

# **MORGAN COUNTY SCHOOLS**

## **WELLNESS REPORT 2015-2016 SCHOOL YEAR**

**MORGAN COUNTY BOARD OF EDUCATION**  
**SCHOOL HEALTH INDEX AND ACTIVITY REPORT**  
**2015-2016 SCHOOL YEAR**

**Morgan County Schools worked to improve the health and awareness of staff and students from the previous school year. Each school completed a School Health Index as a means of evaluation. Based on the results of the SHI the county will strive to improve on their weak areas and continue to enhance their current strengths determined by the evaluation.**

**Modules assessed were:**

- **Nutrition Services**
- **Physical Education/Physical Activity**
- **Family and Community Involvement**

# **GREENWOOD ELEMENTARY**

**2015-2016**

## **School Health Index Results:**

**Greenwood Elementary used the Fuel Up to Play 60 online module to assess their SHI. This module assesses three components: nutrition services, physical education/activity and family and community involvement. Greenwood Elementary scored in the high range for Family and Community Involvement with a score of 87%. The school scored in the high Medium range in both Physical Education/Activity 73% and Nutrition Services at 78%.**

**GREENWOOD ELEMENTARY  
ACTIVITIES**

- **Encouragement of breakfast participation**
- **Construction of a walking track for use by students and the community**
- **Promote the benefits of walking and an active lifestyle**
- **Include wellness activities as part of team meetings**
- **Use of Xbox for indoor recess activities**
- **Use of pedometers by students and staff to encourage walking**
- **PEIA's Pathways to Wellness – Drink Water!**

# **PLEASANT VIEW ELEMENTARY**

**2015-2016**

## **School Health Index Results:**

**Pleasant View Elementary used the Fuel Up to Play 60 online module to assess their SHI. This module assesses three components: nutrition services, physical education/activity and family and community involvement. Pleasant View scored in the Medium High range for all components: Nutrition Services 77%, Physical Education/Activity 66% and Family and Community Involvement 79%. Pleasant View Elementary will focus on increasing their Physical Education/Activity score for the 2016-2017 school year.**

## PLEASANT VIEW

### ACTIVITIES

- **May 18, 2016 Race for Education – Student’s walked/jogged around playground to raise funds for various educational needs: iPads, field trips, facility upgrades. Students were invited to bring family and friends to promote community involvement.**
- **School Improvement Council September meeting addressed lice prevention.**
- **School Improvement Council December meeting addressed flu prevention, disinfecting procedures and newsletters to parents.**
- **School Improvement Council March meeting addressed bed bug prevention with the staff.**
- **Erica Maner a Youth Health Educator brought the 7 Week Child Nutrition Program offered through West Virginia University to the school. The Family Nutrition Program is comprised of numerous nutrition, food and physical activity projects designed to help limited resource families, youth, and adults improve their health. FNP targets risk factors associated with obesity, cardiovascular disease, diabetes, hypertension, and other chronic diseases. FNP encourages the adoption of healthy lifestyle behaviors by:**
  - **Teaching nutrition education using the USDA’s MyPlate and Dietary Guidelines**
  - **Providing food demonstrations**
  - **Improving access and availability to local community resources**
  - **Helping participants to stretch their food dollars, plan menus, and read food labels**
  - **Encouraging participants to devote more time to being physically active**

## **PAW PAW SCHOOLS**

**2015-2016**

### **School Health Index Results:**

**Paw Paw Schools used the Fuel Up to Play 60 online module to assess their SHI. This module assesses three components: nutrition services, physical education/activity and family and community involvement. Paw Paw Schools scored in the high range for Nutrition Services with a score of 91%. The school scored in the high Medium range in both Physical Education/Activity 73% and Family and Community Involvement at 66%. Paw Paw schools will focus on attaining more Family and Community Involvement during the 16-17 school year.**

## **PAW PAW SCHOOLS**

### **ACTIVITIES**

- **September through November – Lose It! Challenge**
  - **Weekly weigh in with coordinator**
  - **Winner is determined by % of weight loss through November 18th**
  - **Facebook page started by group offering recipes, ideas and support**
- **Facebook page will remain active all year and updated for each wellness activity**
- **Opportunities for 5k's shared throughout the year**
- **January through May – School Workout Program**
  - **Participants meet each Thursday**
  - **Aerobic workout for 40 minutes**
  - **Group support for exercising on a regular basis**

## **WIDMYER ELEMENTARY**

**2015-2016**

### **School Health Index Results:**

**Widmyer Elementary used the Fuel Up to Play 60 online module to assess their SHI. This module assesses three components: nutrition services, physical education/activity and family and community involvement. Widmyer Elementary scored in the High Medium range for Nutrition Services with a score of 71%. The school scored in the middle of the Medium range in both Physical Education/Activity 45.2% and Family and Community Involvement at 41.66%. Widmyer schools will focus on attaining more Physical Education/Activity during the 16-17 school year.**

## WIDMYER

### ACTIVITIES

- First Aid/CPR Training
- Hep B and Flu Shots
- Bloodborne pathogens training
- “Lunch time Healthy Bites” book for staff
- Swish
- Hand washing lessons
- Teeth brushing lessons
- Nurse uses “teachable moments” to educate students on first aid
- Bulletin boards
  - Healthy foods
  - Dental
  - Value of water
  - Hand washing
  - How to be a healthy student
- Jump Rope for Heart
- Illness prevention lessons
- Posters
- Height/Weight/Vision screening
- Inflatable day
- Field Day
- Cardiac Kids

# **WARM SPRINGS INTERMEDIATE SCHOOL**

**2015-2016**

## **School Health Index Results:**

**Widmyer Elementary used the Fuel Up to Play 60 online module to assess their SHI. This module assesses three components: nutrition services, physical education/activity and family and community involvement. Widmyer Elementary scored in the High Medium range for Nutrition Services with a score of 71%. The school scored in the middle of the Medium range in both Physical Education/Activity 45.2% and Family and Community Involvement at 41.66%. Widmyer schools will focus on attaining more Physical Education/Activity during the 16-17 school year.**

## WARM SPRINGS INTERMEDIATE

### ACTIVITIES

|  |                                     |
|--|-------------------------------------|
| High tunnel growing and eating here                    | 4 <sup>th</sup>                     |
| Sardine Club   | 3 <sup>rd</sup> -5 <sup>th</sup>    |
| Brain breaks   | 3 <sup>rd</sup> -5 <sup>th</sup>    |
| Swish  | 3 <sup>rd</sup> – 5 <sup>th</sup>   |
| Grow up talks  | 5 <sup>th</sup>                     |
|  |                                     |
| Art and music enrichment                               | 4 <sup>th</sup> and 5 <sup>th</sup> |
| E-time activities (10-15 minutes a day of “club” time) | 3 <sup>rd</sup> -5 <sup>th</sup>    |
| Outside counseling services                            | 3 <sup>rd</sup> – 5 <sup>th</sup>   |
| Extension Agency Nutrition classes                     | 3 <sup>rd</sup> and 4 <sup>th</sup> |
| LoT 12 recipe contests                                 | 4 <sup>th</sup>                     |
| Advertise and support Parks and rec. activities        | 3 <sup>rd</sup> -5 <sup>th</sup>    |
| Dance movement in Music class                          | 3 <sup>rd</sup> -5 <sup>th</sup>    |
| Exercise and dance assemblies                          | 3 <sup>rd</sup> -5 <sup>th</sup>    |
| Camp MoCo  | 3 <sup>rd</sup> -4 <sup>th</sup>    |

## **WARM SPRINGS MIDDLE SCHOOL**

**2015-2016**

### **School Health Index Results:**

**Warm Springs Middle School used the Fuel Up to Play 60 online module to assess their SHI. This module assesses three components: nutrition services, physical education/activity and family and community involvement. Warm Springs Middle School scored in the high range in both Physical Education/Activity 85.7% and Family and Community Involvement with a score of 95.8%. Nutrition Services scored in the medium range at 71%. Nutrition Services were identified as an area of improvement for the 16-17 school year.**

## **WARM SPRINGS MIDDLE SCHOOL**

### **ACTIVITIES**

- **Lunch time physical activity choices: 3 on 3 basketball, walking, four square**
- **MC After 3 physical activities: hike, basketball and various outside recreation activities**
- **Hoops for Heart**
- **Student/Faculty ballgames and activities: basketball, volleyball, kickball, whiffle ball**
- **Guest speakers in PE (lifetime activities): golf and tennis**
- **Field Trips – skating, bowling and Hershey Park**
- **PE Fitness Gram**
- **Health Fair**
- **MC Backpack participation**
- **The Springs Golf and Basketball Opportunities**
- **In class physical activity breaks**
- **Tobacco/Alcohol/Drug awareness activities: Raze, impairment goggles, Red Ribbon Week**
- **Food/Diet logging**
- **Heart rate and recovery rate exercises**
- **Acne Control with Clean and Clear**
- **Get up and Move to morning announcements**
- **2HW3**
- **Simeon Says to Refocus Groups**
- **Art – drawing people in motion**
- **Music class – African drum and dance; Treble/Bass Clef bean bag toss**

## **BERKELEY SPRINGS HIGH SCHOOL**

**2015-2016**

### **School Health Index Results:**

**Berkeley Springs High School used the Fuel Up to Play 60 online module to assess their SHI. This module assesses three components: nutrition services, physical education/activity and family and community involvement. Berkeley Springs High School scored in the medium high range in all areas with scores of Physical Education/Activity 61.9%, Family and Community Involvement 67% and Nutrition Services at 63%. Physical Education and Activity were identified as an area of improvement for the 16-17 school year.**

## **BERKELEY SPRINGS HIGH SCHOOL**

### **ACTIVITIES**

- **BSHS selected as a 2016 U.S. Department of Education Green Ribbon School. This award acknowledges your school's commitment to sustainable practices. The areas encompassed by the award include reduced environmental impact and costs, with energy, waste, water, and transportation measures; improved health and wellness, including nutrition, outdoors physical activity, and environmental health efforts; and effective environmental and sustainability education, which features hands-on, authentic, place-based learning and green career pathways.**
- **BSHS participated in the PEIA Pathways to Wellness "Summer Selfie" program**
- **BSHS has a walking club which meets Monday – Friday each week**
- **BSHS is in the process of starting a new PEIA Pathway to Wellness program called the "Pedometer Challenge"**

- **BSHS wellness coordinator works closely with Grace Matthews from Marshall University to organize activities for the staff and sends out the monthly health updates by LISTSERV**