

2019 – 2020 WCSD Health & Wellness Activities

updated: 2/5/20

Brinckerhoff:

February: Soccer and Basketball Intramurals. Take Home Fitness Calendar.

January: Indoor Soccer Intramurals. Take Home Fitness Calendar.

December: GaGa Ball Intramurals and Climbing Wall Intramurals. Take Home Fitness Calendar.

November: Ultimate Frisbee Intramurals, Fitness Calendar, 7 Minute Jog, Fastest Class, GaGa Ball Intramurals.

October: Take Home Fitness Calendar, Ultimate Frisbee Intramurals and Jogging Club

September: Take Home Fitness Calendar and Jogging Club

Evans:

February: School Garden is in the process of being taken over by each grade level to transition the garden to a more community initiative. Jump Rope for Heart.

December/January: We are starting a staff initiated “Biggest Loser” Competition at Evans to promote a healthy lifestyle among all of our staff. Volleyball and Basketball Intramurals

November: Garden has been harvested, continuing to meet as a Health and Wellness Committee to plan our Health and Wellness Day for May 21st.

October: Football Intramurals

September: Soccer Intramurals, Citizenship Club, Garden still growing

Fishkill:

February: Workout Wednesday, Workout Calendar, PBIS, Mindfulness club, Banana Splits, Mentoring, fit 4 Fun, Jumping Rope for Healthy Heart

December/January: Fit 4 Fun, Floor Hockey Intramurals, Gaga Ball Intramurals, Mindfulness Club, Workout Wednesday, Workout Calendar, Banana Splits, Mentoring Breakfast

November: Fit For Fun, Speed Stacking Intramurals, Mindfulness Club, Workout Wednesday, Workout Calendar, Banana Splits, Coat Drive, PBIS Awards, Mentoring Breakfast

October: Workout Wednesday, Monthly workout calendar, Soccer Intramurals, Red Ribbon Week starts with Rally, Team Up Against Drugs Day, Too Bright for Drugs Day, VIP Parade through village, Mindfulness Club, Mentoring Breakfast, Flu Shots, Banana Splits, PBIS Awards

September: Welcome Back Assemblies, Safety Drills, Soccer Intramurals, Mindfulness Club

Fishkill Plains:

February:

Student: Intramurals-before school program, Environmental Club, Foster Grandparent School Volunteer, Games & Fitness, Kids Yoga, PBIS -character building, Go Noodle (brain breaks, physical activity, mindfulness, songs,) Student Share Out (Restorative Circle), Monthly Crafts for local Senior Citizens, Paperback Panthers, PAWsome Ticket Rewards, GO RED for Women, St. Jude Mathathon

Staff: Staff Awards, Restorative Circles at some faculty meetings, weight loss Challenges throughout the year, Sunshine Committee, Heartship Fund, staff photo collage in faculty Room

January:

Student: Intramurals-before school program, Environmental Club, Foster Grandparent School Volunteer, Games & Fitness, Kids Yoga, PBIS -character building, Go Noodle (brain breaks, physical activity, mindfulness, songs,)

2019 – 2020 WCSD Health & Wellness Activities

updated: 2/5/20

Student Share Out (Restorative Circle), Monthly Crafts for local Senior Citizens, Paperback Panthers, PAWsome Ticket Rewards, Talent Show, Pennies for Patients

Staff: Staff Awards, Restorative Circles at some faculty meetings, weight loss Challenges throughout the year, Sunshine Committee, Heartship Fund, staff photo collage in faculty Room

December:

Student: Intramurals-before school program, Environmental Club, Foster Grandparent School Volunteer, Games & Fitness, Kids Yoga, PBIS -character building, Go Noodle (brain breaks, physical activity, mindfulness, songs,) Student Share Out (Restorative Circle), Monthly Crafts for local Senior Citizens, Senior Home Caroling, Toy Drive

Staff: Staff Awards, Restorative Circles at some faculty meetings, weight loss Challenges throughout the year, Sunshine Committee, Heartship Fund, staff photo collage in faculty Room

November:

Student: Healthy Steps K-6th P.E at-home walking program, Intrumurals-before school program, Environmental Club, Foster Grandparent School Volunteer, Coat Drive, Games & Fitness, Kids Yoga, PBIS -character building, Go Noodle (brain breaks, physical activity, mindfulness, songs,) Student Share Out (Restorative Circle), Monthly Crafts for local Senior Citizens

Staff: Holiday Thanksgiving Baskets, Staff Awards, Restorative Circles at some faculty meetings, weight loss Challenges throughout the year, Sunshine Committee, Heartship Fund, staff photo collage in faculty Room

October:

Student: Healthy Steps K-6th P.E at-home walking program, Intrumurals-before school program, Environmental Club, Foster Grandparent School Volunteer, Coat Drive, PTA Halloween Bingo, Games & Fitness, Kids Yoga

Staff: Flu Shots, Staff Awards, Restorative Circles at some faculty meetings, weight loss Challenges throughout the year, Sunshine Committee, Heartship Fund

September:

Students: Classroom "Getting to Know" activities, PBIS -character building, Go Noodle (brain breaks, physical activity, mindfulness, songs,) Student Share Out (Restorative Circle,) Intramurals-before school program, Environmental Club, Foster Grandparent School Volunteer, Peace Pole Dedication, Start with Hello- Sandy Hook Program, PTA Ice Cream Social

Staff: Staff Awards, Restorative Circles at some faculty meetings, weight loss challenges throughout the year, Sunshine Committee, Heartship Fund, staff photo collage in faculty Room, Custodian Appreciation Day

Gayhead:

November: Positivity Project, ongoing lessons., Staff Yoga and morning mindfulness, Monday Student mindfulness, Citizen of the Month celebration, intramurals - before school program, flu shots, Girls Scout pajama drive, Fostering Hope fundraiser brought in over \$3000

John Jay:

Kinry:

February: Kids Heart Challenge, Rec Games, Yoga (Mindfulness)

January: Pillow Polo, Yoga (Mindfulness)

December: Winter Activities, Yoga (Mindfulness) and Pillow Polo.

2019 – 2020 WCSD Health & Wellness Activities

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November: Holiday Games

October: Physical Education (before school - intramurals Ultimate Football), Mindfulness practices (in class)

September: Before school - Intramurals - soccer, yoga) Mindfulness practices (in class)

Myers:

February: Intramurals for grades 4-6 after school. Sixth grade Social. First Lego Club, News Club, and Drama Club. Character Ed Ceremony. Games and Fitness Program begins for grades 2-3 after school and is offered through Continuing Ed. Spanish Enrichment Program, volleyball, and square dancing offered through Continuing Ed.

January: Intramurals for grades 4-6 after school. First Lego Club, News Club, and Drama Club. Character Ed Ceremony. Spanish Enrichment Program, volleyball, and square dancing offered through Continuing Ed.

December: Intramurals for grades 4-6 after school. Winter sing-a-long grades K-3, First Lego Club, News Club, and Drama Club. Character Ed Ceremony. Spanish Enrichment Program, volleyball, and square dancing offered in the evenings through Continuing Ed.

November: Intramurals for grades 4-6 after school. Grandparents Luncheon. First Lego Club, News Club, Drama Club. Character Ed Ceremony. Volleyball and Square dancing offered in the evening through Continuing Ed.

October: Intramurals begin for grades 4-6 after school. Pep Rally for our Tiger Trot. Flu shots available for faculty and staff.

September: Safety in the Schools program presented to each classroom.

Oak Grove:

Orchard View

February: Mindful yoga continues during Empowerment Academy; Coast Guard visits to determine career-readiness; community service projects continue with Empowerment groups; SADD campaign against texting while driving.

December/January: Mindful yoga during Empowerment, Restorative practice sessions, Empowerment group team-building before Holidays, Grace Smith House during Child Development classes, Resiliency Workshop, Community Service Projects in Empowerment Academies

November: Mindful Yoga every other Monday, Lexington Center for Recovery presentation in all ELA classes, Adverse Childhood Experience (ACE) education planning for student rollout

October: Mindful Yoga, Restorative Practice Team meeting, Staff and student attended and presented at the Dutchess County Building Bridges Conference

RCK:

February: Student Prevention Counselor Introductions in new health classes Students Against Drunk Driving (SADD) group meetings/activities, COSAP Meetings

December/January: Students Against Drunk Driving (SADD) group meetings/activities, COSAP Meetings Presentations in health classes by Dutchess County STI Clinic (Jennifer Miano) on reproductive health. Presentations in health classes by Jessica Sirianni (CAPE- Student prevention Counselor) - dangers of vaping. Day Top guest speakers - presentations on drug addiction and dangers for health classes in LGI room (open invitation to other classes) Yoga and stress management in health classes. Healthy Smoothies (making & tasting)

2019 – 2020 WCSO Health & Wellness Activities

updated: 2/5/20

November: CAPE COASAP Presentations in health classes(Jessica Sirianni), Grace Smith House guest speakers on dating violence in health classes, Making and tasting healthy smoothies, Yoga education and stress management in health classes, SADD meetings

October: Parent Teacher Night Blind Spots Presentation by CAPE, Red Ribbon Week drug awareness activities, Unity Day Wear Orange for Bullying Prevention

September: CAPE Student Prevention Counselor Introduction in health classes, Bullying Prevention Presentations in health classes - Grace Smith House

Sheafe:

January: Student of the Month Assembly, After School Intramurals by PE Staff, Monthly Faculty Breakfast,

December: Student of the Month Assembly

November: Multi-Sport Intramurals by PE Staff, Monthly Faculty Breakfast

October: Fire Prevention Month & Assembly, Multi-Sport intramurals (PE Staff), Monthly Faculty Breakfast, HABLA

September: Mentor Club, Drama Club, Monthly Faculty Breakfast

Vassar:

October: Students participated in the fun run. Mental health assembly. Halloween safety by TOP.

September: Fire safety by Arlington fire department. Staff flu shot by Rite Aid.

Van Wyck:

January: PTA Bake sale and Winter Dance

December: Special Ed students selling Candy Canes, Winter Concert, Drama Club Bake Sale, DCC Mike Roe

November: Student of the Month Awards, Jazz Ensemble, Math Counts

October: Line Dancing, Student of the Month Awards, Don't Be a Monster presentation, Halloween Dance

September: TEDed Club, Japanese Anime Club, American sign language club, Math Club, Coding Club, Drama Club

WJHS:

January: Bowling Intramurals offered at Spins Bowling. Health and Physical Education Student of The Month Awards. Winter Sports School Team Events (Basketball Games, Wrestling Matches & Cheer). Teacher walking club during lunch breaks, they are walking 1.5 miles a day! Anti-Vaping Presentation from Mr. Rowan and the physical education department. Meditation and Yoga Tuesday, after school for staff and faculty put on by Mrs. Attlesey-Steger.

December: Bowling Intramurals offered at Spins Bowling. Health and Physical Education Student of The Month Awards. Winter Sports School Team Events (Basketball Games, Wrestling Matches & Cheer). Teacher walking club during lunch breaks, they are walking 1.5 miles a day! District level informative anti-vaping presentation held in the evening at the WJHS auditorium.

November: Multi-sport after school intramurals. Morning basketball intramurals. Health and Physical Education Student of The Month Awards. Winter Sports School Team Events (Basketball Games, Wrestling Matches & Cheer). Teacher walking club during lunch breaks, they are walking 1.5 miles a day!

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October: Multi-sport after school intramurals. Morning basketball intramurals. Health and Physical Education Student of The Month Awards. Raised \$1,160.72 for Breast Cancer Awareness month through Pocket Change Wars and Pink Out FriYAYS! Prevention counselor/student assistance counselor, Jessica Siriani, do a presentation on vaping. Yoga for staff after school most Tuesdays (teacher led). Fall Pep Rally. Don't Be A Monster Presentation.

September: Multi-sport after school intramurals. Morning basketball intramurals. Staff Flu shot by Rite Aid. Health and Physical Education Student of The Month Awards.
