

Brooke County Board of Education
School Year 2018-2019
Local Wellness Policy
For
Brooke Primary South

Activity Title	Participants	Description
Adventure to Fitness	K-2	It is a 30 minute interactive video that takes the students on an adventure where they learn about different animals, countries, fruits, vegetables, etc. They are also reminded of being healthy in their everyday life while constantly moving to keep their heart rates up.
Go Noodle	K-2	It is a short interactive video where students engage in physical activity to increase their heart rate.
Astronaut Program	Kindergarten	A vestibular-visual protocol that assists with the development of many skills critical to have as a foundation for learning; students participate in a series of movement patterns that promote crossing body midline, engage core muscles and promoting eye movement.
PBIS Rock Paper Scissors Hula	K-2	Each classroom stood on opposite sides of a hula hoop chain. The first student from each class hopped until they met up. Once they did, they did rock, paper, scissors to see who would win. The winner kept hopping to the other side while the one who didn't went back to his/her classroom line. The class who makes it across the hula hoop chain first, wins.
Handwashing	Kindergarten	Proper handwashing education with demonstration.
Eye Screening	1 st Grade	Individual visual screening and referrals if needed.
Halloween Parade	K-2 & Staff	School had a Halloween parade when the students and staff dressed up in costumes and walked on 13 th Street.
PBIS Cornhole Event	K-2	7 sets of corn hole games set up. The students took turns throwing two bean bags, trying to get the bean bags into the hole.