

## **Ohio County Schools**

### School Wellness Summary Report

School Year 2019-2020

#### **Bethlehem Elementary School (K-5)**

- August – March; 120 participated in Nutrition Goes to School weekly with guest speaker.
- September 8; 65 girls participated in Girl Scout guest speaker presentation.
- September 9; 120 participated in Grow Ohio Valley while learning health & wellness.
- September 12; 130 participated in Emergency Evacuation Drill
- September 16; 120 participated in Character Education with Guidance/Feelings & Mindset in which kindergarten students covered lessons on feelings & expressing emotions. 1-5 covered lesson on growth mindset.
- October 4; 120 participated in Pink Out/Breast Cancer Awareness by dressing in pink, purchasing pink items and donating the proceeds.
- October 7; 65 K-2 students participated in Buster the Bus presented by OCS Transportation Department regarding safety rules, regulations and laws.
- October 14; 130 participated in National School Lunch Week.
- October 28 thru November 1; 120 participated in Red Ribbon Week by attending a variety of drug, alcohol and substance abuse awareness speeches.
- November 19; 120 were rewarded for good behavior by attending a Wheeling Nailers Hockey Game.
- December 17; 50 students grades 3-5 participated in the Elk's Lodge Hoop Shoot Contest
- January 8; 120 participated in Brag Tag Assembly where they are rewarded for positive behavior for making good choices.
- February 5; 120 attended Global School Play Day at WLU which includes a variety of physical activity and games.
- March 13; 50 students grades 1-3 participated in Rock & Roll Nutrition which they exercised to music while learning about good nutrition, health and wellness.

#### **Bridge Street Middle School (6-8)**

- August 2019-February 2020; BSMS offers healthy alternative snacks for purchase at the concessions.
- August 2019 – March 13, COVID-19; 300 students participated in the “BSMS Morning Walk” every morning in the gymnasium.
- August 2019 – March 2020; 15-22 participated in Gardening Class.
- August 13; 175 sixth grade students, parents & staff participated in Back to School “Open House”.

- August 28; 104 students participated in a computer based program IMPACT Testing to establish a baseline for head injury.
- September 23-26; 95 sixth grade students participated in REAP, which is an outdoor science experience where student walk, explore creeks and field in Oglebay Park while learning about nature outside of their traditional classroom.
- September 28; 500 BSMS Community members participated in Alzheimer's Walk.
- October 17; 135 students participated in Relay for Life walk.
- November 2; 500 BSMS Community hosted the Veteran's Run/Walk.
- November 14; 247 BSMS students earned the opportunity to attend a Wheeling Nailers Hockey Game.
- November 19; 25 Spanish students participated in educational relay race referencing Spanish phrases from Spanish songs.
- December 19; 313 students participated in BSMS Holiday activities which included ornament decorating & watching Christmas movies.
- January 10; 273 BSMS SOAR students earned the opportunity to go ice skating at Wheeling Park.
- March 12; 195 students earned the opportunity to go bowling at St. Clairsville Bowling Lanes.

### **Elm Grove Elementary (K-5)**

- August 2018-June 2019; 394 students/staff participated in JAM Let's move West Virginia every morning.
- August 2018-June 2019; 44 students/staff participate in Go Noodle activity on line physical activity every day.
- August 2018 to May 2019; 300 students performing stretching and aerobic excises daily.
- August 2018 to May 2019; 394 students receive counseling lessons on coping and adaptability skills for everyday life.
- August 2018-May 2019; 340 students individually or in a group setting attend social/emotion health informational class.
- August 2018-May 2019; 54/4<sup>th</sup> grade students every month/every other week attend Character Development Lesson to learn to manage stress, meditation, etc.
- August 2018-May 2019; 394 staff/students participate in Adventure to Fitness in which a healthy snack on Tuesday and Thursday is served after a fitness activity.
- August 2018 to May 2019; 60 Kindergarten students participate in Cosmic Yoga.
- August 2018 to May 2019; 18 K to 2<sup>nd</sup> Special Education students participate in YouTube Music/movement videos.

- August 2018 to May 2019; 44 3<sup>rd</sup> grade students participate in movement while learning.
- October 2018; 394 students participated in Time to Read Reward where students play kickball with all other students who also read a lot during the months.
- August 2018-June 2019; 394 students are encouraged to try a fruit and or vegetable they have never tried before for a taste of healthy food for the Healthy Fruits and Vegetables Grant.
- Every nine weeks; 394 students attended Social Dances (4 per year) by dancing to music to celebrate their attendance during the school year.
- October 2018; 394 students/staff had one half hour to walk a mile for Healthy Kids Walk – Y.M.C.A.
- October 2018; 394 students had a Camp Read-A-Lot set-up with academic and physical activities, ate healthy snacks and sang around the campfire.
- October 2018; 394 students/staff walked one mile after lunch.
- October 2018; 400 participated in Breast Cancer Awareness Week.
- November 2018; 394 students, families and staff took donations for raise money for Diabetic Awareness Week. All attending learned how to live a healthy life while being a diabetic.
- December 2018; 394 students participated in Time to Read Reward by receiving rewards to practice basketball skills in the gym at the Y.M.C.A. facilitated by Y.M.C.A. instructors.
- January 2019; 392 participated in Time to Read Reward Fieldtrip to WesBanco Arena for The Wheeling Nailers Hockey Game.
- January 2019; 140 3<sup>rd</sup> thru 5<sup>th</sup> grade students jumped rope completing eight stations for Healthy Heart Challenge
- February and March 2019; 394 students participated in Jump Rose for Heart by collection contributions for the American Heart Association and jumping rope during gym class.
- March 2019; 394 students attended Time to Read Reward with Staff and guest speakers with the Pittsburgh Pirates.
- March 2019; 160 PK thru 2<sup>nd</sup> grade students danced to music instructing proper physical and dental hygiene.
- April 2019; 60 student/staff members attended Family Involvement Night, which included incorporating yoga and mindfulness in the art of coping skills.
- May 2019; 400 students/staff went to the Oglebay Good Zoo for the end of the year field trip.

### **Madison Elementary School**

- August 2018-June 2019; 16 students participate in Multiplication Knockout where they run to answer multiplication problems.
- August 2018-June 2019/once a week; 48 participate in Multiplication Madness where students answer multiplication problem and do a specific movement per the product.
- October 2018-January 2019; 16 students participated in Educate 2B-Mindfulness where students practice different mindfulness exercises, such as breathing, meditation, etc.
- August 2018-May 2019; 12 students have a wellness meeting where they discuss different wellness activities for the school.
- January 14 and January 23 2019; 20 participated in Cosmic Yoga for a 10-minute session after lunch.
- January 14, 2019; 20 participated in Lettercise/Exercise with numbers by jumping rope, jumping jacks while reciting the alphabet.
- March 11, 2019; 15 participated in Scoot in which students travel around the room to solve different math facts.

### **Middle Creek Elementary School**

- August 26; 285 participated in Grow Ohio Valley which included lessons on nutrition and growing fresh produce.
- October 23; 140 participated in Buster Bus which is bus safety lesson presented by Ohio County Schools Transportation Department.
- February 5-February 14; 225 participated in Jump Rose for Heart.
- March 13; 130 participated in Jump with Jill which transforms anthems into a live concert.

### **Ritchie Elementary School**

- August 2019-March 2020; 241 students participated in GoNoodle Brain Break daily/weekly Yoga, breathing techniques, stretch to music, spelling word squats writing walks, Haiku hike, and balance balls.
- March 2020; 125 students attended "Jump with Jill", an educational nutritional show.

## **Steenrod Elementary School**

- August 2019-March 2020; several students, all grades participated in Yoga daily.
- August 2019-March 2020; 40 kindergarten students participated in Music and Movement daily for 30 minutes.
- August 2019-March 2020; grades 2 and 3 participated in Body Safety Lesson presented by the School Counselor.
- September, October, and December 2019; 28 first graders participated in Grow Ohio Valley, Fire Safety, GoNoodle and Yoga.
- August 2019-March 2020; 41 4<sup>th</sup> grade students participated in Yoga every Tuesday for 40 minutes, presented by Heidi Hohman and Nikki Kiger.
- August 2019-March 2020; 10/5<sup>th</sup> grade students participated in Yoga every Monday presented by Nikki Kiger.
- August 2019-March 2020; 53/5<sup>th</sup> grade students participated in the D.A.R.E. class which was instructed by Deputy John Haglock.
- August 2019-March 2020; 53/5<sup>th</sup> grade students attended a Body Safety video on appropriate touching.
- August 2019-March 2020; 53/5<sup>th</sup> grade students participated in Reward Recess every Friday.
- August 2019-March 2020; 23/2<sup>nd</sup> grade students participated daily or weekly in Mindful Movement, Extra Recess, or GoNoodle instructed by Jenna Daugherty.
- September 2019-March 2020; 42/Kindergarten students participated weekly in Mindful Movement, which included mindful breathing exercising, followed by Yoga flow and dancing, and then meditation.
- September 2019-March 2020; 280 participated two times a week with the school Counselor in Development Guidance.
- September 2019-March 2020; 128/2<sup>nd</sup>, 3<sup>rd</sup>, & 4<sup>th</sup> grades participated in Nutrition Goes to School in conjunction with Howard Long Wellness Center.
- December 2019; 35 Steenrod staff participated in Intro to Sexual Abuse Awareness which was a video module discussing signs to look for and recognized sexual abuse.
- December 2019; Green Team participated in the Ohio River Art Sweep Contest.
- January 2020-March 2020; 4<sup>th</sup> & 5<sup>th</sup> grade students participated in Second Step-Child Protection Unit which included teaching ways to stay safe, identifying dangerous situations, and how to get help regarding body safety.
- March 2020; Steenrod Green Team created a poster for the 50<sup>th</sup> Birthday of Earth Day.

## **Triadelphia Middle School**

- August 2018-May 2019; 120 students go to the gymnasium or outside to play sports, games, and engage in physical activity during enrichment class one day a week.
- August 2018-May 2019 (daily during warm months); 400 participate in recess after lunch.
- December 2018; 25 staff engaged in a Badminton Tournament.
- January 2019; signs were placed in student restrooms on the proper hand washing.
- February 2019; 160 participated in Pink Out for breast cancer awareness to have a free play outside period.
- March 2019; 100 participated in Ultimate Sponge Ball Tournament.
- May 2019; 75 participated in 8<sup>th</sup> Grade Mat Ball Tournament.
- May 2019; 120 participated in Create Your Own Solutions for Climate Change.
- March 2018; The Green Building Alliance Grant afforded installation of a water fountain in the gym.
- May 2019; 200 students attended Field Day reward by participating in a variety of outdoor fun activities for the afternoon.

## **Warwood School**

- August 2019-May 2020; 296 participate in SAIL which represents Safe, Accountable, Independent Learners.
- September 2019-March 2020; 267 Kindergarten-5 grade participated in Character Lessons presented by Heather Lewis and Rhea Rodgers.
- September 3; 260 visited the Mobile Market discussing/tasting different vegetables.
- September 23-24 75 students visited Grow Ohio Valley to learn gardening.
- September 27; 225 participated in Health and Wellness Fair.
- October 2019-January 2020; 200 participated in PBIS Reward-Bowling Dance Party as Positive Behavior Support System.
- October 2019; 268 participated in Bus Safety Contest where bus safety was discussed followed by creating a bus safety poster.
- October 2019; 150 participated in Fire House safety.
- October 2019; 520 participated in Red Ribbon Week where students were made aware the dangers of drugs
- October 2019; 295 participated in Fall Festival which included various races.
- November 14; 40 students/staff participated in Faculty VS Student Volleyball Game.
- November 26; 520 participated in Turkey Trot which each class ran or walked on the track for 30 minutes.
- December 9; 107 were assessed by Courtney Huffman, Ohio County Dental hygienist.

- January 17, 24, 31; 260 attended lessons by Kate Stewart from Harmon House regarding body safety.
- February 27 & 27; 100 attended lessons by Matt Rafa, Pharmacist, regarding heart health.
- February 25; 20 staff members received free cholesterol screening by Matt Rafa, Pharmacist.
- February 28; 170 students participated in Jump Rope for Heart Assembly contest.

