

2021 – 2022 WCSD Wellness Activities

(as of 10/6/21)

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:

November:

December:

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: Kids Heart Challenge, Jump Rope for Heart, Jump Rope Intramurals

March: Volleyball Intramurals

April: Recreational Games Intramurals, Fitness Unit

May: Health and Wellness Day

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

Fishkill: Andy McNally

September:

October:

November:

December:

Fishkill Plains: Emily Tompkins

September: Positivity Project (daily), Staff Back to School Breakfast, Outdoor reading time, Safety & Bus Drills, Fitness Brain Breaks

October: Games & Fitness (after school), Positivity Project (daily),

November:

December:

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, 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

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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

John Jay: Wilson Castro

September:

October:

November:

December:

Kinry: Adam Gerson

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

October:

November:

December:

Myers: Sydnie Goldstein

September:

October:

November:

December:

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 walking program, 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

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

April: Safety Stranger Danger Lesson #2

May: "Biggest Loser" Competition results to promote a healthy lifestyle among all of our staff.

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

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:

December:

RCK: Elena Champagne, Mike Lopez

September:

October: Unity Day 10/20 Anti Bullying Activities in Health Classes

November:

December:

Sheafe: Richard Smith

September:

October:

November:

December:

Van Wyck: Lorraine Herreos

September:

October:

November:

December:

Vassar: Patricia Dean

September: Positivity Projects, Jame's Warrior Walk

October: Positivity Projects Healthy Steps, Fitness Stations

November:

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December:

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:

November:

December:
