

**2022-2023**

**OHIO COUNTY SCHOOLS**

**WELLNESS REPORTS**

<b>School</b>	<b>Date</b>	<b>Activity</b>	<b># Attending</b>	<b>Instructor</b>
Bethlehem	Aug-May	Developmental Guidance weekly lessons on coping/ personal safety/anger management/character education/etc.	12/K-5	Gretchen Gill
	Sept	Dental Hygienist/proper dental care/teeth inspection	50/K-2	Drew Villani
	Sept	Safety Plan Meeting/Principal & PRO discuss safety concerns/safety plan	2	Drew Villani PRO
	Oct	Fire Prevention Week/fire safety/tour mobile fire house	125/PK-5	Whg/Bethlehem FD
	Oct	Buster the Bus/School Bus Program/safety	80/PK-2	OCS Transportation
	Oct	Red Ribbon Week/drug/alcohol prevention lessons	120/K-5	Gretchen Gill
	Oct	Halloween Parade/students walked to the Church	127/K-5	Drew Villani
	Nov	Fruit Taste Testing	20/1 <sup>st</sup>	Mrs. Marsh
	Dec	Eye Clinic/Weight/Height/Vision Assessment	120/K-5	OCS Nurses
	Jan	DARE Graduation/completion of drug abuse resistance education classes	18/5 <sup>th</sup>	PRO
	Feb	Global School Play Day/variety of physical/game play activities at WLU Campus	120/K-5	Daniel Whitlatch
	March	Grudge ball/basketball	18/5 <sup>th</sup>	Genevieve Fields
	May	Math Movement/exercise/fitness geometry lesson	18/1 <sup>st</sup>	Mrs. Marsh
Bridge Street	Nov	Attendance Incentive/Obstacle Course/End of Day Social	350/6-8	Brittany Rose
	Nov	Veteran's Walk	30	
	Jan	Play it Again Sports equipment donation for fitness center	350	Kim Campbell

<b>Bridge Street</b>				
<b>(cont.)</b>	<b>Jan</b>	<b>Highlands Sports Complex/YMCA Trip (PBIS)/football/baseball/basketball/swimming/rock climbing for students</b>	<b>350/6-8</b>	<b>Administration/PBIS</b>
	<b>Feb</b>	<b>Student vs Staff Volleyball</b>	<b>350/6-8</b>	<b>Administration/Athletic Management</b>
	<b>March</b>	<b>March Madness Tournament/students pay/sign-up for single elimination bracket play tournament/money donated to Athletic Account for equipment</b>	<b>350/6-8</b>	<b>Administration/Athletic Management/Education Industry</b>
	<b>May</b>	<b>End of state testing week color run/students ran 2 laps around BSMS field while staff threw color/incentive prizes for attendance/medals made by BSMS Textiles Team</b>	<b>350/6-8</b>	<b>Mrs. Safreed/Wellness/PBIS/Wellness Committee</b>
	<b>May</b>	<b>Walk-A-Thon fund raiser/walk 1 mile to receive free DQ cone</b>	<b>350/6-8</b>	<b>Mrs. Vickers</b>
<b>Elm Grove</b>	<b>Aug-May</b>	<b>Yoga</b>	<b>84</b>	<b>Heather Hines</b>
	<b>Aug-May</b>	<b>Weekly physical activity including motor skills/physical/responsible personal and social behaviors</b>	<b>300</b>	<b>Shaun Black</b>
	<b>Aug-May</b>	<b>Moving &amp; Grooving to calendar/reading &amp; math songs</b>	<b>44/K</b>	<b>Cheryl Williams</b>
	<b>Aug-May</b>	<b>Go Noodle</b>	<b>99/1<sup>st</sup></b>	<b>Mrs. Ballog</b>
	<b>Aug-May</b>	<b>Positive Mindset lessons on sharing/bullying/friendship/relationships/special needs/kindness/caring, etc.</b>	<b>K-5<sup>th</sup></b>	<b>Coleen Gibson</b>
	<b>Aug-May</b>	<b>Several lessons throughout the year; Your Growing Body/ The Fabulous 5 Food Groups/Staying Well/Mental Health/ Health, Life Skills/Good Character/Kids Heart Challenge/ Keeping Fit &amp; Active/Caring for our teeth/Caring for your body/and avoiding danger</b>	<b>300</b>	<b>Shaun Black</b>
	<b>Jan-Feb</b>	<b>Indoor recess</b>	<b>48/4<sup>th</sup></b>	<b>Katie Wheeler</b>
	<b>March</b>	<b>Multiplication Hila Hoop War</b>	<b>18/4<sup>th</sup></b>	<b>Katie Wheeler</b>
	<b>May</b>	<b>Good Zoo Field Trip</b>	<b>58/5<sup>th</sup></b>	<b>Shaun Black</b>
	<b>May</b>	<b>Walk-a-Thon</b>	<b>300/PK-5<sup>th</sup></b>	<b>Shaun Black</b>

