

2017 – 2018 WCSD Health & Wellness Activities

updated: June 7, 2018

Brinckerhoff: Ursula Platz

Handball intramurals (June)
Volleyball (June)
Capture the flag (June)
Kickball (June)
10 minute jogging club (June)
All PE activities (June)
Jump Rope For Heart (May)
Kangaroo Club (May)
May Intramurals: Volleyball, Team Handball, Capture the Flag, Kickball
Bowling Intramurals (Apr)
Badminton Intramurals (Apr)
Bowling - Intramurals - Gr. 5 (Mar)
Badminton - Intramurals - Gr. 5 (Mar)
Winter Olympics - Gr. K-6 (Mar)
10 Minute Running Club - Gr. 1-6 (Mar)
Morning Gym Games- Intramurals (Feb)
Afternoon Basketball - Intramurals (Feb)
Fitness Calendar (Jan/Feb), Omnikin Ball (Gr. 5 & 6) (Jan/Feb)
Gaga Ball Intramural (Dec)
Flag Football Intramural Grades 5 & 6 (Nov)
7 Minute Jog Club (PE) (all classes) (Nov)
Ed Fion - Dance Residency (Oct)
Intramural - Flag Football (Oct)

Evans Elementary: Lauren Hernandez, Jon Wurster

Full Day Health and Wellness Fair during school hours
- Nutritionist (Dietitian), Karate, Healthy snack time, Smoothies, Yoga, Mindfulness (June)
Evans Day - Full Day Field Day - fun and games for all! (June)
School Garden - 2 garden beds complete with a fence to keep out predators! (June)
Full Day Health and Wellness Fair: Stations include - Nutritionist (Registered dietitian), Healthy eating habits, Smoothies, Yoga, Fitness stations in Gym, Mindfulness, Zumba, Get Up and Dance, and more!!! (June 12)
Popular Games Intramurals (June)
School Garden - Boxes have been built - soil and seeding next! (May)
Recreational Games Intramurals (May)
Cardio Drumming for STEAM Day (May)
PBIS incentives- Buses - Earn a kickball game with the Principal! (May)
Daily morning exercises over the announcements lead by students (Mar)
School Garden (Mar)
Wellness Fair coming in June!
Basketball Intramurals (Feb)
Team handball Intramurals (Feb)
Coordinating the School Garden (Feb)
Jump Rope for Heart (Feb)
Health and Wellness monthly meetings (Feb)
Football Intramurals (Nov.)

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PBIS incentives & rewards for good citizenship-being responsible, respectful, & safe (Nov/Dec)
Recognition of students on announcements (Nov/Dec)
Peer Mediation Club (Nov/Dec)
Citizenship Club (Nov/Dec)
Mindful Minute: Students silence their minds for 1-minute before starting their day (on-going)
Volleyball intramurals (Oct)
Faculty and Staff Flu Shot Clinic (Oct)
Peer Mediation Club (Oct)

Fishkill: Andy McNally

FGO Meeting (Fishkill Government Meetings) - Ongoing
Fit For Fun - Ongoing
Banana Splits - Ongoing
Mentoring Breakfast - Ongoing
Fitness Calendar - Ongoing
Workout Wednesday (Ongoing)
Fitness Calendar (Ongoing)
Climbing/Gymnastics Stations (May)
Climbing/Gymnastic Intramurals (May)
Walking Challenge (May)
Capture the Flag Intramurals (May)
FGO Meeting: School Beautification (May)
Gagaball (April)
Bowling (April)
Volleyball (April)
Bash The Trash (April)
Fitness Calendar (April)
Workout Wednesday (April)
PBIS Assemblies (April)
Yoga - After school (April)
March Fitness Calendar (Push-ups, Jumping Jacks, Squats, Burpees, Sit Ups, Mountain Climbers)
Floor Hockey (March)
Bowling (March)
GaGa Ball (March)
Jump Rope for Heart (March)
Non Stop Jump roping competition (Feb)
Warm Fuzzy Day (Feb)
Fitness and Wellness Club (Monthly)
Jump Rope for Heart Fitness calendar (Feb)
Fitness calendar (Monthly) posted on school website & sent via school messenger (on-going)
Workout Wednesday (monthly)
Basketball Intramurals (Nov/Dec)
Health and Fitness Club-Monthly Meetings and Activities (Nov/Dec)
PBIS Assemblies (Nov/Dec)
Fruit of the Month (On-Going)
6th Grade Hip Hop Dance Program (Nov)

