

Brooke County Board of Education
School Health Index and Activity Report

2016-2017

Brooke County Schools Wellness Report

2016-2017 School Year

Submitted By:

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Brooke County updated the School Wellness Policy and each school completed the School Health Index as a means of an evaluation from the previous two years. Based on the current SHI results, the school will strive to improve upon the weaknesses and continue to enhance the strengths determined in the evaluation.

Modules included in the index were as follows:

- School Health and Safety Policies and Environment
- Health Education
- Physical Education and Other Physical Activity Programs
- Health Promotions for Staff
- Family and Community Involvement

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Jefferson Primary School

School Health Index Results:

Strength Identified (81%-100%) was health education. Needs Identified from medium to low range (61%-50%): School Health and Safety, Policies and environment, Health promotion for staff and community involvement.

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Jefferson Primary School

Activity Title	Participants	Description
Med Express	23	Students were taught basics on how to properly dispose of tissues after use. Discussed the common cold and health tips for staying healthy.
Gary the Germ	55	Gary the germ talked about different germs and taught students the importance of proper handwashing
Jump Rope	185	Timed – How many times can students jump rope without stopping?
Walk-a-thon, United Way	185	Students walk around the school building four times to raise money for United Way
Student Wellness	3 rd and 4 th Grade	Students jog 5-10 minutes before each class to help with concentration and self-esteem.
Clean Mind	36	Clean mind is a parent involvement program that starts with healthy choices as well as drug education. Education and material is sent with students to complete with parent or guardian.
Red Ribbon Week "Spirit Days"	185	Red Ribbon week ("Spirit Days") promotes healthy choices and encourages a drug free lifestyle

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Beech Bottom Primary School

School Health Index Results:

Strength Identified (81%-100%) were health education and family and Community Involvement. Need identified from low range (below 50%) was health promotion of staff.

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Beech Bottom Primary School

Activity Title	Participants	Description
Safe & Sound	19	Students identify health care professionals, how to call 911 and how to identify healthy/unhealthy symbols and labels.
Head to Toe	19	Students identify sensory organs, healthy foods and activities, harmful substances and activities.
Fire Safety	39	Discussed evacuation plan.
Testing Frustration	15	Discussed emotional health and how to handle frustration
Anger	14	Identifying anger and learning to take "belly breaths" to calm down.
Problem Solving	28	Discussed problem solving steps.
Get Well Soon	14	Students discussed germs and ways to help ourselves stay healthy.
School Garden	19	Students planted corn, zucchini and other plants in the classroom. On a daily basis students cared for plants. Discussed topics on health and wellness and benefits of vegetables and eating healthy.

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Colliers Primary School

School Health Index Results:

Strength (81%-100%) was school health and safety policy and environment.
Needs identified by low score (below 50%) was health promotions for staff and family and community involvement.

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Colliers Primary School

Activity Title	Participants	Description
Adventure to fitness	152	Adventure to fitness is a web-based physical education program that is used by our physical education teacher. The program encourages movement by students for 30 minutes at a time. The students “pretend” that they are on a safari or doing investigative work while mimicking the physical movements
Gary the Germ	66	Gary the Germ came and spoke to students about the importance of washing their hands, personal hygiene and how to keep unwanted germs away.
Red Ribbon Week	152	Spirit days is a fun way to get kids to show support for a drug-free lifestyle by dressing up in a theme for each day. Example: “We are crazy about being drug-free – wear your craziest socks!”
PE with Parents	51	Parents attend and participate in the child’s physical education class. The event is held during American Education Week
Keep a Clear Mind	32	Drug and alcohol awareness lessons and take – home materials to encourage parent involvement. Provided by Brooke/Hancock Extension office. Pre and post survey data is provided to them.
Nutrition/Wellness Lessons	65	Brooke County Extension office presented weekly lessons to 3 rd and 4 th grade students on proper nutrition/healthy living. Program was 6 weeks in length with each lesson lasting 30 minutes.
Walk-A-Thon	152	All students participate in the School’s walk-a-thon for the United Way. The students walked during gym class for 30 minutes.
Drug/Alcohol Awareness	31	Good drug uses vs bad drug uses, healthy coping skills
Family Zumba Night	98	Zumba instructor led participants in fun Zumba activity. When event was over, water and fresh fruit were served to all.

