

**Harrison County Schools Wellness  
Activity Reports  
2016-2017**

*Harrison County Schools completed eight years on the previous County Wellness Plan. In 2015-2016 we revised our County Wellness Policy. Individual schools have completed wellness activities involving students, staff, family and the community with the emphasis on promoting wellness and healthy lifestyles. Our county has information available on our website outlining both nutrition and wellness information. Our wellness coordinator disseminates wellness information to all staff members via the Harrison K-12 Principals listserv and the Harrison County App. Seventeen schools receive free breakfast and lunch through The Community Eligibility Provision, or CEP.*

*School Based Health Centers have also been opened at Lumberport Elementary, Lincoln Middle, Big Elm Elementary, Lincoln High School, South Harrison High, South Harrison Middle, West Milford Elementary, Lost Creek Elementary, Robert C Byrd High School, Nutterfort Elementary and Intermediate and, WI Middle.*

### **School Activities**

#### **Adamston Elementary School:**

Activities: Students participated in the **CARDIAC KIDS project**. The nurse gave presentations on **Hand washing and Eye Care and Lice Prevention**. She also certified various teachers in **CPR and First Aid** and completed **Hearing and Vision Screenings** for every child. **Staff participated in the PEIA Healthy Tomorrows. Physical education activities designed to improve physical fitness and fight obesity.** Students have a choice to eat **brown bag breakfast after 1<sup>st</sup> breakfast.**

#### **Alternative Learning Center:**

Activities: Harrison County Parks and Recreation provided **team-building activities** utilizing kickball and other physical activities. Students kept logs detailing physical activity and healthy eating habits. Students are rewarded with good behavior with gym time. Students are provided with a **presentation on STD/Safe Sex** from a representative of the DHHR. **Staff participated in the PEIA Healthy Tomorrows. Physical education activities designed to improve physical fitness and fight obesity.** Students have a choice to eat **brown bag breakfast after 1<sup>st</sup> breakfast.**

#### **Big Elm Elementary School:**

Activities: Fifth grade students participated in **CARDIAC KIDS project**. A wellness webpage, with a nutrition section, was provided for all staff, students, and parents. Second grade students did a unit on the **food pyramid and heart smart**. Teachers were **pedometers** to calculate miles walked to enable them to become fit and serve as role models for their students. **Fitness Finders** are completed in the Physical Education classes each month (Examples: **Pumpkin Run, Turkey Trot, 12 Days of Fitness, Step it UP, Jump a Heart**, etc.) **Staff participated in the PEIA Healthy Tomorrows Program. Physical education activities designed to improve physical fitness and fight obesity.** Students have a choice to eat **brown bag breakfast after 1<sup>st</sup> breakfast.**

#### **Bridgeport High School:**

Activities: **Flu shots** were available to students and staff. Students, families, and staff participated in an **International Fair** (booths with marketplaces and dance). Students in marketing class did menu makeovers of school lunches based upon the **Jamie Oliver series**. Students participated in **DECA 5k BHS after school Conditioning and Lifting program**. Students participated in the **American Red Cross Blood Drive**. Students participated in NHS sponsored event **SIDNE (Simulated Impaired Driving Experience)**, and in health/driver classes participate in program provided by Bridgeport police dept. The staff participated in the **PEIA Staff Wellness activities**. The **RAZE club** provided activities to Johnson Elementary for **Red Ribbon Week**, participated in **health fair** at Simpson Elementary, and provided school with information on **Great American Smoke-out**. **Healthy smoothies** were made in various classes. Students **set dietary and exercise goals in PE, Health, and FAC classes**. Students participated in **Show Choir, Dance and Marching**. Guest speakers gave a presentation to the sophomore class on tobacco (**WV Quitline**) **Guest speakers** also presented on dangers of Drunk Driving (Aaron Cooksey), and PE classes participated in **FITNESSGRAM**. **Staff participated in the PEIA Healthy Tomorrows Program. Physical education activities designed to improve physical fitness and fight obesity. In the Foods class, the teacher focuses on teaching students to make healthy food choices and shows how to prepare healthy meals and snacks.** Students have a choice to eat **brown bag breakfast after 1<sup>st</sup> breakfast.**

### **Bridgeport Middle School:**

Activities: **RAZE club promotes healthy living.** Guest speaker spoke to all students about the dangers of alcohol and drug abuse. Intramural games and activities held one day a week for each grade level. **Grab and go breakfast provides a healthy meal/snack for students.** Lunch line options provide healthy meals for students. **Let's Move Program** provides additional physical activity for students. Students participate in **Hoops Shoot contest** and possibly move on to next levels of competition. **Physical education activities** designed to improve physical fitness and fight obesity. The staff and students participate in the **Summer Safety Tips activity**; the Academic Enrichment students outlining summer safety tips made posters. **Healthy Eating Tips** aired daily on our **School Talk Show** each morning. Staff participated in the **PEIA Healthy Tomorrows Program.** **Physical education activities** designed to improve physical fitness and fight obesity. **In the Foods class, the teacher focuses on teaching students to make healthy food choices and shows how to prepare healthy meals and snacks.** Students have a choice to eat **brown bag breakfast after 1<sup>st</sup> breakfast.**

### **Johnson Elementary School**

Activities: Students participated in **Fitness Gram Mile Run, and World Cup Stacking Day.** Students participated in **dance activities** during inside recess. Kindergarten classes participated in **Adventures in Fitness** by utilizing a website and have been learning **Yoga** poses utilizing YouTube. 5<sup>th</sup> graders used an **online nutrition calculator** to calculate the nutrition value of fast food choices and dance out of their classroom each period. 2<sup>nd</sup> graders periodically utilize **dance activities** during **brain breaks.** The **BHS RAZE Club** organized activities for students outlining the dangers of tobacco and smokeless tobacco. K-2nd grade students do a **½ mile run** and 3rd grade does a **1-mile run.** All students and staff participated in a **30-minute walking program** per week. **Flu shots** are available to staff and students. 2nd and 5th grade have the opportunity to participate in **CARDIAC Kids.** **Nurses** trained staff in the usage of an **Epi pen.** **PE teacher** does the **Punt, Pass and Kick and Hoop Shoot competition.** Students utilized the **bicycle study station** during library time. Presenter did a program about bullying to the whole school. Staff participated in the **PEIA Healthy Tomorrows Program.** **Physical education activities** designed to improve physical fitness and fight obesity. Students have a choice to eat **brown bag breakfast after 1<sup>st</sup> breakfast.**

### **Liberty High School:**

Activities: Staff participated in **PEIA Wellness activities.** The students do research and prepare posters, handouts and bulletin boards that show the results of being addicted to various **drugs, tobacco and alcohol.** Students **donated blood** to the Red Cross. **Counselor's wiki has wellness links.** **Health awareness programs** included those on drunk driving, domestic violence, drugs, and school violence. **PE classes** prepared for various sections of the **Fitness Gram.** **Flu shots** were administered by the Health Department. **In the Foods class, the teacher focuses on teaching students to make healthy food choices and shows how to prepare healthy meals and snacks.** As a culminating activity all of the students were given time for a sock hop and physical activities in the gym. This was a 90 minute block of time. All students and staff participated in dancing or playing games. **Staff participated in the PEIA Healthy Tomorrows Program.** **Physical education activities** designed to improve physical fitness and fight obesity. Students have a choice to eat **brown bag breakfast after 1<sup>st</sup> breakfast.**

### **Lincoln High School:**

Activities: Staff participated in **PEIA Wellness activities.** **Awareness activities** included flyers, posters and assemblies on breast cancer awareness, swine flu, etc. **Flu shots** were administered by the Health Department. Students and staff participated in NHS sponsored event **SIDNE (Simulated Impaired Driving Experience)** and utilized the **DUI Goggles** in the driver education classes. Students participated in a **drug awareness and bullying poster contest.** Faculty and staff are encouraged to use the **Fitness Room at their convenience.** The **RAZE Club** organized activities for students outlining the dangers of tobacco and smokeless tobacco. Students set **dietary and exercise goals** in **PE, Health, and FAC classes.** Students participated in **Show Choir, Dance and Marching.** **RAZE club promotes healthy living.** Staff participated in the **PEIA Healthy Tomorrows Program.** **Physical education activities** designed to improve physical fitness and fight obesity. **In the Foods class, the teacher focuses on teaching students to make healthy food choices and shows how to prepare healthy meals and snacks.** Students have a choice to eat **brown bag breakfast after 1<sup>st</sup> breakfast.**

### **Lost Creek:**

Activities: Students and staff participated in the **World JAM** aerobic type exercise to the song, **It Only Takes A Minute.** Students **jumped rope** and raised funds for the **American Heart Association.** Students were encouraged to bring in a

canned good to be donated to the local **Helping Hands** House to be eligible to participate in the “FUN” dress up for **Red Ribbon Week**. The topic of **drug awareness and prevention** was discussed in the classrooms. **Presenter Jim Jordan spoke** with students in grades PreK – 2 and 3 – 5 about the importance of reporting **bullying** and how to prevent it. This activity was tied into **RED Ribbon week**. **Staff participated in the PEIA Healthy Tomorrows Program. Physical education activities** designed to improve physical fitness and fight obesity. Students have a choice to eat **brown bag breakfast after 1<sup>st</sup> breakfast**.

#### Lumberport Elementary School:

Activities: Staff participated in **PEIA Wellness activities**. They also read the story ***Germs are not for Sharing***, discussed germs and how to prevent illness. Students viewed “pretend” germs with Glo-Germ demonstration. Students participated in the **CARDIAC Project**. The project is run through the WVU School of Medicine. The **5th Graders screening** includes taking blood pressure, weight and health, calculations of Body Mass Index (BMI), and cholesterol screening. The cholesterol screening involves drawing a blood sample from student’s arms to check the cholesterol level. Trained phlebotomists performed the **blood draws**. The **2nd Grade Screening** involved taking **student’s height and weight and assessment** of Acanthosis Nigricans (thickening of skin on back of neck that is a risk factor for Diabetes. **Dental Health** was discussed with students focusing on “**tooth friendly**” food using a Magnetic Tooth Board. **Proper brushing habits** and the importance of dental visits were discussed. They also read, *Bernstein Bears- Visit the Dentist*. Students. Students were screened for **vision using Welch Allen Spot Vision Screener**. A digital report for vision deficit was printed out and sent home with a referral letter to parents. If student/family is in need of assistance for **doctor visit/or glasses**, financial arrangements will be made. Students without a dental visit greater than a year participated in a **portable dental service** provided by Lora Knapp, Public Health Dental Hygienist with Community Care of WV. Students received **screenings, cleaning, fluoride varnish, sealants and oral health education**. Some students were referred to a follow-up with a dentist. Students participated in **1-mile walks twice a year**. The older students assisted the younger students. The 5th Grade students read different **character education books everyday** to different classes. Students participated in **Red Ribbon Week, Say “No” to drug activities**. Students participate in the Hoop Shoot Contest and the winners advanced to the Harrison County Tournament. Students participated in **the iDance, iKaraoke, and iPlay for PBS reward**. Students collected donations for the American Heart Association and jumped 30 minutes and healthy drinks were served. The entire school participated **Fun Activity Stations** for a reward activity for completion of Spring Break Assignments. Students participated in **Healthy Kids Week with the “Move It”** activity. The 5th Grade students learned 3 dances and 35 students decided to be on the **Line Dance Team**. Students attended the Harlem Ambassadors Anti-Bullying Assembly. Students participated in **D.A.R.E. activities** focuses on drug and alcohol awareness. Students participated in Netsmartz Kids activities. Students participated in **the Free the Horses- A Self-Esteem Adventure and the Be Cool Character Education, and Trevor Romaine Character Education, and the Too Good for Drugs activities**. The entire school participates in **JAMmin’ Minutes** (<http://www.jamschoolprogram.com/>) Students also participated in **Jump Rope for Heart and Hop for Leukemia**. Staff participated in the **PEIA Healthy Tomorrows Program. Physical education activities** designed to improve physical fitness and fight obesity. Students have a choice to eat **brown bag breakfast after 1<sup>st</sup> breakfast**.

#### Lincoln Middle School:

Activities: A **wellness webpage** was developed for the school. The school has a **Food and Fitness Newsletter**. Prizes are given out during **National School Lunch Week**. Promotional activities include **posters, flyers, and assembly programs on health and nutrition issues**. Students participated weekly in **fitness stations** including **walking with pedometer, Wii Fit, Ping-Pong and basketball**. McDonald’s Grant was awarded to for a **nutritious snack activity**. **Project CHAT** was presented in the Health classes, which focused on teenage issues. **Dental assistants** presented to the Health classes about proper **oral health**. **Flu shots** were made available to staff and students. Students participated in the **Red Ribbon Week focusing on Drug Facts**. Students participated in the **Great American Smoke Out**, where daily announcements were read by the **RAZE crew** and a display table was set up at the Tailgate party where students participated in physical activities. **Tobacco and self-esteem posters** were made and displayed by Health and Family and Consumer Science students. Students viewed **tobacco videos. Mental Health Awareness, Suicide Prevention, positive messages on lockers, school announcements written by students addressing self-esteem**. A nursing student working in the **School Health Clinic** made presentations on healthy food choices and nutrition. Students sampled different types of fruits and vegetables. A **nurse for the VA Hospital made a presentation on heart health** with demonstrations on how arteries get clogged with fatty plaque. **Drug Presentation/Lessons/Activates with The Truth About Drugs series** were utilized, which focused on recovering teens and young adults who were addicts. Students participated in a presentation

about **bullying presentation** showcasing the musician, **David Wells**. Students also completed **mental and emotional health activities**. In the **Foods class**, the teacher focuses on teaching students to make healthy food choices and shows how to prepare healthy meals and snacks. Staff participated in the **PEIA Healthy Tomorrows Program**. Health students learned about the anatomy of a **food label**. Students in the Family and Consumer Science and Health classes participated in various **kitchen safety and sanitation activities**. Students participated in **NetSmartz** activities and Bullying awareness presentations from the FBI and Sheriff's department. Students participated in **self-esteem presentation** given by a teen that lost both his arms. Students participated in **running program and the Fitness Gram**. Students participate in a school wide **intramural program**. **Special education** students participated in **extra physical education** time during 4th period. Students, staff, and community members utilized the **School-Based Health Clinic** on a daily basis. **Flu shots** are made available to staff, students, and community members. **Physical education activities designed to improve physical fitness and fight obesity**. Students have a choice to eat **brown bag breakfast after 1<sup>st</sup> breakfast**.

#### **Mountaineer Middle School:**

Activities: Students participate in the "Let's Get Movin" program that stresses activity including the **Dance Dance Revolution**. Students participate in a **walking program for 10 minutes every day** after lunch. **Flu shots** were made available to staff and students. **Staff participated in the PEIA Healthy Tomorrows Program**. **Physical education activities designed to improve physical fitness and fight obesity**. Students have a choice to eat **brown bag breakfast after 1<sup>st</sup> breakfast**.

#### **North View Elementary School**

Activities: Staff participated in the **PEIA Healthy Tomorrows Program**. Students participated in **Field Day activities** outside at the Harrison County Parks and Recreation Complex. 1st grade students participated in **dancing, singing, and moving during exercise breaks**. Students and parents participated in the **WVU Extension Service Youth Family Nutrition Program**. Kindergarten students participated in **gross motor skills activities** during rainy or cold days for 20 to 30 minutes. They also read the story **Germs are not for Sharing**, discussed germs and how to prevent illness. Students viewed "pretend" germs with **Glo-Germ demonstration**. On Fridays, the 2nd grade classes exercised using **Richard Simmon's Sweating to the Oldies DVD**. Preschool students read the *Hungry Caterpillar* and participated in the **Hungry Caterpillar Food Expo**. The children made fruit kabobs using various foods fruits from the book. 2nd and 5th grade students participated in **WVU School of Medicine's CARDIAC Project**. The 5th grade students also participated in the blood screening for cholesterol level. 3rd grade students participated in the **Lion's Club Vision Screening**. Students were screened for vision using **Welch Allen Spot Vision Screener**. A digital report for vision deficit was printed out and sent home with a referral letter to parents. If student/family is in need of assistance for doctor visit/or glasses, financial arrangements will be made. Students without a dental visit greater than a year participated in a portable dental service provided by Lora Knapp, **Public Health Dental Hygienist with Community Care of WV**. **Students received screenings, cleaning, fluoride varnish, sealants and oral health education**. Some students were referred to a follow-up with a dentist. 5th grade students participated weekly in **kinesthetic learning through exercising** in place while watching a video identifying healthy foods through Go Noodle. 4th grade participated in The **Great Body Shop lesson** and researched **smoking/tobacco use** and created posters to inform other students about the **dangers of smoking**. **Physical education activities** designed to improve physical fitness and fight obesity. Students have a choice to eat **brown bag breakfast after 1<sup>st</sup> breakfast**.

#### **Norwood Elementary School**

Activities: PE students participate in the **Fitness Gram program**. Students participated in the Drop Everything and Walk program where students walked an additional 30 minutes a week. Staff participated in the **PEIA Healthy Tomorrows Program**. **Physical education activities** designed to improve physical fitness and fight obesity. Students have a choice to eat **brown bag breakfast after 1<sup>st</sup> breakfast**.

#### **Nutter Fort Intermediate School**

Activities: Students participated in the **CARDIAC KIDS project, Jump Rope for Heart, Healthy Harrison Walking project, Fitness Gram and Girls on the Run program**. A third grade classroom received a grant to purchase a Wii gaming system to utilize for physical fitness. The **Community Care based health clinic** is available two days a week for students and staff. They provided **flu shots** to students and staff. Community Care of West Virginia provides **dental services** to students. The school participates in the **Child Nutrition Fresh Fruits and Vegetables program**. **WVU offered free cancer**

screening to community at NFI in spring. Staff participated in the **PEIA Healthy Tomorrows Program. Physical education activities** designed to improve physical fitness and fight obesity. Students have a choice to eat **brown bag breakfast after 1<sup>st</sup> breakfast.**

#### **Nutter Fort Primary School**

Activities: Staff participated in the **PEIA Healthy Tomorrows Program. ABC's of Fitness** taught the letters of the alphabet to 2<sup>nd</sup> graders using words related to fitness. Students participated in the **Kids Fun Run, Hop for Leukemia, and Jump Rope for Heart. Physical education activities** designed to improve physical fitness and fight obesity. Students have a choice to eat **brown bag breakfast after 1<sup>st</sup> breakfast.**

#### **Pressley Ridge**

Activities: Staff participated in **PEIA Wellness screenings and activities.** Students participated in **hand-washing and cold activities.** Students and staff **walk laps at lunchtime.** Staff participated in the **PEIA Healthy Tomorrows Program. Physical education activities** designed to improve physical fitness and fight obesity. Students have a choice to eat **brown bag breakfast after 1<sup>st</sup> breakfast.**

#### **Robert C. Byrd High School**

Activities: Students in health classes participated in the **Fuel Up to Play 360 program.** Students were given information on **prescription drug abuse.** Staff participated in the **PEIA Healthy Tomorrows Program.** 9th grade students participated in the **Adolescent Pregnancy Prevention Initiative.** All grades participated in the **Suicide prevention program.** Students were given extra **PE time for "free play,"** in the 9th, 10th, and 11th grades. A nurse from UHC came on discussed **health care occupation** to all grades. **Mental health presentations** were made to all grades. **Drug, Alcohol, and Healthy Choices presentation** were made to all grades. **Physical education activities** designed to improve physical fitness and fight obesity. Students have a choice to eat **brown bag breakfast after 1<sup>st</sup> breakfast.**