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Stack Up Challenge (Nov)
Fit Bit Weekly Challenge-Staff (on-going)
Awesome Arms & Abs: push-ups, sit-ups, second plank (Oct)

Fishkill Plains: Eric Seipp, Andrea Fitzsimmons

Center for Prevention of Child Abuse Presentations (June)
DRF Walk (May)
Mental Health Awareness Month Activities (May)
Panther Parliament (monthly meetings)
Student of the Month Recognition (every month)
PBIS Committee meetings (on-going)
Daily Announcements - A quote from 365 days of Wonder
Recite the FP School-wide Expectations Pledge
Define the monthly virtue
Jump rope for Heart (2/12-23/18)
WEAR RED Day for American Heart Association (2/2) - raised over \$200.00
Pennies for Patients (1/15-29/18) Raised over \$2,000.00
Gonoodle/Deskercise: cardio and yoga (on-going)
Tennis (Monday mornings)
Intramural Games & Fitness Grades 5 & 6 (November - January)
Intramural Games & Fitness Grades 1-4 (March - May)
NOT JUST FLU CLINIC (Oct)
Healthy steps annual competition (Oct)

Gayhead: Adam Gerson

On going Tennis (April)
On going Intramurals in the am and pm (April)
Citizen of the Month breakfast (April)
Afterschool student yoga (April)
Staff yoga (April)
Staff mindful meditation (April)
PBIS Committee Meeting (April)
School Child Study Team - biweekly meeting (April)
Open House K - 6 (April)
Tennis is on going (Mar)
Weekly staff yoga (Mar)
Student yoga afterschool (Mar)
Weekly staff morning meditation (Mar)
PBIS Committee meeting (Mar)
Citizen of the Month Celebration (Mar)
Citizen of the Month Celebration (Feb)
Whole Staff Mindfulness Activities (Feb)
Weekly Afterschool Yoga for staff and students (Feb)
Weekly Morning Meditation (Feb)
Valentine's Flower Sale (Feb)
Intra-murals before and after school (Feb)
FBA/BIP Progress monitoring meetings (Feb)
Flu Clinic (Oct)

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Girls on the Run - after school - Thursdays
Tennis - Mondays and Fridays before school
Mindfulness for students - Wednesdays after school
Soccer Intramurals (Tues. & Wed. before school; Mon. & Thurs. after school)

Kinry: Mary Bish

PE Intramurals - Pillow Polo & Basketball (March & April)
PE - Edwin Dance Residency - (April)
PE - Jump Rope for Heart - (March/April)
School wide - Rainbow Brain Walk - (immediately before NYS Assessments) (April)
WCSD Continuing Education hosted "Trek fit Presentation on April 6th" Yoga, dance, exercise, play
Helping CEREAL COUNTS!!! a Dutchess County organization collecting new boxes of cereal to donate to local food pantries. This helps feed the many children and adults who cannot afford breakfast foods. (May)
PE Class - Pillow Polo Activities & Matball (Jan/Feb)
Jump Rope for Heart (Jan/Feb)
Intramurals (Jan/Feb - Weds & Thurs before school) Pillow Polo & Matball
PE class (Mar) Basketball March Madness, Jiu jitsu, AQMAI Visitation (Martial Arts)
Intramurals (Mar - Weds & Thurs before school) Basketball
Rite Aid Pharmacy Flu/Pneumonia Clinic (Nov)
Grace Smith House presentations (bullying) (Nov)
Environmental Club (Nov/Dec)
Eco Arts and Crafts Club (Nov/Dec)
Don't Be A Monster Presentation (Nov)
Intramurals: Soccer, Ultimate Football, Cup Stacking (Nov/Dec)
School Walk a Thon
Healthy Heart Challenge
Guinness Book of Records Cup Stack Challenge
6th Grade Field Trip to Sharpe Reservation
DC Public Health Nurse - Lice Presentation/Prevention

Myers: Sydnie Goldstein

Girl Scouts - Girls on the Run (Oct)

Oak Grove: Angelina Alvarez-Rooney & Dawn Turpin-Orgetas

Field Day Activities (June)
PBIS Beach Party for Good Bus Behavior (June)
Mileage Club (May/June)
Volleyball Intramurals (May/June)
Safety Unit during PE classes (May)
Biggest Loser competition for staff (April-May)
Pitch, Hit and Run Competition for Students 7-14, before school (May)
Trek fit Presentation to our 6th Graders before his Bike tour (May)
Girl Scouts presentation of Healthy Snacks (May)
Blood Drive with Peer Mediators and Student Council (May)
Tennis/Volleyball Intramurals (May)

