

2021 – 2022 WCSD Wellness Activities

(as of 5/9/22)

Brinckerhoff: Lisa Gerstheimer

September: Intramurals will start at the end of September with co-ed flag football for grades 5 and 6. Monthly Fitness Calendar. Wednesday Wellness-guided meditation and wellness wednesday tidbit. One of our teachers and our PTA sold 202 Breast Cancer Awareness t-shirts and the money went to breast cancer research.

October: Monthly Fitness Calendar, Intramurals, Mat Ball and Flag Football, Character Building Dance Residency and Assembly, Wellness Wednesday for Staff.

November: Monthly Fitness Calendar, Intramurals, Wellness Wednesday for staff.

December: Monthly Fitness Calendar Challenge for students. Intramurals, Mat Ball and Basketball, Mentoring Program, Wellness Wednesday for Staff.

January: Monthly Fitness Calendar. Mentoring program for students.

February: Monthly Fitness Calendar. Mentoring program for students.

March: Intramural floor hockey for grades 5 and 6. Gym games and fitness for K-4. Monthly fitness calendar. Mentoring program for students.

April: Intramural soccer, gym games and fitness for grades 2, 3, 4, & 5. Mentoring program for students.

May:

June:

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Evans: Jon Wurster

Throughout the year: Monthly Health and Wellness Committee Meetings, PBIS Recognition, Class Eagle Bucks Goal Parties, Student of the Month Rotary Club, Mindful Minutes via Social Worker on daily E-News

September: Welcome Back Assemblies and Lessons to discuss the PBIS, Soccer Intramurals, Bus Safety Drills

October: Football Intramurals

November: Flu Shots available at school from Rite Aid, Donation Collections for Thanksgiving Families

December: Basketball Intramurals, Christmas Snowflakes for Families

January: Biggest Loser Challenge for faculty and staff

February: Jump Rope for Heart Unit

March: Planning and Contacting Vendors for Health and Wellness Day

April: Fitness Unit, Games and Fitness (After School)

May: Health and Wellness Day

June: Evans' Day, Summer Safety, Stranger Danger Abduction Prevention, Sparrow's Nest

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Fishkill: Andy McNally

September: Flag football intramurals, Bus safety drills, Welcome Back Assemblies, PBIS, Bus Safety Drills, Positivity Project

October: Flag football intramural, monthly fitness calendar, workout Wednesday, Red Ribbon Rally, Bus Safety Drills, PBIS, VIP Parade

November: Monthly fitness calendar, workout Wednesday, Mentoring Breakfast, Banana Splits

December: Monthly fitness calendar, workout Wednesday, Mentoring Breakfast, Banana Splits

January: Monthly Fitness calendar, workout Wednesday, Mentoring Breakfast, Banana Splits

February: Jump Rope for Heart. Monthly Fitness Calendar, Workout Wednesday, Mentoring Breakfast, Warm Fuzzy Day

March: Monthly Fitness Calendar, Workout Wednesday, Banana Splits, D.A.R.E.

April:

May:

June:

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Fishkill Plains: Emily Tompkins

Throughout the year: Positivity Project (Daily), Fitness Brain Breaks, PBIS Student Awards, P2 Tickets, School Pledge

September: Staff Back to School Breakfast, Outdoor reading time, Safety & Bus Drills

October: Games & Fitness (after school), Red Cross Presentations, Firefighter demonstrations, Safety Drills

November: Holiday food collection, Games and Fitness, Coat Drive, SEL w/ David Levine (staff), Blood Drive

December: Holiday gift and food donations, Giving Tree, Hope on a Mission, Spirit Calendar

January: Pennies for Patients, Games and Fitness (after school), PAWsome Kindness Tree, Spirit Calendar

February: Games and Fitness (after school), Spirit Calendar, Kids Heart Challenge, Kindness Tree, Bus Driver Appreciation Cards, Public Library Card Drive

March: Games and Fitness (after school), Honor Flight Letters, Bookopoly, Author Visits (in school & PTA event afterschool), Self Care Stations at Faculty Meetings, Spirit Dress Up Days

April: Spirit Dress Up Days, Staff Awards, Strolling Strings Concerts

May: Spirit Dress Up Days, Staff Awards, Food Drive

June:

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Gayhead: Bridget Boccini, Jim Daley

September: Staff weekly guided meditation by 1st grade teacher, Summer Olympics, Teamwork & Sportsmanship, Positivity Project, Welcome Back Assemblies and Lessons to discuss the PBIS, Bus Safety Drills

October: Clothing Drive PTA, Halloween Safety lessons

November: Speed Stacking Participation and Information, Thank a Vet cards, Flu Shots available at school(no word on this), Food donation and monetary collection for Thanksgiving Families, Coat Drive

December: Intramurals, Christmas gifts and food donation for Families, Mitten and Hat drive, Toys for Tots

January: Intramurals,

February: Intramurals, Kids Heart Challenge, Winter Olympics, teamwork, sportsmanship, and cooperation, National Go Red Day, School wide Healthy Heart Poster Contest

March: Nutrition month, Volleyball Intramurals

April: Fitness Unit, Color Run

May: National Physical Fitness & Sports Month

June: Field Days, Summer Safety lessons, Stranger Danger Abduction Prevention

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John Jay: Wilson Castro

September: Meditation Mondays, Walking Club

October: Meditation Mondays, Walking Club

November: Survey for teachers and their interests, Meditation Mondays, Walking Club

December: Meditation Mondays, Walking Club

January: Meditation Mondays, Walking Club

February:

March:

April:

May:

June:

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Kinry: Adam Gerson

September: Intramurals, P2 Launch, PTA breakfast, Morning Mindfulness

October: Intramurals, Ongoing P2, P2 parent communication, Celebrating Halloween, Morning Mindfulness, Fall Fun Day planning, Staff Art project, Dollars for Denim Thanksgiving Fundraiser

November: Fall Fun Day, SCD - Trauma Informed Learning, Staff Breakfast, PTC, Intramurals, Ongoing P2, P2 parent communication

December: Intramurals, Christmas gifts and food donation for Families, Mitten and Hat drive

January: Intramurals

February: Intramurals, Jump Rope for Heart, P2

March: Open House, Intramurals, Rock Your Socks World Down Syndrome Day, Irish Soda Bread Bake-Off, 3/14 Pi Day

April:

May:

June:

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(as of 5/9/22)

Myers: Sydney Goldstein

September: Safety team meeting and drill(s).

October: Character Education monthly ceremony celebrating students nominated for demonstrating the trait word of the month. Fall parade. Fire safety demonstrated by our local volunteer fireman. Safety team meeting and drill(s).

November: Character Education monthly ceremony celebrating students nominated for demonstrating the trait word of the month. Safety team meeting and drill(s). Thank a Vet cards collected. Food drive for local families in need.

December: Character Education monthly ceremony celebrating students nominated for demonstrating the trait word of the month. Intramurals for grades 4-6 on Mondays afterschool. Safety team meeting and drill(s). Food drive and holiday donation collection for local families in need. Coat drive.

January: Character Education monthly ceremony celebrating students nominated for demonstrating the trait word of the month. Intramurals for grades 4-6 on Mondays afterschool. Drama club begins. Safety team meeting and drill.

February: Character Education monthly ceremony celebrating students nominated for demonstrating the trait word of the month. Intramurals for grades 4-6 on Mondays afterschool. Safety team meeting.

March: Character Education monthly ceremony for students nominated for demonstrating the trait word of the month. Intramurals for grades 4-6 on Mondays afterschool. Safety team meeting. Open House the evening of March 3rd. On March 11th, the RCK Red Cross Club taught our 3rd graders about first aid and made first aid kits with them.

April: Character Education monthly ceremony for students nominated for demonstrating the trait word of the month. Games & Fitness after school program offered through Continuing Ed. Safety team meeting.

May: Character Education monthly ceremony for students nominated for demonstrating the trait word of the month. Games & Fitness after school program offered through Continuing Ed. Safety team meeting.

June:

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Oak Grove: Dawn Turpin-Orgetas:

Throughout the year PBIS recognition-Student of the month, “Caught being good Tickets” Bus Recognition, Cafe recognition. We also are going to be starting Fitness intramurals on Fridays and sports theme intramurals before school starts.

September: Welcome Back Assemblies to discuss the PBIS and Positivity Project. Football Intramurals and Fun Fitness Friday Intramurals, Bus Drills

October: Healthy Steps K-6th P.E at-home 10 Day Walking Challenge with Pedometers, Unity Day Wear Orange for Bullying Prevention. Soccer Intramurals. Stranger Danger unit- Safety

November: Football Intramurals. Healthy Eating Information. Speed Stacking Information, Flu Shots available at school from Rite Aid. Collect donations for Thanksgiving Baskets.

December: Fun Game Activities for Intramurals. Fitness Calendar, Peer Mediators help run a Mitten Tree for those less fortunate.

January: Basketball Intramurals. Dice Fitness Calendar. Staff workout sessions set up

February: Kids Heart challenge. Heart Healthy Fitness Calendar. Staff workout sessions set up, Mindful Yoga, Go Red for Women

March: Biggest loser Challenge for Faculty. Volleyball Intramurals. Fitness Calendar.

April: Safety Stranger Danger Lesson #2, Gymnastics Unit and Intramurals

May: “Biggest Loser” Competition results to promote a healthy lifestyle among all of our staff. Pitch, Hit and Run competition

June: Sparrow's Nest, Safety Stranger Danger Lesson #3, Field Day Events

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Orchard View: Alicia Aguado

September: Students and staff engaged in two “Re-Orientation” days on 9/9 and 9/10 with workshops including: Debriefing and processing last school year, Improving self-regulation, Participating in civil discourse with different opinions, Resilience and coping strategies, Creating your legacy at OV, and What do you want to learn this year? This provided students an opportunity to transition back smoothly while actively participating in social/emotional learning and self-exploration. Students shared that they enjoyed their re-orientation and helped to prepare them for the exciting school year ahead. Students are becoming re-introduced to our restorative practices occurring daily.

October: Our newly-developed student-based Wellness Club will be beginning where students can engage in mindfulness/meditation, yoga, cardio exercises, strength training, and nutrition planning. Our SADD club will start again. We are hosting a Jack O’Lantern painting or carving contest virtually to encourage student creativity and build community morale.

November: OV faculty and staff will participate in a mental health-focused Superintendent's Conference Day training of Dialectical Behavior Therapy where they will learn DBT skills and how to utilize them in their relationships to help students improve emotion regulation, mindfulness, distress tolerance, and interpersonal effectiveness.

December: Students met and discussed the club. Brainstormed ways to get more involved. Discussed benefits of Aerobics and moving for mental health and wellness. Meditation chart/contest for mindfulness for Staff and Students.

January: Drink Water Challenge. Discuss benefits of drinking water. Create posters and tracking chart. 30 day water challenge for Staff and Students

February: Home workout app. Challenge students to practice workouts at home with the app.

March: Share healthy recipes. Make posters of easy meals we enjoy and share with co-workers and classmates. Sports day for spirit week.

April: Sunshine challenge. Challenge to get outdoors at least 15 minutes a day. Celebrated Earth day, and discussed ways we can make healthy choices to positively affect the earth. The Wellness club learned some boxing combos to help reduce stress as the school year gets close to the end.

May:

June:

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RCK: Elena Champagne, Mike Lopez

September: Stress management/ Yoga activities in health classes

October:

Stress management/ Yoga activities in health classes.