Elm Grove (cont.)	May	Field Day/healthy lunch/variety of athletic games	300/PK-5 <sup>th</sup>	Coleen Gibson
Madison	Aug-May	Mindful Movement/breathing, meditation & movement/one class a week/30 classes a year	115/TK/1 <sup>st</sup>	Rebecca Broadwater
	Aug-May	Brain Break/students participate in brain breaks from Coach Corey Martin on YouTube	21/K	YouTube/Corey Martin Teacher: Eileen Gilmore
	Aug-May	Morning Song & Dance/singing & dance to various good morning songs	21/K	Eileen Gilmore
	Aug-May	Punctuation Review/students act out different movements for different types of sentences.	21/K	Eileen Gilmore
	Aug-May	Fish Brain Break/students act out different task like brushing teeth while pretending to be fish	21/K	Eileen Gilmore
	10-6-22	Flu shots for staff	28/Staff	Jodie Jordan, RN,BSN,MA
	10-31-22	Students learn to breath holding one nostril shut to focus and energize	16/4 <sup>th</sup>	Melanie Riddle
	1-3 to 3-1-23	Biggest Loser/weight loss challenge for staff & to develop better eating & exercise habits	14-Staff	Jodie Jordan, RN,BSN,MA
	1-4-23	Go Noodle exercise	17/2 <sup>nd</sup>	Natalie Mulvey
	1-30-23	Yoga/students engage in cosmic kids yoga adventure	6/TK	Amber Huffer
Middle Creek	Aug-May	Mindfulness/Yoga focusing on health choices	225/PK-5	Nikki Kiger
	Aug-May	Too Good for Drugs/curriculum focusing on healthy choices	225/K-5	Pam Fazzini
	Aug-May	Presidential Fitness/Monitoring of student's fitness levels	52/4-5	Robb Bauer
	Jan-May	Nutrition/Importance of healthy eating/diet/exercise	52/3-4	WVU Medicine
	Feb	Healthy Heart Challenge/competition promoting heart health	210/TK-5	Robb Bauer
	April	Dental Health Lesson presented by WLU Dental students	225/PK-5	Katrina Lewis
Ritchie	Aug-May	Brain Breaks/Go Noodle/Movement in the classroom	126/1-5	Staff