### **West Liberty Elementary**

- 2019-2020 School Year; 110 participated in Development Guidance lessons weekly, which included mindfulness, growth mindset, anger management, anxiety, bullying, etc.
- 2019-2020 School Year; once a month 60 K-2 students participated in Nutrition Goes to School. Students discuss nutrition and wellness with a nutritionist.
- 2019-2020; 16 participated in D.A.R.E. with Deputy G.J. Costello, which includes weekly lessons on making safe & healthy choices in conjunction with drug and alcohol prevention.
- September 9; 114 participated in lessons from Grow Ohio Valley regarding healthy eating and healthy shopping.
- October 21; 60 K-5 students received teeth cleaning from West Liberty University.
- October 28-November 1; 106 participated in Red Ribbon Week, where students are made aware of the dangers of drugs and alcohol.
- October 29; 116 played Fun Bus by engaging in physical activities.
- October 31; 116 walked to West Liberty University for a Halloween Parade.
- November 7; 60/3-5 grade students attended a presentation by health professionals for Career Day.
- February 5; 106 students walked to West Liberty university to participate in scheduled physical activities.
- March 9; 60/3-5 grade students attended a presentation on TikTok to learn the safety and mental health for social media.
- March 13; 60 participated in Jump with Jill at Wheeling Park High School.

### **Wheeling Middle School**

- August 28; 100 all sport teams & families participated in different activities in the gym.
- September 27; 60 students took a Field Trip to Ohio Valley Grows.
- October 18; 180 students went on a Field Trip to tour Penitentiary.
- October 23; 180 students participated in various physical activities throughout the school for the Wildcat Connection.
- November 13; 180 students attended a Wheeling Nailers Hockey game.

- January 2019; 187 students participated in the WLU Health Lessons presented by WLU health majors taught four classes focused on green dot bullying, replacing bad choices with healthy active choices.
- January 15; 175 students learned the benefits of Partners in Education with Sam's club and received healthy snacks.
- January 22; 180 students attended the Ice Skating Field Trip to Wheeling Park.
- February 10-14; 26 Special Education students in conjunction with WLU PE participated in various adapted PE activities.
- February 12; 187 students went on a field trip to Carnegie Mellon University.
- February 14; 170 participated in the Valentine's Party Celebration with healthy snacks and dancing.
- March 1; 60 students received dental examines by West Liberty University dental hygiene department.

### **Wheeling Park High School**

- 1<sup>st</sup> & 2<sup>nd</sup> semesters; Drug Free Club completes drug testing of students participating in this club.
- 1<sup>st</sup> & 2<sup>nd</sup> semesters; Mental Health "Support Groups"/1<sup>st</sup> semester group for anxiety support. 2<sup>nd</sup> semester conducted online once a week during online learning (COVID).
- 1<sup>st</sup> & 2<sup>nd</sup> semesters; "Biggest Loser" for staff to participate in weight loss competition.
- 1<sup>st</sup> & 2<sup>nd</sup> semesters; Dr. Jill Maloney and YWCA staff conducted a 10 week program on dating violent awareness & healthy relationships.
- September 3<sup>rd</sup> & 6<sup>th</sup>; 180-200 students participated in Ultimate Frisbee.
- September 21; 180-200 students attended a presentation by Dr. Jill Maloney and Austin Richardson regarding suicide awareness.
- October 8; 180-200 attended a presentation by Dr. Jill Maloney and NAMI representatives during all health classes on mental health topics.
- October 9; 200-300 participated in "Wellness Day" during students lunch by visiting booths set up with information regarding mental health awareness and healthy recipes.
- December 2; 10 staff participated in "Mason Jar Salad Prep" which included 4 different types of salads that can be prepared in mason jars.
- December 18; information shared to all staff on Healthy Holiday Eating.
- January 3; 10 staff participated in Yoga on PL days.
- October 2019; 400/9<sup>th</sup> grade students attend ALICE Training presented by Deputy Clatterbuck which gives training for students if there is an intruder in the building.



## **Woodsdale Elementary**

- August 2019; 48 wellness committee members met to set-up events for the year.
- October 10; 100 k-2<sup>nd</sup> students observed the Fire Safety House.
- December 17; students & staff participated in the Holiday Fitness Activities throughout the school.
- December 20; 100 Woodsdale Community participated in Regional Sports Stacking Tournament.

*Revised: 7/27/20*