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Fitness Friday Intramurals (May)
Gymnastics Equipment/Climbing Activities in PE classes and Intramural (April)
Perseverance- character word of the month (April)
Center for Prevention of Child Abuse Presentation (April)
Intramurals - Jump Rope for Heart raised \$9,850/Olympic Challenges (February/March)
Peer Mediation Club (March Integrity) school wide - posters & announcements (Mar)
PBIS incentives- Bus/Cafeteria (school wide) and Individual rewards for good citizenship-being responsible, respectful, & safe (on-going)
Go for Red (Feb)
TREK FIT ASSEMBLY- Presentation to Grades 4-6th (Feb)
Intramurals- Jump Rope for Heart/Olympic Challenges (Jan/February)
Peer Mediation Club (Jan/Feb) Kindness/Caring - school wide - posters & announcements
PE Classes-Jump Rope for Heart Unit and Olympic Challenges (February)
Intramurals- Basketball (Dec/Jan)
Peer Mediation Club (Dec/Jan) Kindness/Caring - school wide - posters & announcements
PE Classes-Guinness Book of records Cup Stack Challenge (Nov) Basketball, Jump Rope for Heart
Safety Unit-Grace Smith House presentations (Nov)
Intramural - Flag Football (Oct/Nov)
Fitness Friday Activities (on-going)
Peer Mediation Club (Oct/Nov) anti-bullying messages - school wide - posters & announcements
PE Classes-10-Day Walking Challenge Kinry vs. Oak Grove. School wide/community event.
PBIS: Responsible/Respectful & Safe-Individual & School Wide incentives for Cafe & Bus (monthly)
Rite Aid Pharmacy Flu Clinic

Sheafe: James Daley

Vassar: Rick Dominick, Patricia Dean

Flu shot for staff (Nov)
Anti-Bullying with Animals Assembly (Nov)

Van Wyck: Lorraine Herreros

International Night (May)
Spring Concert (May)
Cabaret Night (May)
Nat'l Junior Honor Society Induction (May)
Carlie's Crusade (May)
Global Foundries will visit our school for a panel discussion on 2/14
Parent University Naviance at JHS (Feb)
Pep Rally & Fundraiser (Feb)
VanWyck Silent Auction for Drama (Feb)
Weekly PBIS meetings
Rite Aid Pharmacy Flu Clinic
Chess Club (new)
Astronomy Club (new)
The Harmonizers Club (new)

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Let's Dance Salsa Club (2x month)
ASL Club (American sign language) (weekly)
Math Club (weekly)
Math Counts Club (weekly)
Web Master Club (weekly)
Coding Club (every other week)
Field Trip to UN by Girl Up Club (Jan)
Field Trip to see the NY Philharmonic (1/12)
Field Trip for private screening of WONDER (1/10)
Van Wyck Drama Club (begins in Dec)
Dangers of Social Media: How to Keep your Child Safe (12/4)
Spelling Bee (12/6)
Preparing for College in JHS workshops (Nov)
Girl Up Club Viewing of They Named Me Malala (Nov)
Don't Be a Monster Presentation (Oct)
7th Grade Dance (Oct)
Multi-Cultural Club (weekly)

Wappingers Jr.: Terrance Thompson, Michael Corsano

Health & Physical Education Award (on-going)
Fall Sports Scholar Athlete Awards (Nov)
Jam the Van (Nov)
Spins Bowling/ Cross Court Tennis club (Nov/Dec)
Rite Aid Flu Clinic for Staff (October)
Don't Be a Monster Presentation (Oct)
Capture the Flag/Track & Field/Basketball/Badminton (Sept/Oct)
Tennis & Bowling Intramurals (Dec/Jan/Feb)
Holiday Staff Sing Along (Dec)
Art Club (on-going)
Lego Club (on-going)
Field Trip to see "Wonder"
WCSD Spelling Bee Host (Jan)
STEAM Bistro Night (Feb)

John Jay: David Kedzielawa

- Pot Luck (June)
- Biggest Loser Competition (May/June)
- Golds Gym Partnership (May)
- Partner walks (May/June)
- Fitbit challenge (May)
- Hikes (May/June)
- Potluck - Cinco de Mayo Potluck (May)
- Gold's Gym Classes (April)
- Fresh Friday email (April)
- Hikes and after school walks and outside activities (April)
- Partnership with Golds Gym, Fresh (March-June)

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- Fit Bit challenges (on-going)
- Yoga (seasonally- on-going)
- Biggest loser challenge- spring weight loss (Feb-June)
- Healthy potluck lunches
- Hiking-After school staff activities (Spring)
- Development of Mission Statement