	<b>Aug-May</b>	<b>Sensory Movement for Autism</b>	<b>4/Autism</b>	<b>Cori Erbacher</b>
<b>Ritchie (cont.)</b>	<b>Aug</b>	<b>Would You Rather be Food/student show choice with designated movements</b>	<b>17/3<sup>rd</sup></b>	<b>Jessica Bartemes</b>
	<b>Feb</b>	<b>Eat Smart to Play Hard handout/students choose a movement activity</b>	<b>300/PK-5</b>	<b>Shannon Gessler</b>
	<b>Feb</b>	<b>Water Bottle Wednesday to encourage drinking water</b>	<b>300/PK-5</b>	<b>Shannon Gessler</b>
	<b>Feb</b>	<b>Fitness Workout/fitness video</b>	<b>300/PK-5</b>	<b>Shannon Gessler</b>
	<b>Feb</b>	<b>Heart Health Month</b>	<b>300/PK-5</b>	<b>Shannon Gessler</b>
	<b>March-April</b>	<b>Test Prep Movement/Test Prep Baseball Movement/Stretching/movement exercises from one class to another</b>	<b>30/5<sup>th</sup></b>	<b>Hensley/Sustik/Hasson</b>
<b>Steenrod</b>	<b>Aug-May</b>	<b>Extra Play/10-15 minutes of extra play incorporated daily</b>	<b>18</b>	<b>Mrs. Wade</b>
	<b>Aug-May</b>	<b>Music Class/singing &amp; dancing to different songs</b>	<b>18-25 class</b>	<b>Dr. Day</b>
	<b>Aug-May</b>	<b>GoNoodle Brain Breaks, dancing/exercising/stretches/meditation</b>	<b>21/1<sup>st</sup></b>	<b>Lisa Franke</b>
	<b>Aug-May</b>	<b>Music &amp; Movement/20 minutes daily students dance &amp; exercise to educational songs</b>	<b>40/K</b>	<b>Schmitt/Kuhns</b>
	<b>Aug-May</b>	<b>Weekly guidance and mindful movement</b>	<b>18</b>	<b>Mrs. Broadwater</b>
	<b>Aug-May</b>	<b>Weekly yoga</b>	<b>16/2<sup>nd</sup></b>	<b>Ivy Henderson</b>
	<b>Aug-May</b>	<b>Weekly social/mental health activities</b>	<b>40/K</b>	<b>Jenn Tucker</b>
	<b>Aug-Dec</b>	<b>Play Break/15 minutes daily to play indoors on playground</b>	<b>16/2<sup>nd</sup></b>	<b>Ivy Henderson</b>
	<b>Sept</b>	<b>Teaching Growth Mindset/stories to support/acting out scenarios</b>	<b>21/1<sup>st</sup></b>	<b>Lisa Frank</b>
	<b>Feb</b>	<b>Reward Recess/fundraiser pledges/hool-a-hooped/basketball/jump rope activities</b>	<b>18/2<sup>nd</sup></b>	<b>Daugherty</b>
	<b>March</b>	<b>Fulton Fun Factory Field Trip/bounce houses</b>	<b>40/K</b>	<b>Kuhns/Schmitt</b>
	<b>April</b>	<b>Spring Fling Dance afterschool</b>	<b>Entire School</b>	<b>PTA</b>
	<b>April</b>	<b>Walking Field Trip to Wheeling Park for exercise</b>	<b>40/K</b>	<b>Kuhns/Schmitt</b>
	<b>April-May</b>	<b>Tuesday/Thursday from 3:15-4:15 the Run/Walk Club runs or walks to the cemetery</b>	<b>25/5<sup>th</sup></b>	<b>Railing/VanHorn</b>

<b>Steenrod (cont.)</b>	<b>May</b>	<b>West Virginia Writing/complete writing review in and escape room/visit a spot in WV/read facts about the spot/do physical activity</b>	<b>33/4<sup>th</sup></b>	<b>Hohman</b>
	<b>May</b>	<b>Walking Field Trip to Wheeling Park for lunch/exercise</b>	<b>81/K-1<sup>st</sup></b>	<b>Schmitt/Kuhns/Franke</b>
	<b>May</b>	<b>Water Day Game Play</b>	<b>81/K-1<sup>st</sup></b>	<b>Schmitt/Kuhns/Franke</b>
	<b>May</b>	<b>Rewards Day/Active stations for students to rotate throughout the afternoon</b>	<b>120/3<sup>rd</sup>-5<sup>th</sup></b>	<b>VanHorn</b>
	<b>May</b>	<b>Fun Field Day</b>	<b>278/PK-5<sup>th</sup></b>	<b>PTA</b>
<b>Triadelphia</b>	<b>Dec-May</b>	<b>Sundays/Fight For Your Life Cardio Kickboxing</b>	<b>15 Adults</b>	<b>Ashley Wear</b>
	<b>April</b>	<b>Arbor Day Tree Planting/White Oak Tree planted</b>	<b>10</b>	<b>Karen Jaunsen/Stefan Moray</b>
	<b>May</b>	<b>Ogden Half Marathon Water Table/students &amp; staff handed out water &amp; Gatorade at 8 mile mark of marathon</b>	<b>5</b>	<b>Josh Spurlock/Sarah Breiding</b>
<b>Warwood</b>	<b>Aug-May</b>	<b>SAIL Program/Safe Accountable Independent Learners behavior</b>	<b>350/PK-5<sup>th</sup></b>	<b>Christa Miller</b>
	<b>Sept-May</b>	<b>Character Lessons/friendship, peer pressure, etc.</b>	<b>350/K-5<sup>th</sup></b>	<b>Heather Lewis</b>
	<b>Oct</b>	<b>Fire Safety House/lesson &amp; demonstration regarding handling house fire &amp; escape</b>	<b>150/K-2<sup>nd</sup></b>	<b>Wheeling FD</b>
	<b>Oct</b>	<b>Fall Festival</b>	<b>350/PK-5<sup>th</sup></b>	<b>Christa Miller</b>
	<b>Nov</b>	<b>Buster the Bus</b>	<b>150/k-2<sup>nd</sup></b>	<b>Transportation Director</b>
	<b>Nov</b>	<b>Dental Assessment</b>	<b>120/PK/K/2<sup>nd</sup></b>	<b>Courtney Huffman</b>
	<b>Jan</b>	<b>Morning Warm Up with various exercises</b>	<b>350 PK-8<sup>th</sup></b>	<b>Heather Puglisi</b>
	<b>Jan</b>	<b>Hula Hoop Competition</b>	<b>400/K-8<sup>th</sup></b>	<b>Christa Miller</b>
	<b>March</b>	<b>National Nutrition Month focused on fruits &amp; vegetables</b>	<b>550/PK-8<sup>th</sup></b>	<b>Christa Miller</b>
	<b>March</b>	<b>Jump Rose for Heart Assembly</b>	<b>300/K-5<sup>th</sup></b>	<b>Christa Miller</b>
	<b>April</b>	<b>Child Abuse Awareness/Wear Blue</b>	<b>200/PK-8<sup>th</sup></b>	<b>Heather Lewis</b>
	<b>April</b>	<b>PK Activity Day/WLU basketball players played basketball with students/spoke about making healthy choices</b>	<b>20/PK</b>	<b>Carrie Downer</b>

