

## 2018 – 2019 WCSD Health & Wellness Activities

*last update: 6/21/2019*

### **Brinckerhoff:**

June: Fitness calendar, volleyball intramurals and staff mindfulness

March: 7 minute jogging club, Handball intramurals

February: Intramurals and family fitness calendars

January: Fitness Calendar, Intramural Basketball, Guided Imagery

December: Climbing Intramurals Gr. 5 & 6, Fitness Calendar Gr. K-6, jogging club, Bootcamp

November: Take home fitness calendar; 7 min jogging club; Bootcamp-Wellness Committee

October: Fitness Calendar for grades K-6

September: Flag football intramurals; jogging club

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### **Evans:**

June: Color Run this Friday 6/14!

May: On May 10th we held our 2nd annual Health and Wellness Day. Stations included - Fitness Fun, Boot Camp, Nutrition, Yoga, Mindful Meditation, Keepin' it Movin, Karate, Healthy technology, Food Art, Folk dance, etc.

April: Recreational Games Intramurals, The Biggest Loser Contest to promote healthy lifestyles amongst all staff members

March: Jump Rope for Heart Events, Continuing to plan Evans' Health and Wellness Day (contacting vendors, organizing activities, etc.)

February: In the process of writing a grant for a Yoga instructor and 2 sets of mats to include 2 full class sizes. Team Handball and Tchoukball Intramurals, Jump Rope for Heart

January: Basketball Intramurals, Monthly Health and Wellness Meetings, Future Events (Health and Wellness Day in May & Followed by Color run at night)

December: Football Intramurals, Staff Mindful minute before Faculty meetings

November: Volleyball Intramurals, Peer Mediation Club, Citizenship Club, After School Karate Program, Beginning stages of planning Health and Wellness Day - May 19th 2019

September: Soccer Intramurals; Garden is up and running; Distributed vegetables from Garden at Open house,

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Mindful Minute. On the morning announcements the students are guided through one minute of meditation to start the day off on a positive note!, Hudson Valley Karate after school program.

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### **Fishkill:**

June: Capture the Flag Intramurals, Fit 4 Fun, Workout Wednesday, Fitness Calendar, Mindfulness Club, HUGS Day, School kickball game, Banana Splits

May: Mindfulness Clubb, Fit 4 Fun, Workout Wednesday, Fitness Calendar, Steps Challenge, Climbing Station Intramurals, Mentoring Breakfast

April: Mindfulness Club, Fit 4 Fun, Workout Wednesday, Fitness Calendar, Steps Challenge, Mentoring Breakfast

March: Mindfulness Club, Fit 4 Fun, Workout Wednesday, Fitness Calendar, GaGa Ball

February: Kids Heart Challenge, Fit 4 Fun Club, Workout Wednesday, Workout Calendar, Mindfulness Meetings, Step Challenge, Recycling

January: Basketball Intramurals, Floor Hockey Intramurals, Fit 4 Fun Club, Workout Wednesdays, Workout Calendar, Mindfulness Meetings

December: Workout Wednesday, Fit 4 Fun, Mindfulness Club, Banana Splits, Weekly Steps, Basketball Intramurals, Mentoring Breakfast, Recycling, Dance Residency Program, Village Sing -A -Long

November: Workout Wednesday (Monthly), Fitness Calendar (Monthly), Mindfulness Club (Weekly), Staff/Student Mentoring (Weekly), Fit 4 Fun (Monthly), Step Challenge (weekly), Flag Football Intramurals, Workout Wednesday, Speed Stacks Intramurals

October: Workout Wednesday (Monthly), Fitness Calendar (Monthly), Mindfulness Club (Weekly), Staff/Student Mentoring (Weekly), Red Ribbon Week Activities, VIP Parade, Fit 4 Fun (Monthly), Step Challenge (weekly), Fire Prevention Smokehouse, Flag Football Intramurals, Workout Wednesday, Fitness Calendar: Awesome Arms and Abs

September: Workout Wednesday (Monthly), Fitness Calendar (Monthly), Mindfulness Club (Weekly)

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### **Fishkill Plains:**

Ongoing: Staff Recognition at monthly staff/faculty meetings, Fitness Calendars, Student of the Month, VIP Table, & Fitness Fridays

June: Games & Fitness, student & staff yoga, Cub Club, Blood Drive, Field Day

May: Games & Fitness (afterschool), student yoga, school spirit days, Mental Health Awareness Day, Ice Cream Social, Cub Club

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April: Sports & Games (afterschool), Student Yoga, #TrashTag

March: Sports & Games (afterschool), Fitness Fridays, Student Yoga & Mindfulness (afterschool), Painting (Afterschool), Pet Adoption Collection, American Heart Association Wear Red For Women, Songwriting Club (before school), VIP Table (during lunch) School Spirit Days, Student Movie Night (afterschool), Panther Parliament Kindness Compliments, Student of the Month, PARP, Staff Recognition Awards, Sparrows Nest Day, Kids Heart Challenge

January/February: Staff Recognition, Sports and Games (after school), Student of the Month, Fitness Fridays, VIP table, Songwriting club, Pennies for Patients, St. Jude's Math-A-Thon raised \$9,051.15 for this wonderful cause.

November/December: Staff Recognition, Sports and Games (after school), Student of the Month, Fitness Fridays, VIP table

September/October: PTA Ice Cream Social/Book Fair, Sandy Hook "Start With Hello", Intramurals (Before School), Games and Fitness (After School), Staff: Rite-Aid Flu Clinic, Miles of Hope-Pink for Breast Cancer, Jump Rope for Heart, "You've Been Mugged," beginning mid-October.

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### **Gayhead:**

May: Daily Positivity Project classwork, weekly Positivity Project email to parents, NAME Mental Health Awareness, Citizen of the Month Celebration, student and staff yoga, Morning Meditation, PBIS Committee meeting, AM/PM Intramurals

March: Daily Positivity Project classwork, weekly Positivity Project email to parents, Jump Rope for Heart, Literacy Month, Citizen of the Month Celebration, student and staff yoga, Morning Meditation, PBIS Committee meeting, AM/PM Intramurals

February: Staff Yoga, Student yoga class, Monday Mindfulness, Daily Positivity Project, Citizen of the Month, Parent recognition, Jump Rope for Heart, Valentine's Day PTA flower sale.

November: Foster Hope Fundraiser, Daily Positivity Project, Grades 4 - 6 Intramurals, Yoga/Mindfulness Club after school, Staff Yoga and Morning Meditation, Monday Mindfulness on the Announcements

September/October: Gayhead wellness activities for Sept/October: Positivity Project, Welcome back assembly for K, Grade level intramurals, Ice Cream Social, Staff Yoga, Yoga/Mindfulness Club, Staff Morning Meditation, Mindful Monday Announcements

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### **John Jay:**

May: Biggest Loser is still going on. Will send out a faculty survey to judge the response: Does faculty want to participate in any more potlucks? Give May 31st or June 24th dates as possibilities; Get a number on how many people want to participate in walking groups; Get a number of how many people want to participate in hikes

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April: Biggest Loser going strong- weigh in is last week in June, Rest of the year: Rest of the year: Walking Groups, Planning hikes, May 31st Potluck - Final Countdown !!!!

February: HWC fair was successful- Thank you notes need to be sent out and divided between, Next Potluck- Irish Soda Bread raffle -3/15/19 for St. Patrick's Day, Biggest Loser underway- Thank you O'Hare, Kermani will try to organize walks after school and FitBit challenges

November: Friday, Dec 14th- The Annual Winter/Holiday Potluck, Wednesday, Dec 19th- The Holiday Door Decorating Contest-Judging, Friday, Dec 21st Cookie Swap.

October: Ran Flu Shot Clinic 10/5, Running a health conscious pot luck luncheon for the staff, began working on Health & Wellness Fair for January.

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### **Kinry:**

May: Grades 3-6 Yoga, Volleyball, Fitness Activities

April: Volleyball, Relay/Partner Workout, Fitness Testing, Cardio/Agility/Muscle Strength,

March: March Madness Basketball, Heart Heros

February: Team Handball, Ga Ga Ball, Bowling Intramurals

January: Rec Games/Rec Games Intramurals, Bowling Intramurals

December: Winter Fun in PE

November: Pillow Polo Intramurals, Holiday Games

October: Football Intramurals, Football Activities, Cup Stacking

September: Soccer Intramurals, Soccer Activities

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### **Myers:**

Baseball, softball and volleyball for all grades. Soccer and basketball intramurals for grades 4-6, Drama Club, Junior Robotics Club, News Club, and Student Council.