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Franklin Primary School

School Health Index Results:

Strengths identified (81%-100%) were school health and safety policies and Environment and Health Education. Needs identified by low score (50%) were health promotion of staff and Family and Community Involvement.

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Franklin Primary School

Activity Title	Participants	Description
Boot Camp	150	Students participate in a “mock” boot camp. They do exercises, marching, etc.
Hunger Games	150	Each student has a balloon tied to their leg. The object is to step on someone else’s balloon. Last person with balloon in-tact wins the Hunger Games.
Capture the Flag	150	Classes compete in a game of capture the flag in an outside PBIS event.
Spartan Race	575(part of fun day)	The Spartan Race is a series of Physical obstacles that must be completed as a team. This builds strength and endurance.
Cupid Shuffle	150	Valentine Celebration – whole school line dance and exercise program.
Jump 4 Heart	150	Raise money and awareness for organization through celebration and exercise activities.

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Hooverson Heights Primary School

School Health Index Results:

Strengths Identified (81%-100%) were Health Education, Physical Education and other physical activity programs and Health Promotions of Staff. Medium range identified was School Health and Safety Policy.

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Hooverston Heights Primary School

Activity Title	Participants	Description
Nutrition Lesson	70	WVU Extension Office taught 7 week course on food, reading labels, taste testing, etc.
Pico de Gallo/Cinco de Mayo	200	The students taste tested pico de gallo, guacamole, carrots, cucumbers, etc.
Red Ribbon Week	155	Red Ribbon Spirit Days promotes healthy choices and encourages a safe and healthy drug free lifestyle. Students are encouraged to participate in dress up days to support healthy choices. Example: "Sock it to drugs" – wear crazy socks.
Keep a clean mind	40	Drug awareness involvement activities are sent home along with drug/alcohol lessons in the classroom. Goal is to educate children and promote healthy choices along with opening up conversation about these sensitive topics. Materials provided by Brooke/Hancock extension office.
Bowling Field Trip	157	Students went to Holiday Lanes for a bowling experience. Bowling is a lifetime sport.
ATV/Bike Safety Day	157	Students attend a safety lesson on Bikes and ATV's. A free helmet is presented to all schools.
Sweetheart Dance	200	The students and a parent were taught ballroom dancing and line dancing. A healthy meal was served. Pictures and a craft were also a part of this experience.
Minute to win it	157	Students participated in quick hand/eye coordination stations.
Biggest Loser (Staff)	15	Weekly weigh-in and document weight loss or gain. Largest % lost is the "biggest loser"
Med Express	100	Awareness of proper personal hygiene. Identify and learn safety precautions of illness and cleanliness as well as hand washing technique.
United Way Walk	157 + teachers	The students and teachers walk around the field for 45 minutes to raise money for the United Way.

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Millsop Primary School

School Health Index Results:

Strengths identified (81%-100%) were school health and safety policies, environment, physical education and other physical activity programs and family and community involvement. Medium range (71% to 80%) were health education and health promotion for staff.

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Millsop Primary School

Activity Title	Participants	Description
Go Noodle	95	Teachers use “go noodle” to get students up and moving throughout the day
Mystery Chef	95	Mrs. Jendral would purchase non-typical foods such as papaya, mango, hummus, etc. She would announce once weekly over the lunch periods, the facts about that weeks food. She then visited the classroom to discuss food items with students and ensure each student had the opportunity to taste the food.
Square Dancing	94	The students were taught the “Virginia Reel” in grades k-4. They performed the dance during their physical education class and dressed in “square dance attire”
Jump rope for heart	94	Students jump rope to raise money for the American Heart Association
Problem solving and character building	19	Students engage in practicing various methods of problem solving, teamwork and self-control
Kindness Jar	25	Students filled out a paper when other students did something nice/kind for them
Student Hygiene	20	Discussed daily cleanliness and personal hygiene.
Bully Awareness	40	Students discussed “what a bully is, where it happens and how it makes us feel”. Students shared personal experiences read stories and completed activities.
Bowling Activity	40	Mrs. Magnone had lessons at school on how to bowl. She took all students to the bowling alley for a party
Healthy Day	95	School purchased healthy fruits and vegetables for students to try them raw and cooked
Halloween walk and health fair	100	Every year on Halloween the Marland Heights Pharmacy invites Millsop School to come to their “health fair”. The students are provided a lunch and participate in a costume contest.
Paw Prints	60	“Paw Prints” is a program to encourage outstanding behavior amongst students.