Orchard View: Nancy Burlew

- School wide pushup challenge (year long)
- Field Day (field day competitions, kickball, wiffle ball) (June)
- Growth Mindset during Empowerment Academy (June_)
- Healthy "End of year" Food Festival (June)
- 90's club breakfast (attendance for fourth quarter) (June)
- Exploration hikes for lead testing of soil (fieldwork-Earth Science/Natural Resources) (June)
- School wide pushup challenge (year long)
- Power of Peace 2 day conference (May)
- Growth Mindset discussions during English classes (May)
- Healthy "End of year" Food Festival (May/June)
- 90's club breakfast (attendance for third quarter)
- Empowerment Council (May)
- 90's club breakfast (grades for third quarter)
- Goal setting for 4th quarter (April/May) (focus on physical & mental health & grades)
- Love shouldn't hurt field trip (Mar)
- International Food Festival (Mar)
- 90's club breakfast (attendance grades for second quarter) (Mar)
- See something, say something" initiative (Mar)
- Empowerment Council (Mar) "How do we take feedback?"
- Spirit Week March 12-16 (Mar)
- Attending live streaming of Chris Herron talk (Feb)
- 90's club breakfast (for second quarter 90's club) (Feb)
- Math challenge in accordance with Empowerment goal : "We love a challenge" (Feb)
- Goal setting for 3rd quarter (Feb)
- Empowerment council (Jan) "Feedback helps our brains grow"
- "90's Club" for attendance/grades breakfast and luncheon (Jan)
- Empowerment council (Dec) " You are a valued member of our learning community"
- Grace Smith House visitation for coping mechanisms (Dec)
- Empowerment Council Holiday Challenge (Dec)
- Healthy "sweet"treats Pot Luck (Dec)
- Empowerment council (Nov/Dec) "You are a valued member of our learning community"
- Healthy pot luck (Nov)
- Sharpe Reservation High Ropes Challenge (Nov)
- Empowerment Council (2x monthly) focusing on growth mindset and mental health
- School-wide push-up challenge (all year initiative)
- Bully Box added to office
- Student Council "feel good" banner

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RCK: Dave Seipp, Elena Champagne

- Breaking the Cycle Assembly May 4th (focused on social health by stressing the importance of conflict resolution through forgiveness) (May)
- Survive the Drive Assembly Thursday, May 10th. for grades 10-12 (will focus on the detrimental activity of texting, speeding, drinking, phoning and any other activities that impair driver consciousness) put on by the PTSA (May)
- Grace Smith House- Guest speaker presentations for health classes on dating violence prevention May 24th, 25th
- Stress Management Sessions for Staff (May)
- Stress Management Sessions /Yoga for health students (May)
- Nutrition Ed. Activities: Students make and taste healthy smoothies (April)
- Stress management/Yoga in the classroom-different techniques for each weekday (April)
- National Kick Butts Day anti-tobacco/vaping program (April 24)
- Bullying Awareness activities - Student Prevention Counselor - Jessica Sirianni (Mar)
 - cafeteria/ library tables with educational anti-bullying resources
 - pledges
 - positive comments/compliments for fellow students and posting them
 - wearing blue to show support for ending Bullying in our school community
 - Anti-bullying curriculum in health classes
- "Love Shouldn't Hurt Conference" on Preventing Dating Violence 3/12/18 Organized and presented by Grace Smith House. Attended by RCK Students and Staff (Kalah Boscia, Elena Champagne, Jessica Sirianni) (Mar)
- Chris Herren: A Journey From Drug Addiction to Sobriety presented to parents/community (2/8)
- Chris Herren: A Journey From Drug Addiction to Sobriety presented to RCK students (2/9)
- "Kick Start Your Heart" Walking Group for staff and students (Tuesdays in Feb)
- World AIDS Day Event Student Trip to Albany (Dec)
- Student Prevention Counselor Jessica Sirianni: The Great American Smoke-out (Nov)
- Nutrition Ed. Activities: Students made/tasted overnight oatmeal & healthy fruit smoothies (Nov)
- Health students shared anti-bullying messages with RCK (Oct)
- Anti-bullying message shared. Wear orange on Unity Day 10/25/17 stand against bullying (Oct)
- RCK health classes are working with our student prevention counselor Jessica Sirianni to create a banner for Red Ribbon substance abuse awareness week. During this week (10/23-10/27) Mrs. Sirianni will have a table in the cafeteria with information for students and the students will have an opportunity to sign the "be drug free" banner. (Oct)