

# Wellness Summary

## Logan County Schools

### Buffalo Elementary School

- During Halloween, the students had a wellness walk down the halls and outside around the playground to promote walking and show off their costumes.
- Students learned out healthy snack for school celebrations
- Students participated in grade levels jumping rope in teams
- 4<sup>th</sup> Grade swimming lessons at the Rec Center
- Participation in Fresh Fruit and Vegetable Program

### East Chapmanville Elementary

- Jumping Tigers team which performs to kick-off the Jump Rope for Heart event.
- Forward & Backward Criss Cross Club—Students who can successfully forward or backward criss cross 3 times will then be allowed to help and instruct others
- One & Two Minute Club—while jumping rope, students will observe their cardiovascular endurance.
- Jump Rope for Heart
- 4<sup>th</sup> Grade Volleyball Game
- Students will participate in Field Day
- 4<sup>th</sup> Grade swimming lessons at the Rec Center

### Holden Elementary School

- Wellness Walk
- 4<sup>th</sup> Grade swimming lessons at the Rec Center
- Participation in Fresh Fruit and Vegetable Program
- 4<sup>th</sup> Grade swimming lessons at the Rec Center

### Hugh Dingess Elementary

- Jump Rope for Heart
- Wellness Walks
- 4<sup>th</sup> grade swimming lessons at the Rec Center
- Healthy snacks
- Field Day

### Logan Elementary School

- Relay for Life Walk
- Healthy snacking
- Jump Rope for Heart
- Walk Across America
- Autism
- Participation in Fresh Fruit and Vegetable Program
- Gritt's Farm field trips
- Wellness Walk at Chief Logan State Park
- 4<sup>th</sup> Grade swimming lessons at the Rec Center

### Man Elementary School

- Fun and Fitness with Parents—Evening activity

- Fitness Gram
- Walk Across America
- Participation in Fresh Fruit and Vegetable Program
- Patterns in Movement—kinesthetic movements
- Sharpening the Saw—30 minutes unstructured playtime for fitness & socialization
- Line Dancing after school for teachers
- Participation in Fresh Fruit and Vegetable Program

#### Omar Elementary School

- Let's Move WV
- Participation in Fresh Fruit and Vegetable Program
- Stamp Out Drugs—Drug Awareness Week activities
- 4<sup>th</sup> grade swimming lessons at the Rec Center

#### South Man Elementary

- Participation in Fresh Fruit and Vegetable Program
- Fire Safety activities in October
- Dental Health
- Heart Health
- Handwashing
- Bullying
- 7 Habits
- 4<sup>th</sup> grade swimming lessons at the Rec Center
- The Big Sneeze
- Apple and Pumpkin Units—Healthy eating
- Participation in Fresh Fruit and Vegetable Program

#### Verdunville Elementary School

- 4<sup>th</sup> grade swimming lessons at the Rec Center
- Jump Rope for Heart
- Participation in Fresh Fruit and Vegetable Program
- Wellness Walks
- Field Days

#### West Chapmanville Elementary School

- 4<sup>th</sup> grade swimming lessons at the Rec Center
- Jump Rope for Heart
- Wellness Walks
- Field Days
- Family Fun Nights

#### Chapmanville Middle School

- Tobacco Awareness
- Journaling physical activities for 7 days
- Calculating body BMI
- Anti-bullying

#### Logan Middle School

- Multiplication Exercises—leg lifts, arm rotations, forward, backward and side lunges
- Brain Break Movement Activities

#### Man Middle School

- Health Class Activities
- Anti-bullying

#### Chapmanville High School

- ROTC drills
- After school sports-football, cheering, volleyball, basketball, softball, track
- Class competitions

#### Logan High School

- ROTC drills
- Special Olympic helpers
- Battle of the Classes

#### Man High School

- ROTC drills
- Student Fitness Day—Games for all students
- Blood Pressure Check
- Hall walking-inside around the building is apx. ½ mile
- Fitness drills for yearend fitness test
- After school sports-football, cheerleading, volleyball, basketball, softball, track

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