Warwood (cont.)	May	Nutrition Tour to Kroger presented by Pharmacist Matt Rafa to learn nutrition, gardening and digestive system. Students were also able to shop for healthy snacks	45/2 <sup>nd</sup>	Christa Miller
	May	Mental Health Awareness Month	550/Pk-8	Linda McGlumphy/ Heather Puglisi
	May	Field Day	330/K-5	Erika Scott
West Liberty	Aug-May	Developmental Guidance Lessons/School Counselor meets with students weekly for lessons on character education/anger management/coping skills & personal safety	120/K-5	Gretchen Gill
	Sept	Principal & PRO safety plans & concerns	2	Drew Villani/PRO
	Sept	Dental Hygienist Visit to discuss proper dental care/teeth inspection	50/K-2	
	Oct	Trick or Treat Halloween Parade/students walk to WLU for Halloween Parade and Halloween themed games/non-food treats provided by WLU	120/PK-5	Drew Villani
	Nov	Archery lessons in PE class/interested students join the team	40/4-5	Mr. Mark
	Feb	Global Day of Play/students walked to WLU to participate in PE education activities with WLU staff	120/K-5	Drew Villani
	Feb	WLU Physician Assistant Program students presented health promotion activities	120/K-5	Drew Villani
	Feb/March	Dental Cleanings/students walked to WLU for teeth cleaning	60/PK-5	Mrs. Huffman
	March	WLU Beyond ED Program/students walked to WLU to participate in physical activities with aspiring WPHS teachers	40/1-2	Mrs. Bachman
	April	WL Author Shelby L. Paul invited the West Liberty community to walk/stroll/bike through fun stations set up by Ms. Paul/anyone attending received a free book		