Unity Day 10/20 Anti Bullying Activities in Health Classes

New York Army National Guard Present their anti-bullying H.E.A.R program to health classes

Red Ribbon Week - Drug Abuse Awareness - RCK students encouraged to wear red on Friday 10/29 to show their support for the anti drug movement/ drug abuse awareness

Stress management activities in health classes

November: Stress management/ Yoga activities in health classes

New Student Assistance Counselor will be coming to health classes introduce herself , New York Army National Guard Presentation on resilience in health classes

December: Dating Prevention presentations in health classes, Guest Speaker Kim Dangerfield, Grace Smith House Stress management/ Yoga activities in health classes

January: Vaping Presentations in health classes- Ms Edie Alden Student Assistance Counselor, Stress management/yoga activities in health classes

February: Stress Management/yoga/Tai Chi in health classes

March: James Warriors- Suicide Prevention school assemblies, Mental Health/ Substance Abuse Awareness school/assemblies Stress Management techniques/yoga/Tai Chi/ acupressure in health classes, COSAP presentations in health classes- Edie Alden student assistance counselor.

April: Stress management/ Yoga activities in health classes, Health Smoothie (Anti-oxidant Education) making in health classes

School Presentations on creating an atmosphere of inclusion given by Dr. Michael Fowlin April 28th

May: Dating Violence Prevention Presentations in health classes - Grace Smith House

June:

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Sheafe:

Richard Smith

Ann Seymour

September: Health and safety focus prevention of illness, handwashing and exercise hygiene.

October: Health and safety focus will be safe participation in group activities ,skills and games.

November: classes will focus on safety drills, fire drills and lockdown drills.

December: classes will focus on mental health and stress-free participation class activities, meditation.

January: classes will focus on compassion and caring for others. Students working on group dynamics.

February: classes will work on cardiovascular fitness in heart Health , Functions of the heart and disease prevention will be taught.

March: classes will work on teamwork activities and building a community with leadership roles.

April: classes will be instructed and dangers of the community health and safety hazards. Subjects such as Internet safety, stranger danger and bullying prevention will be taught.

May: classes will review fire drill and lock down procedures as stated in the school safety plan.

June: classes will have after school activities for intramural team sports to provide community health concepts. Review stranger danger concepts for students to enjoy a safe and healthy summer.

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Van Wyck: Lorraine Herreos

September: Tryouts for football, volleyball, field hockey, cheer, soccer and cross country. Student Gov't started.

October: Art Club, Multicultural Club and Science Olympiads began. Ryan's Story Presentation at VanWyck. Jazz Ensemble Practices began.

November: PTA Fundraiser.

December: Mrs. Letizia's class held a Christmas candy cane sale. Winter Concert.

January: Distribution of COVID test kits to the school community.

February: Drama Club Rehearsals began.

March: Drama Club Moana Show. Pi Day Ceremony. Tryout meeting for baseball. Musical Production.

April: National Junior Honor Society Rehearsal

May: National Junior Honor Society Induction Ceremony, two spring concerts and Teacher Appreciation Luncheon from PTA

June: Eighth grade Moving Up Ceremonies and seventh grade orientation

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(as of 5/9/22)

Vassar: Patricia Dean

September: Positivity Projects, Jame's Warrior Walk, fitness stations, Bus Drills, Brain Breaks

October: Positivity Projects, Healthy Steps, Fitness Stations, fire safety, Halloween Safety, Brain Breaks

November: Positivity Projects, Speed Stacking Participation and Information, Flu Shots available at school, Food donation and monetary collection for Thanksgiving Families, Coat Drive, Brain Breaks

December: Positivity Projects, Fitness Stations

January: Positivity Projects, Fitness Stations

February: Positivity Projects, Kids Heart Challenge, Winter Olympic Activities

March: Positivity Projects, Rock Your Socks World Down Syndrome Day

April: Positivity Projects

May: Positivity Projects

June: Positivity Projects

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WJHS: Brandon Opitz

September: Fall interscholastic sports. Annual blood drive. Art classes are conducting breathing and relaxation techniques at the beginning of class. Mandala Mindfulness Coloring, Community Blood Drive. Band class does student-led stretching at the beginning of class.

October: Fall sports wrapping up

November: Basketball Intramurals

December: Badminton Unit

January: Basketball unit.

February: Wrapping up winter sports. Floor hockey unit.

March: Fitnessgram PACER test. Lifetime wellness walks with communication and APE classes.

April:

May:

June:
