

HANCOCK COUNTY SCHOOLS

**WELLNESS REPORT
2014-2015 SCHOOL YEAR**

SUBMITTED BY

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Hancock County Board of Education
School Health Index and Activity Report
2014-2015 School Year

Hancock 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 schools will strive to improve on the weakness and continue to enhance the strengths determined in the evaluation.

Modules included in the

- School Health and Safety policies and Environment**
- Health Education**
- Physical Education and other Physical Activity Programs**
- Health Promotion for staff**
- Family and Community Involvement**

ALLISON ELEMENTARY
2014-2015

School Health Index Results:

Strengths identified (81% - 100%) were school health and safety policies and environment. health education, physical education and family and community involvement. Needs identified low score. Needs identified low score (50%) was health promotion to staff.

ALLISON

- Parent Involvement after school – Each grade level has 1 parent involvement a year where they rotate through different activities.
- Halloween Parade instead of treats
- Fitness Gram for 4 Grade
- Adventures to fitness when students cannot go outside
- Food Advisory Committee
- Hoops for Heart – “Knock Out” Tournament to raise money for the American Heart Association
- Red Ribbon Assembly
- PBS Committee – promote positive behavior Officer Phil assembly
- Weigh to Go – Staff to maintain weight during the holidays
- Nurses Corner – in the newsletter section that educates about current health related topics.
- Bowling field trip and Sky Zone field trip
- Yearly Field Day/Carnival
- Color Walk for “Relay for Life”
- Fun-A-Thon – After school fundraiser where students move around to different stations, included night bowling, volleyball, etc.

Allison (Continued)

- Grab & Go breakfast
- Grandparent breakfast
- The Biggest Loser for staff
- Summer selfie challenge for staff
- Fluoride mouth rinse project
- Physical activities after school for staff
- Use of exercise tape – walking laps

NEW MANCHESTER ELEMENTARY
2014-2015 SCHOOL YEAR

School Health Index Results:

Strength identified (81% - 100%) was in School Health and Safety Policies and Environment, Health Education, Physical Education and other Physical Activity Programs and Family and Community Involvement. Needs identified in the low range (50%) was Health Promotion of staff.

NEW MANCHESTER

- Dyna Band (stretch) class and rethink your drink for staff.
- American Cancer Society – Presentation on cancer prevention
- Crazy Sock Day – Raising awareness of juvenile diabetes
Nurse’s Corner in the newsletters that are sent home.
- Weigh to Go PEIA program – for staff
- Jump Start Our Minds – End of morning announcements students participate in a cycle of physical exercises to jump start their day.
- Farm to School – Classroom teacher discussed the theme of “Farm to School” with students. A local farmer brought fresh produce to discuss and distribute to students.
- Oak Glen Dance Team – Presented “Thriller” – a variety of dance routines to all students.
- Coloring Contest for Thanksgiving.
- BEARCAT Prowl – Third and Fourth Grade students participate in an after-school walking program for 45 minutes every Tuesday.

WEIRTON ELEMENTARY
2014-2015

School Health Index Results:

Strength identified (81% - 100%) was in school health and safety policies, physical education and other physical activity programs, and health promotion for staff. Needs identified for the medium low score range (60% - 41%) was family and community involvement.

WEIRTON ELEMENTARY

- Students announce menu for the day.
- Dancing – The students take a break after their tests on Friday to dance.
- Bullying – P.O. Officer present bullying program.
- Handwashing Techniques and Restroom Responsibilities
- “What can you do to keep your body healthy?” – Discussed activities that keep us healthy. Used books and pictures to show good/poor choices.
- Fighting Germs – Story was read, discussion on fighting germs.
- Energizers – Students to stretch and run in place to get ready for the day.
- Dental Care
- “Scoot” – A different multiplication problem is laid out on each desk, the student answers a question and “scoot” to the next desk to answer the next question.
- Teambuilding Activities – Videos, craft and hands-on activities.

WEIR MIDDLE SCHOOL
2014-2015

School Health Index Results:

Strength identified (81% - 100%) was in School Health and Safety Policies and Environment and Health Education. Medium strength (61% - 80 %) was in physical education and other physical activity program. Low score (41% and below) was in health promotion of staff.

WEIR MIDDLE

- Swimming activities – for special education students
- Mid Class Exercise – During 90-minute classes- students do some sort of exercise
- Bullying – Conflict resolutions – unit on bullying
- Band Practice on field every Thursday
- Healthier fast food choices – Grade 8 Science – Look up nutritional information on menu items
- Bicycling – Students are given the opportunity to ride bikes.
- Achievement corner – bulletin board where students' pictures are put because of their accomplishments.
- Taste test food items – Cooks put sample of food items for students to taste.
- Spanish Class – Did pictures in Spanish of foods served in the cafeteria.
- Guest Servers – Teachers were guest servers for lunch.

WEIR HIGH SCHOOL
2014-2015

School Health Index Results:

Strength identified (81% - 100%) was School Health and Safety Policies and Environment, Health Education and Family and Family and Community Involvement. Medium strength identified (61% - 80%) was Physical Education and other physical activity programs. Low score (41% and below) was Health Promotion for Staff.

WEIR HIGH SCHOOL

- Business Partnership with Weirton Medical Center – Developed a wellness program, concussion clinic and physicals for athletes.
- Drug Awareness Program
- Power of Positive Thinking – Guest speaker – program on power of positivity motivational stories.
- Make a Difference Day – “Head to toe we help kids grow”
- Distracted Driver Seminar
- Adult Immunization Recommendation
- Annual Black History Bowl
- Play: “The Trouble with Derek” – Drama Department put a play on about drugs in schools.
- State Attorney’s Office – Assembly on drugs, alcohol and safety
- Mock Accident
- PRO Officer – Seminar throughout the year on various subjects
- Taste test new items

OAK GLEN MIDDLE SCHOOL
2014-2015

School Health Index Results:

Strengths identified (81% - 100%) were in School Health and Safety Policies and Environment, Health Education, Physical Education and other Physical Education and other Physical Activity Programs, Health Promotion for Staff and Family and Community Involvement.

OAK GLEN MIDDLE SCHOOL

- Class Garden – Students planted vegetable seeds, discussed plant development and eating habits.
- Food Portrait – Students study the art of Gruseppe Arcimboldo who created portraits using fruits and vegetables. Students had to do the same and were not allowed to use any desserts to create their portraits.
- Progressive Muscle Relaxation – Students used an app that walked them through progressive muscle relaxation to alleviate stress.
- Power Walk to Success – Increase heart rate to get students up and moving before a test.
- Hula – la – Team – (Building/Brain Break) – Students took a “brain break” during test prep and passed a hula hoop around a circle. Students hold hands to complete the hula hoop pass and circle remained unbroken. This incorporates physical activity into the day’s lesson.
- PEIA – Stress Reduction Program – PEIA’s pathway to Wellness Program provided instructions on how to manage stress throughout the work day.
- Measle Spread – Discussed receiving vaccinations
- Cell Phone – Class discussion on app that helps take pressure off spine.
- Cardiac Kids – Using cardiac kid app and video, students learned of ways to check and prevent diabetes starting in the 5th grade. Also learned about family tree and inherited diseases.
- Juice Box Bully – Read and followed up with discussion and activities.
- Body Systems – Completed a body system packet, breaking down and learning each body system and how they work together.

Oak Glen Middle (Continued)

- Tortilla Espanola – Made in Spanish class.
- French Cooking – Studied the history of crepes and French cooking.
- Bullying – Students viewed a play on being a bystander and how to help those that are being bullied.
- Unit Rate Activity – Students did different exercises and collected individual data. They had to use math to find the unit rate.
- Brain Breaks – Halfway through reading and math classes, students watch and follow brain break videos that get them moving, also homebase rooms allow student to dance 10-15 minutes.
- Achoo – Lesson on spreading germs – use their graphic calculators to study exponential behavior.
- Heavy Hits – Used super science magazine to look at how concussions occur, the effect and preventions.
- Staff Wellness – Some staff members after school meet to do aerobic exercise and walk.
- Taste Test – Cooks put out samples for students to try new items.
- Celebrated – National School Breakfast Week – with students coloring, poems, etc.

OAK GLEN HIGH SCHOOL
2014-2015

School Health Index Results:

Strength identified (81%- 100%) was in health education. Medium strength identified (61% - 80%) was in family and community involvement. Medium low score range (60% - 41%) was School Health and Safety Policies and Environment and Physical Education and other physical activity programs. Low score (41% and below) was Health promotion of staff.

OAK GLEN

- Cooks celebrate National School Breakfast Week with raffles, decorated fruit and cheese sticks as characters and photo class took pics of salad bar and put on school's web page.
- Sample of food items placed on serving line for students to taste.
- Art Class – Draw their art work on glass serving lines.
- Cooks decorate for all the holidays and theme days.
- Wellness during pregnancy
- Wellness for 11th and 12th graders – meal planning, comfort foods and eating disorders
- Eating better – no math day – reduced calories in a recipe
- Conditioning Program – Students work out in weight room after school with a specific program
- Blood Drive
- Fit Testing