<b>Wheeling</b>	<b>Aug-May</b>	<b>Vaping in School/awareness to the dangers of vaping</b>	<b>180/6-8</b>	<b>Heather Simonetti</b>
<b>Middle</b>	<b>October</b>	<b>Discrimination/Ron Scott gave presentation on discrimination</b>	<b>180/6-8</b>	<b>Ron Scott</b>
	<b>Dec</b>	<b>Family Fun Night/Fitness for families</b>	<b>50/6-8</b>	<b>Simonetti/WMS Staff</b>
	<b>Dec</b>	<b>Highlands Sports Complex/students participated in various activities</b>	<b>180/6-8</b>	<b>Heather Simonetti</b>
	<b>Jan</b>	<b>Heart Rate Monitory/students learned to monitor heart rates</b>	<b>75/7-8</b>	<b>Simonetti/WMS staff</b>
	<b>Feb</b>	<b>Ice Skate Reward at Wheeling Park</b>	<b>170/6-8</b>	<b>Simonetti/WMS staff</b>
	<b>April</b>	<b>WLU Field Trip/STEM/students participated in learning STEM and participate in physical activity games &amp; learn about WLU campus/students ate in the cafeteria</b>	<b>180/6-8</b>	<b>Heather Simonetti</b>
	<b>April</b>	<b>WLU Dental Hygienist performed dental exams</b>	<b>40/7<sup>th</sup></b>	<b>Heather Simonetti</b>
	<b>May</b>	<b>Yoga Fitness during PE class</b>	<b>75</b>	<b>Mrs. McKay</b>
	<b>May</b>	<b>Students attend Wild Things Game</b>	<b>180/6-8</b>	<b>Heather Simonetti</b>
	<b>May</b>	<b>Students went bowling</b>	<b>67/8<sup>th</sup></b>	<b>Heather Simonetti</b>
<b>WPHS</b>	<b>Aug</b>	<b>Suicide Prevention all staff &amp; students</b>	<b>1500</b>	<b>Dr. Jill Maloney</b>
		<b>Motivational Speaker for students</b>	<b>1400</b>	<b>Wes Lyons</b>
	<b>Aug/Sept</b>	<b>Teacher Walking Group/1-2 days a week afterschool</b>	<b>5-10</b>	<b>Bryan Arbes</b>
	<b>PL Days</b>	<b>WPHS Wellness Focus Group for staff</b>	<b>5-10</b>	<b>Audrey Abraham</b>
	<b>Quarterly</b>	<b>Body Safety Training for students</b>	<b>1400</b>	<b>Audrey Abraham</b>
	<b>Year</b>	<b>Weekly mental health videos during DG for students</b>	<b>1400</b>	<b>Dr. Jill Maloney</b>
	<b>January</b>	<b>Wellness Club for staff</b>	<b>10-20</b>	<b>Audrey Abraham</b>
	<b>January</b>	<b>Wellness Activities to kick off Healthy New Year for staff</b>	<b>10-15</b>	<b>Audrey Abraham</b>
	<b>January</b>	<b>PL Day staff/"Build Self-Confidence"/podcast</b>	<b>10</b>	<b>Audrey Abraham</b>
	<b>Jan/Feb</b>	<b>Biggest Loser for staff/Weight loss contest</b>	<b>15-20</b>	<b>Audrey Abraham</b>
	<b>April</b>	<b>Drugs &amp; the Court System/presentation for students</b>	<b>100/9-10</b>	<b>Adrienne Richards</b>
	<b>April</b>	<b>Healthy Relationships/presentation for students</b>	<b>100/9-10</b>	<b>Adrienne Richards</b>
	<b>May</b>	<b>Mental Health Awareness Week for students</b>	<b>1400/9-12</b>	<b>Dr. Jill Maloney</b>

<b>Woodsdale</b>	<b>Dec</b>	<b>12 Days of Fitness/students participated in 12 different fitness activities throughout the gym</b>	<b>K-5</b>	<b>Droginske</b>
	<b>Jan</b>	<b>Students participated in fitness activities at Highland Sports Complex</b>	<b>K-5</b>	<b>Droginske/Kangisser</b>
	<b>Jan</b>	<b>Students participated in a kickball tournament</b>	<b>3-5</b>	<b>Droginske</b>
	<b>Feb</b>	<b>Student dental exams/proper dental care lessons</b>	<b>K-2</b>	<b>Huffman</b>
	<b>March</b>	<b>Special Education students participated in activities to teach them personal hygiene</b>	<b>10</b>	<b>Droginske</b>
	<b>March</b>	<b>Multiple activities for student to promote Mental Health Awareness</b>	<b>K-5</b>	<b>Kangisser</b>
	<b>Mar/April</b>	<b>WLU students visited to instruct Woodsdale students healthy lifestyles</b>	<b>6 students/ 8 adults</b>	<b>Kathleen Wack</b>
	<b>May</b>	<b>Field Day/playground and gym activities</b>	<b>K-5</b>	<b>PTA/Faculty</b>