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Wellsburg Primary School

School Health Index Results:

Medium Strength (71%-80%) was physical education and other physical activity programs. Needs identified based on low score at or below 60% were: School health policies and environment, Health education, health promotion for staff and family, and community involvement.

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Wellsburg Primary School

Activity	Participants	Description
Health Fair	235	Each grade level of students (k-4) traveled from room to room to listen to various speakers. Each topic related to the health field.

Brooke High School

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Strength Identified (51%-100%) was health education. Needs identified based on medium to low range (80%-50%) were school health and safety policies and environment, physical education and other activities, Health promotion for staff and family and community involvement.

Brooke High School

Activity	Participants	Description
Wellness/Fitness Center	Open to public	Facilities available to foster physical activity in the community
Anti-Bullying	850	Guest speaker on respect and bullying
Zumba	55	Students volunteered to participate in a Zumba

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		class
Culinary Presentation	800	Demonstration by chef
Healthy Relationships	230	Discussed abusive behavior in relationships
Outdoor Track	Open to Public	Facilities provided to foster physical activity in the community
BHS Pool	Open to Public	Facilities provided to foster physical activity in the community
Color Run	80	Volunteers ran the cross county course at Brooke High School to raise awareness of breast cancer
Walk-a-Thon for United Way	165	Students donate money and walk around gym for 30 minutes in support of the United Way
Speaker on Pregnancy	230	Discussion on pregnancy prevention
Healthy Food Choices	75 (pre K)	High School students taught Pre-K students – sorted foods into healthy and unhealthy groups
Interactive Nutrition	75 (pre K)	High School students taught Pre-K students – sort foods by color, shape and size
Tug-o-War	32	Representatives of the student body from each grade level participated in a tug of war competition for the homecoming assembly
Cholesterol Screening	60	Professional medical staff from WMC came to the high school to provide cholesterol screening free of charge.
Blood Drive	80	Volunteers donated blood at blood drive
Outside for Lunch	300	Opportunity during lunch period to go outside in the spring

Follansbee Middle School

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Medium strengths identified (71%-80%) were Health Education and Physical Education and other physical activity programs. Needs identified by low score (61%-50%) were school health and safety policies, health promotion for staff and family and community involvement.

Follansbee Middle School

Activity	Participants	Description
Cardio Kids	90	Blood Testing/Screening for cholesterol
Walk-a-Thon	240	Students participated in a walk for about 30 minutes to support the United Way

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Wellsburg Middle School

School Health Index Results:

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Strength identified (81%-100%) was health education. Medium range (71%-80%) was physical education and other physical activity programs. Needs identified by low score (below 50%) were Health promotions for staff and family as well as community involvement.

Wellsburg Middle School

Activity	Participants	Description
Facts and warnings	445	Students discussed vocabulary and investigated different facts and warnings that pertain to poor health. Posters were created and students hung posters in the halls of the school as a visual reminder of

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		the influence of poor eating choices
Calories Count!	425	During homeroom, students had the opportunity to discuss and guess the calories in a meal from subway vs a meal from Wendy's. Top winners were taken for extra recess and enjoyed the freedom to soak up some sunshine and warm weather
Nutrition Choices	438	In this brainPOP movie, characters examine nutrition, balanced diet, and what types of food are healthy to eat.
Project Unhealthy	448	Showed film on "Dr. Stork Project" on the negative effects of junk food on the body
Health Assembly	438	Trinity Health System and Dr. Baker showed students the truth about soda and sugar, exercising and stretching, and a healthy plate
Health Facts	448	Variety of facts announced each day
STEM Greenhouse	75	STEM Club teaches gardening and growing plants in an on-site greenhouse