

Brooke County Board of Education

Activity Report

2017-2018

# Brooke County Schools Wellness Report

## 2017-2018 School Year

Submitted By:

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Brooke County Board of Education

Activity Report

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**Jefferson Primary School**

**(Brooke Intermediate North)**

<b>Activity Title</b>	<b>Participants</b>	<b>Description</b>
Med Express	Special Ed.	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	K and Special Ed.	Gary the germ talked about different germs and taught students the importance of proper handwashing.
Jump Rope	K-4	Timed – How many times can students jump rope without stopping?
Walk-a-thon, United Way	K-4	Students walk around the school building four times to raise money for United Way.
Halloween Week	K-4	All students participate in a Halloween walk through the town of Follansbee.
Go Noodle	K-4	Physical fitness and wellness in the classroom. Improve focus, teamwork and learning.
Red Ribbon Week	K-4	Spirit Days throughout the week are to motivate healthy choices and encourage a safe, healthy, and drug-free lifestyle.
Brooke Extension Office	3-4	Brooke County Extension Office presented weekly lessons to 3 <sup>rd</sup> and 4 <sup>th</sup> grade students on proper nutrition/healthy living. The program was a six week course.

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**Beech Bottom Primary School**

<b>Activity Title</b>	<b>Participants</b>	<b>Description</b>
Med Express	K	Learned the proper way to wash hands.
Dental Awareness	1	Students from Eastern Gateway Community College Dental Assistant Program came in to discuss brushing teeth and eating healthy.
Social Skills; Ignoring Others	1 -4	Students were taught the steps to be used when ignoring others then they created a comic strip that showed each step.
Attendance Day	K-4	Students enjoyed a day of activities at BHS.
Brooke County Extension Office	3-4	Brooke County Extension Office presented weekly lessons to 3 <sup>rd</sup> and 4 <sup>th</sup> grade students on proper nutrition/healthy living. The program was a six week course.

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**Colliers Primary School**

<b>Activity Title</b>	<b>Participants</b>	<b>Description</b>
CyberSafety	K-4	All students were taught the importance of personal safety while using the internet. This included online gaming.
Golden Trash Can	K-4	Each Thursday, the classroom that has been the most tidy was the winner of the week. At the end of the month, the class with the most points received free time. (Meaning extra recess time at the end of the nine weeks)
Red Ribbon Week	K-4	Provides lessons to teach drug awareness.
Halloween Parade	K-4	Walk through the town and around the school.
Bowling Day	K-4	Extension of P.E. Class – Students attend “Bowling Day” at a local bowling alley.
Brooke County Extension Office	3-4	Brooke County Extension office presented weekly lessons to 3 <sup>rd</sup> and 4 <sup>th</sup> grade students on proper nutrition/healthy living. Program was 6 weeks in length with each lesson lasting 30 minutes.
P.E. with Parents	1-4	Parents were invited to participate in the child’s physical education class.
Puppet Show/ Anti-Bullying	K-4	Puppet Show targeted behaviors to stop/prevent bullying.
Walk Across America	K-4	Every morning, students walk in the gym. Each mile walked is recorded “across” West Virginia. The students’ progress is recorded on a wooden cut out of the state.
Attendance Fun Day	K-4	All students attended Fun Day at BHS. Activities included: swimming, jumpees, and field activities.

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**Hooverston Heights Primary School**

**(Brooke Primary North)**

<b>Activity Title</b>	<b>Participants</b>	<b>Description</b>
WV Extension Office	2-3	WVU Extension Office taught 5 week course on food, reading labels, taste testing, etc.
Fun Day at school	K-4	Students enjoy a day of activities; playing volleyball, bounce in blow-ups, with parents as volunteers.
Attendance Day	K-4	Students with 5 or less days absent enjoyed a day of activities at BHS, including swimming, games, dance, basketball, etc.
Smoking and Household Poison Products	K-4	Students learned about smoking effects and poisonous household products.
Bowling Field Trip	K-4	Students went to local bowling alley for a bowling experience. Bowling is a lifetime sport.
ATV/Bike Safety Day	K-4	Students attend a safety lesson on Bikes and ATV's.
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.
Field Trip to Wild Things Baseball Game	K-4	Students went to baseball game with activities at the park.
Bunny Hop Dance	200	Students and parents enjoyed a night of dance, crafts and a nutritious meal.
Cyber Bullying Awareness	K-4	Students were taught about cyber bullying.
Reindeer Games	K-4	The students competed in team building games, decorating Christmas trees, and relay races with presents and a sleigh.
Drug Awareness	K-4	Drug awareness activities sent home to parents
Pittsburgh Science Center	30	Explored science activities.

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**Brooke High School**

<b>Activity</b>	<b>Participants</b>	<b>Description</b>
Wellness/Fitness Center	Open to public	The Wellness Center at Brooke High is open to the public Monday – Friday from 3:00-5:00.
Anti-Bullying	850	Guest speaker on respect and bullying.
Zumba	75	Students volunteered to participate in a Zumba class.
Character Development	250	Every month, students participate in character development lessons for 30 minutes.
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	180	Students donate money and walk around gym for 30 minutes in support of the United Way.
Speaker on Pregnancy	300	Discussion on pregnancy prevention in groups of 6-80 students.
Health Fair	300	Students walked around the gym speaking to professionals in different fields of study and occupations.
Blood Drive	80 Students/ Staff	Blood Drive
Vocational Fair	250	Professionals throughout our community demonstrate hands-on work in front of the students
Cholesterol Screening	200	Professional medical staff came to the high school to provide cholesterol screening free of charge.

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**Follansbee Middle School**

<b>Activity</b>	<b>Participants</b>	<b>Description</b>
Fitness Fun Day	30 (Special Ed.)	Learned different techniques and motor skills.
Intramural Sports	All Students (50 at a time)	Homerooms competed against each other.
Outdoor Learning Games	5 <sup>th</sup> Grade	Students, during SPL period, are taken outside and learning activities are done.
Life Skills	7 <sup>th</sup> Grade	9 week program targeted toward substance abuse.
Strengthening Family	6 <sup>th</sup> Grade	Program to introduce skills for increasing communication between parents and children.

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**Wellsburg Middle School**

Activity	Participants	Description
Fitness Fun Day	30 (Special Ed.)	Learned different techniques and motor skills.
Character Education Program	5 <sup>th</sup> -6 <sup>th</sup>	Programs that help students identify feelings, express emotions, etc.
Life Skills	7 <sup>th</sup>	9 Week Program – Substance Abuse Prevention
Healthy Relationships	6 <sup>th</sup> & 7 <sup>th</sup>	Taught Relations with Family & Friends
Strengthening Family	6 <sup>th</sup>	Program to introduce skills on how to increase communication between parents and children.



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**Franklin Primary School**

**(Brooke Intermediate South)**

<b>Activity</b>	<b>Participants</b>	<b>Description</b>
Bootcamp	150	Students participated in a mock "Bootcamp". They did 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. The last person with their balloon in-tact wins the Hunger Game.
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.
Cupid Shuffle	150	Valentine Celebration – Whole school line dance and exercise program.
Jump Rope for Heart	150	Raise money and awareness for organization through celebration and exercise activities.
Attendance Fun Day	K-4	All students attended Fun Day at BHS.
Halloween Parade	K-4	Paraded around parking lot area.
Cyber Bullying Awareness	K-4	Students were taught about cyber bullying.
P.E. with Parents	K-4	Parents were invited to participate in the child's physical education class.
Field Trip to Wild Things Baseball Game	K-4	Students went to the baseball game with activities at the park.