Grow Station-Green Team/students learn plan propagation	25 (5)	Joanne VanHorn
	4-2022	Dental Health Presentation to promote good dental health	170 (PK,3-5)	Dental Hygienist from WLU
	4-15-22	Dance-A-Thon	300 (PK-5)	
	April- May 2022	Running-Walking Club/students walked or ran 2 miles every Monday & Wednesday in the adjacent cemetery.	20 (5)	Railing/VanHorn
	April- May 2022	Heart rate monitors were introduced to running-walking club members	25 (5)	Railing/VanHorn
	5-9-22	Hygiene Talk to students	45 (5)	Crystal Law-Nurse
	5-6-22	Walking Field Trip to Wheeling Park	40 (K)	Kuhns/Schmitt
	5-9-22	200 Field Trip movement	40 (K)	Kuhns/Schmitt
	5-24-22	Fun Field Day	45 (5)	PTA
	5-25-22	Adventure Camp at GrandVue Park	45 (5)	Railing/Anderson
TMS				
Warwood	Year	Wellness Workplace/Students plan healthy snacks/activities	40 (6-8)	Ellen Nau
	October	Red Ribbon Week/drug awareness & prevention	550 (PK-8)	Melody Poling
	10-29-21	Fall Festival/fall themed activities/exercises	350	Christa Miller
	11-12-21	Health/Wellness Fair/reducing stress/drug prevention	200 (6-8)	O CFRN
	11-18-21	Faculty vs Student Volleyball Fundraiser	50 (8)	Sarah Fisher
	February	Jump Rope for Heart Assembly	170 (1-4)	Christa Miller
	2-10-22	100 Exercises for 100 Days	150 (PK-2)	Christa Miller
	3-1/3-3	Vision/dental screenings	150 (1-3 &5)	Melissa Soltesz
	March	Bowling/Dance Party	300 (K-5)	Amanda Finley

2021-2022 OHIO COUNTY SCHOOL WELLNESS REPORT

WW (cont.)	4-7-22	Dental Lessons/assessment/WLU presented dental lessons	350 (PK-5)	Courtney Huffman
	5-4-22	Nutrition Tour/Gardening/Digestive Lesson/tour of Kroger	40 (2)	Matt Rafa
	5-27-22	Field Day/Relays/Kickball, etc.	330 (TK-5)	Melody Poling
WL	9-29-21	Dental Exams completed on each student	122 (K-5)	Melissa Soltesz/Dental Hygienist
	10-21	WLU Cooking Club/students learned to cook healthy foods	50 (K-5)	WLU Students
	10-28-21	Halloween Parade/students had a parade to and from WLU	115 (PK-5)	Gretchen Gill
	10-25 to 10-29	Red Ribbon Week/students participated in theme days & learned how to make healthy choices	100 (K-5)	Gretchen Gill
	12-7 to 12-9	Vision screenings were completed on students	51 (1,3,5)	Melissa Soltesz
	12-9-21	Height & Weight screening completed on students	20 (2)	Melissa Soltesz
	12-13-21	Cyberbullying was discussed with students by Deputy DJ Drahos	60 (3-5)	DJ Drahos
	12-13-21	Hands are not for Hitting by Michelle Harriman from WYCA	30 (K-2)	Michelle Harriman
	2-28-22 to 3-4-22	Dental Cleanings at WLU/students with parental permission walked to and from WLU for teeth cleaning	50 (PK-5)	WLU Dental Department
	2-2-22	Global Day of Play/students with parental permission walked to WLU to participate in physical activity and play stations	108 (PK-5)	Stacy Dietz
	4-27-22	Zumba/students participated in Zumba for Student Appreciation Week	98 (K-5)	Gretchen Gill
	5-9-22	Field Trip to YMCA/students participated in swimming and field day activities at the YMCA	50 (3-5)	Gretchen Gill
	5-25-22	Field to Bowling Alley/students went bowling at the St. Clair Lanes	32 (203)	Stephanie Ferguson
	5-26-22	Students went to the Sock Park in PA for play activities	11 (5)	Amanda Shinsky
	5-27-22	Field Day/physical activity stations and bounce houses	108 (K-5)	Stacy Dietz
WMS	Year	Life Skills Class	50	Heather Simonetti
	Year	Adapted PE	30	
	9-21	Dangers of Sexting	200 (6-8)	Heather Simonetti
	10-21	Yoga	100	Heather Simonetti

2021-2022 OHIO COUNTY SCHOOL WELLNESS REPORT

WMS (cont.)	11-21	Prescription Pill Danger	200 (6-8)	WVU Pharmacy Students
	2-22	Ice Skating at Wheeling Park	175 (6-8)	Heather Simonetti/Staff
	4-22	Dental Hygiene Screening	70 (7)	WLU Dental Hygiene Students
WPHS		Nutrition Presentation by Jill Spangler, RD-Reynolds Memorial Hospital	25	Jill Spangler, RD
		Strategies to decrease stress/breathing techniques to reduce stress	10	Nikki Kiger, PT
		Teacher Wellness/Nutrition Presentation-Jen Hempelmann/Yoga-Jill Spangler/2 YMCA giveaways	15-20	Jen Hempelmann/Jill Spangler/Audrey Abraham
		Biggest Loser/8 week weight loss contest	20	Audrey Abraham/Kylie Updegraff
		Food Meal Prep for after school activity	15	Jill Hillberry/Audrey Abraham
		Body Safety Training	1,300	Audrey Abraham
		Mental Health Awareness weekly videos	1,500	Dr. Jill Maloney
Woodsdale		Jazzercise Class	15 (Staff)	Rebecca Broadwater
	10-14-22	9 Weeks Reward Obstacle Course/balance, coordination, motor skills, agility exercises.	(K-5)	Ally Kangisser
	March-May	Weekly Intramurals	60 (5)	Mr. Tennant
	4-1-22	Mental Health Fair/Outreach Programs/Fire Safety/Poison Control/Substance Abuse	K-5	Ally Kangisser/Teachers/Surrounding Outreach Programs
	5-25-22	Field Day/Inflatables/Carnival Games	K-5	Teachers/PTO