Square dancing and volleyball for adults once a week through adult education. Healthy Kids before and after school program.

Ongoing: Character Education Monthly Ceremony recognizing students nominated by their teacher. Monthly recognition of staff members, nominated by their peers, at faculty meetings.

Farm to School Program presentations to Grades 2 and 4 completed. PBIS reward celebration to grades K-6.

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### **Oak Grove:**

Fitness Friday Activities (on-going), PBIS: Responsible/Respectful & Safe-Individual & School Wide incentives for Cafe & Bus (monthly)

June- Field trip and Field Days

NED Show on Kindness (Never Give UP, Encourage others, Do your Best)

Magic Show on Character Traits

May-Anti Bullying Presentation to 6th Graders

Keith Davis K-6 Assembly - PUSH, DREAMS, and make good choices

Tolerance of Differences Announcements

April-Drums Alive unit in all PE classes

March: Gymnastics unit in PE and Intramurals and Saturday classes through Town of Wappingers.

February: Kids Heart Challenge, Family pasta night

December: Mediation Club: Kindness/Caring (Dec)- school wide - posters & announcements

November: TREK FIT ASSEMBLY- Presentation to Grades 4-6th, Football, Peer Mediation Club- Bully Free (Nov) - school wide - posters & announcements, PE Classes-Guinness Book of records Cup Stack Challenge, Safety Unit-Grace Smith House presentations (Nov), PE Classes-Walking Challenge using pedometers

October: Rite Aid Pharmacy Flu Clinic, Intramurals- Soccer

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### **Orchard View:**

June: OV end of the year field trip to Lake Compounce! Field day to end the school year with physical and mental competitions amongst cohorts.

May: Mental Health Awareness Month-daily challenges to promote self-care and emotional well-being for the month of May. Meditation techniques and reflection being discussed to promote inner peace. OV school trip planning an continued wellness/pushup challenge.

March/April: SADD - "kick your butts" day; OV planning committee for school trip. OV PROM planning; end of school year potluck; push-up challenge; weekly "Circle" with Claudia for open-communications with underclassmen and social issues they are experiencing.

February: SADD Club - Anti-Vaping Poster Campaign, Empowerment Academy - Personal Health Goals; Growth Mindset Goals, PE Class - Push-Up Challenge. Grace Smith House will be visiting the FACS/Child Development classes to discuss "Children of Domestic Violence" and also Healthy Teen Dating". The SADD Club will continue the Anti-Vaping Poster Campaign. February's Empowerment Academy will focus on Personal Health Goals; Growth Mindset Goals. Student Wellness newsletter distributed 2/8 and was received greatly by our students.

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Spirit week begins 2/11 ~ a week that focuses on respect and kindness towards peers. The week is also to welcome our new students who started the 3rd quarter with us and welcome them into the OV family.

December: Our 2nd potluck will take place on December 21, featuring healthy dishes and traditional holiday fare. Empowerment academy for the month will focus on self-care and implementing mindfulness strategies. The astronomy class has been spending early morning tracking the stars. Follow up from the Sharpe reservation trip was positive and student's reflected on the team work needed to complete the outdoor challenges.

November: Conference day for OV staff on November 6 will focus on wellness activities: yoga, mindfulness, meditation to keep with our school mantra of self-care. On November 5, OV will attend the annual school-wide field trip to Sharpe Reservation. We will participate in the low rope events, encouraging teamwork and outdoor activity. OV Basketball court continues to be popular for outdoor activity. Our new picnic table (designed and built by OV students) has students and staff excited as their is a place to sit and enjoy the outdoors!

September/October: Mediation Center of Dutchess County to train all students in restorative conflict resolution; Poster campaign about the dangers of vaping; OV Newspaper will now focus on wellness for all of its stories (ie: Yoga, mindfulness, etc.) and will have wellness articles written by students; Empowerment Academy ~" Your brain is a muscle that can learn anything"; During October we will focus on the planning of our annual trip to Sharpe Reservation, where we will participate in high ropes events that encourage teamwork and outdoor activity; New Basketball court to encourage outdoor participation and teamwork.

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### **RCK:**

June: Day Top Drug Abuse Prevention Presentations 6/6/19

June 14 Senior Prom Drunk Driving assembly - Jonathan Mueller

RCK SADD and COSAPS meetings

May: Mental Health Awareness Month featuring daily announcements designed to encourage students to improve their mental health and mental health resource awareness and education.

Mental Health Peer Education Posters - RCK SADD

May 31 RCK Health and Wellness Fair

COSAPS Support Group Meetings

Vaping Presentations in Health classes

Dating Violence Education by Grace Smith House in Health classes

April: Teen Driving Week 4/8-4/12, Teen Driving Night (Cape Event), Drunk Driving Education Activities in Cafeteria and Chain Of Life (pledge to not drink and drive) 4/9, Sexual Violence Prevention Education- health classes 4/23 and 4/26, Vaping education bulletin Board - RCK SADD

Keith Davis (former professional football player) assembly Motivational Speaker 4/11 on Character, respect, bullying, dating relationships, academic success, making positive choices, acceptance, self-esteem and hard work

March: 3/11 "Love Shouldn't Hurt Conference" for RCK students focusing on Dating Violence Prevention, COSAPS support group starting (Jessica Sirianni), Vaping education/awareness projects -RCK SADD

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February: Dating Violence Campaign SADD (sign up for Love Shouldn't Hurt Conference), Student Prevention Counselor Presentations in Health Classes - Jessica Sirianni, Introductions and COSAP- Children of Substance abuse parents presentations in health classes, BLIND SPOTS - An educational intervention (designed for parents and guardians)- CAPE

January: Dating violence prevention presentations given by Grace Smith House in all health classes 1/7 and 1/8, Drug abuse prevention presentations given by Daytop Village 1/10, COSAP (children of Substance Abuse Parents) Group Forming, SADD: combating violence projects (dating violence awareness and education)

December: Student Prevention Counselor/SADD Programs "When Holidays aren't so happy", "Great American Smokeout" and vaping presentation to RCK Staff - given by Jessica Sirianni; Stress Management in Health Classes and for Staff

November: 11/5 Staff Training on Suicide Prevention given by NAMI; 11/15 & 11/30 Sexual Violence Prevention Education in health classes; 11/8 Nutrition Education Activity in health classes-Creating and Tasting Healthy Smoothies; The Anger Management Group will be starting; Stress Management in Health Classes and for Staff

October: Health Classes cover bullying/cyberbullying as part of the curriculum; Unity Day Bullying Awareness Day 10/24 -Health Students are creating and posting anti-bullying messages/students and staff will wear orange for Unity Day; 3. Vaping Education presentations in health classes; Red Ribbon Week - Anti Drug Awareness Activities - (Health students created posters to send an anti-drug message to their RCK peers)

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### **Sheafe:**

February: Keith Davis Assembly - PUSH, DREAMS, making good choices, Dance, Kids Heart Challenge, Pillo Polo intramural, Mentoring Club, Peer Mediation - Pennies for Pasta

January: Intramurals, walking club, brain breaks in addition to recess, Mentoring Club, Peer Mediation

December: Basketball and Volleyball Intramurals. Trek-Fit visit, Harvest of the Month, Garden Club, Purple Out Pancreatic Cancer Support, Peer Mediation, Mentoring Club

November: Basketball Intramurals. Visit from Trek-Fit (two planned) to encourage healthy choices, learn about movement, dance and exercise, Mentoring Club

October: Volleyball Intramurals, Mentoring Club

September: Rite-Aid Flu Clinic (staff) Soccer Intramurals

Health & Wellness Committee formed in September with the goals of:

- positivity Project (year-long, nationwide curriculum to build stronger relationships & character traits)
- encouraging healthy eating habits
- making health/wellness part of our daily lives

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- increase outdoor recess opportunities (goal of 7 mins high intense exercise to reset our brains)
  - discussion with local food stores (Shop-Rite & Adams) to re-institute the Harvest of the Month
  - building 5 outdoor gardens, formation of Garden Club
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### **Vassar:**

March: Drums Alive, Fitness Calendar

February: Fitness Fridays, Kids Healthy Heart challenge, Fitness Calendar

January: Fitness Fridays, Fitness Calendar, Movement and Dance

December: Fitness Fridays

November: Fitness Fridays, Cup Stack Challenges

October: Fitness Fridays, Walking/Running Challenge, Rite Aid Flu Clinic, Halloween/Stranger/Fire Safety

September: Fitness Fridays

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### **Van Wyck:**

June: PEP Rally, Parent University Students Taking 1st Regents Exam, 8th grade moving up, Scholar Athlete awards, 8th grade semi-formal

May: Mental Health Awareness activities provided by the School Counselors, Student Gov't Dance, Spring Concert, Book Fair, Team 8B trip to FDR, 8th Graders Trip to Washington, DC

April: Mrs. Letizia's class bake sale, National Jr. Honor Society Induction Ceremony, Senior Citizens Tea, Holocaust Survivor Assembly, Team 8D trip to FDR

March: Student of the Month Awards, 2 8th grade teams FDR Trip, Drama Production Willy Wonka Jr., Looking Forward to Spring Dance

February: Student of the Month Awards, Valentines Day Flower Sales

January: Snowball, Science Olympiad started, Golden Ticket for Drama, Drama Annual Silent Auction

December: Assembly by master storyteller, Jonathan Kruk, on A Christmas Carol by Charles Dickens, Spelling Bee, Winter Ball, Winter Concert

November: School Counselors spoke w/parents regarding Preparing for College; Drama Club has started auditions for it's next production; Foreign Language Dept. had an International Food Festival

October: Weekly PBIS meetings, Rite Aid Pharmacy Flu Clinic, Chess Club, Let's Dance Salsa Club (2x month), ASL



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Club (American Sign language) (weekly), Math Club (weekly), Coding Club (every other week), Don't Be a Monster Presentation, Halloween Dance, Penny Wars, Sparrow's Nest bake sale

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### **Wappingers Jr.:**

June: Mindfulness and Meditation introduction to faculty & staff, presented by the PE department and Karen Smith. Guided Meditation introduction integrated into ALL PE classes. 7th Grade Field Trip to Castle Fun Center to promote a positive/cooperative healthy lifestyle. 7th Grade Field Trip to the Walkway Over the Hudson to promote a positive lifelong activity centered lifestyle. Multi sport intramurals before and after school. Guided Meditation before school presented by Melissa Zehr (PE). WJHS Field Day. 8th Grade PBIS Six Flags Great Adventure Field Trip. Health classes had a presenter on the dangers of vaping. Health classes are doing breakout boxes and environmental health. Computer Applications classes did a Google Slides project and presented the dangers about teen vaping.

May: 7th Grade Boston Trip, After School Intramurals, Grace Smith House Guest Speaker presented information on Cyberbullying and Cyber Safety, 7th Grade Science Nature Hike at Norrie Point, ELA 7 Health/Wellness Debates (Should smoking tobacco/e-cigarettes be illegal? Is TV harmful for kids?). Citizen Science with the DEC in their Eel Program via WJHS Science Department and our students promoting outdoor exercising and local ecosystem development. Little Doctor Blood Drive of the school year. Students get involved in learning and educating others at home about heart and blood health and learn CPR and other community service skills.

April: 8th Grade College Fair, 8th Grade Formal, 8th Grade Washington D.C. Trip, After School Intramurals

March: Middle Level Education Month Spirit Week, Morning basketball & afternoon soccer intramurals, Bistro Night with STEAM, Board Game Group with Mr. Corsano, Positive Motivational Quotes posters to be hung by Ms. McCuskers Art classes, Staff Vs. Student American Heart Association Basketball Fundraiser Game, WJHS Vs. RCK Staff March Madness Basketball Event, Red Cross Citizen Preparedness Training, Red Cross Sound the Alarm Event, NYSAAPHERD SEZ Award for PE, The Wizard of Oz school production

February: Winter Dance, Winter Sports Scholar Athletes, Fuzzy February fundraiser for Alex's Lemonade Stand (Teachers grew their beards for the month of February and raised donations to receive a funny shave), SADD Winter Carnival (Various games and activities for students to participate in), Bowling intramurals at Spins Bowling Alley in Wappingers, Guidance Office Group Adjustment with Interns, Breaking the Cycle Assembly

October: PE/Health Student Of The Month Award, Basketball Intramural, Breast Cancer Awareness (Pink out Friday), Art Club, Halloween Dance, Sparrow's Nest, Spirit Week/ Fall Sports Pep Rally, Biggest Loser (Teachers)

September: Intramural (capture the flag/football), Career Day, Anti Bullying Presentation, Self Contained Class Does Recycling, School Spirit Apparel Web Store, Flu Clinic

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