#### **Salem Elementary School**

Activities: Parents and students participated in **geocaching along the fitness trail.** Students and staff participated in the **Salem Applebutter 5K Run.** Staff and students participated in **Girls on the Run and Health Harrison Walking Initiative.** Staff participated in the **PEIA Healthy Tomorrows Program. Physical education activities** designed to improve physical fitness and fight obesity. Students have a choice to eat **brown bag breakfast after 1<sup>st</sup> breakfast.**

#### **Simpson Elementary School**

Activities: Staff participated in the **PEIA Healthy Tomorrows Program.** Students, staff, parents, and the community participated in a **Health Fair.** Staff and students participated in the **Simpson Morning Walkers program,** where students walked an additional **30 minutes of walking each week. Physical education activities** designed to improve physical fitness and fight obesity. Students have a choice to eat **brown bag breakfast after 1<sup>st</sup> breakfast.**

#### **South Harrison High School**

Activities: Staff participated in the **PEIA Healthy Tomorrows Program.** Students participated in **class competitions** in several sports. Students participate in lunchtime **intramural program.** Students have a choice to eat brown bag breakfast after 1<sup>st</sup> period. **Physical education activities** designed to improve physical fitness and fight obesity. **In the Foods class, the teacher focuses on teaching students to make healthy food choices and shows how to prepare healthy meals and snacks.** Students have a choice to eat **brown bag breakfast after 1<sup>st</sup> breakfast.**

#### **South Harrison Middle School:**

Activities: Staff participated in the **PEIA Healthy Tomorrows Program.** Students received information on dental health care. Students have breakfast offered after first block. **Physical education activities** designed to improve physical fitness and fight obesity. **In the Foods class, the teacher focuses on teaching students to make healthy food choices and shows how to prepare healthy meals and snacks.** Students have a choice to eat **brown bag breakfast after 1<sup>st</sup> breakfast.**

### Washington Irving Middle School

Activities: Students participated in the **Skate in School** (grant) program. 7<sup>th</sup> grade students participated in **HarvestFest** – a **physical education field day**. Students participated in **awareness activities** involving soft drinks, risky behaviors, tobacco, smart foods, and bullying. Students participate in various **RAZE activities**. **Staff participated in the PEIA Healthy Tomorrows Program**. Staff participates in **Zumba** classes. **Physical education activities** designed to improve physical fitness and fight obesity. **In the Foods class, the teacher focuses on teaching students to make healthy food choices and shows how to prepare healthy meals and snacks**. Students have a choice to eat **brown bag breakfast after 1<sup>st</sup> breakfast**.

### West Milford Elementary School

Activities - Staff participated in the **PEIA Healthy Tomorrows Program**. Students ran an obstacle course from the local **Mud Run**. **Physical education activities** designed to improve physical fitness and fight obesity. Students have a choice to eat **brown bag breakfast after 1<sup>st</sup> breakfast**.

### Wilsonburg Elementary School

Activities: Staff participated in the **PEIA Healthy Tomorrows Program**. Students utilize the bounce house as a rewards activity. PE classes utilize the **Dance, Dance Revolution**. School parties involve **healthy snacks**. Rewards involve activities and healthy snacks. Students and staff participate in the **Heart Healthy/Jump Rope for Leukemia Research**. Students participate in the *Billion-Mile Race*. **Students walk daily**. The school **logged 500 miles a week**. Each room does daily walks, gross motor activities, healthy snacks, and gym 3 times a week. **Physical education activities** designed to improve physical fitness and fight obesity. Students have a choice to eat **brown bag breakfast after 1<sup>st</sup> breakfast**.