

## **2023 – 2024 WCSD Wellness Activities**

(as of 6/6/24)

### **Brinckerhoff:**

Throughout the year: Positivity project weekly, Safety Drills, Spirit Week, Safety meetings

September: Dance Residency

October: ice cream social, red ribbon spirit week, Think pink at Brinck, gaga ball

November: gaga ball

December: holiday shop, nutcracker trip, aquarium trip, chorus concert, spirit week, John Jay chorus came to Brinckerhoff to sing, Bus driver played piano with holiday tunes during lunch, holiday singalong, holiday craft night, gaga ball

January: Bingo night, star lab, Elizabeth Greenblat workshops and parent presentations, pizza party, hot cocoa for most bronco bucks and best attendance for grade, spelling bee

February: first grade musical, (the mitten), donuts with grownups, Wear Red Day

March: camping spirit week, Parp, music in our schools. Open house, book fair star student, attendance celebration for 3rd quarter, bronco bucks celebration, math enrichment celebration, family movie night, small and tall ball, kindergarten registration, gym games

April: blood drive, penny battle family game night,

May:

June: back to the nest, field trips, shrek play, grade picnics, fun day, star student bronco bucks pizza party, ice cream party (attendance) Kindergarten moving up, 6th grade moving up, color run

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### **Evans:**

Throughout the year:

- Fruit and Vegetable of the Month
- Health and Wellness Committee Meetings are held Monthly
- Evans Buddy Days occur once a month with Buddy Classes conducting a scheduled activity together
- PBIS 6 Pillars of Character Education - one student from each class is selected each week to represent the pillar - all six pillars are captured over the course of the year
- Student of the Month Rotary Club for Grades 5 & 6 selected students
- Mindful Minute conducted by Evans Social Worker on Evans eNews every Monday
- Yoga & Mindfulness Club for Grades 1-6 meets every Friday
- Evans Green Team (Environmental Club) for Grades 2-6 meets every Wednesday
- Second Step Program done daily in all classrooms 1-6
- #oneperson - every student in the building is connected to an adult in the building - this includes ALL staff and ensures every student has a staff member they are connected to

September: Evans PBIS Launch and Lessons to review school wide expectations in every location of the building, Buddy Bench Expectations, Bus expectations, Soccer Intramurals, Fruit/Vegetable of the Month, Evans Buddy Day - Sept 29th school wide event (see above under - "throughout the year")

October: Football Intramurals, Home Depot & Veterans Community Project - Picnic Area to be built on 10/26/23 by Home Depot Volunteers and Local Veterans - Ribbon Cutting Ceremony to occur at 10:00am, Fruit/Vegetable of the Month, Respect Pillar ends, Responsibility Pillar begins, Field Trip for SC K/1 and SC 2/3 classes to the new adaptive playground at Spook Hill Park (see above under - "throughout the year")

November: Flu Shots available at school from Rite Aid, Donation Collections for Thanksgiving Families, Veterans Day Cards by Evans Buddy Classes given to local Veterans Post, Donation Collections for Thanksgiving Families, Responsibility Pillar

December: Christmas Snowflakes for Families, Games & Fitness after school program offered through Continuing Ed., Basketball Intramurals, Responsibility Pillar Ends, Caring Pillar begins

January: Biggest Loser Challenge for faculty and staff, Games & Fitness after school program offered through Continuing Ed., Stop, Drop, and Exercise Program over the loudspeaker, Snow Day Activities provided for students to keep them active at home

February: Jump Rope for Heart Unit, Games & Fitness after school program offered through Continuing Ed., Healthy ideas sent to staff for Biggest Loser encouragement, Health and Safety Lessons for the students taught by the county

March: Planning and Contacting Vendors for Health and Wellness Day, Biggest Loser Competition is in full swing!

April: Fitness Unit (Mile Run and FitnessGram Testing), Games & Fitness after school program offered through Continuing Ed.

May: Health and Wellness Day, Games & Fitness after school program offered through Continuing Ed.

June: Evans' Day, Summer Safety, Stranger Danger Abduction Prevention, Sparrow's Nest, Games & Fitness after school program offered through Continuing Ed.

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### **Fishkill:**

Throughout the year: Positivity Project, Fire Drills, Lockdown Drills, Spirit Wear Days

September: Yoga with Cosmic Kids, Mindfulness, Wellness Morning Meetings, Go Noodle Breathe Breaks, Go Noodle Movement Breaks, Extra Recess, Dance Breaks, Deep Breathing, Self-regulation station and Bus Safety Drills.

October: Fishkill Monthly Fitness Calendar (Awesome Arms & Abs October), Workout Wednesday, Fire Safety, Self-regulation station, Mentor Breakfast, Banana Splits and Ga Ga Ball Intramurals.

November: Fishkill Monthly Fitness Calendar (November Tricep Challenge), Workout Wednesday, Mentor Breakfast, Banana Splits, Brain Breaks, Go Noodle Movement breaks, Positivity Project and Floor Hockey Intramurals

December: Fishkill Monthly Fitness Calendar (25 Days of Fitness), Workout Wednesday, Mentor Breakfast, Banana Splits, Floor Hockey Intramurals

January: Fishkill Monthly Fitness Calendar (Jiggle Free January), Workout Wednesday, Mentor Breakfast, Banana Splits, Evacuation Code Blue, Brain Breaks, Go Noodle, Positivity Project, Character Ed/Wellness Read a louds, Four Square Intramurals

February: Fishkill Monthly Fitness Calendar, Workout Wednesday, Mentor Breakfast, Banana Splits, Kids Heart Challenge, Brain Breaks, Go Noodle, Positivity Project

March: Fishkill Monthly Fitness Calendar (March Muscle Madness), Workout Wednesday, Brain Breaks, Go Noodle, Positivity Project, Kids Heart Challenge, basketball intramurals

April: Fishkill Monthly Fitness Calendar (April Abdominal Challenge), Workout Wednesday, Brain Breaks, Go Noodle, Positivity Project, field hockey intramurals

May: Fishkill Monthly Fitness Calendar (Make May A Marathon), Workout Wednesday, Brain Breaks, Go Noodle, Positivity Project, volleyball intramurals

June: Fishkill Monthly Fitness Calendar, Workout Wednesday, Brain Breaks, Go Noodle, Positivity Project, capture the flag intramurals

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### **Fishkill Plains:**

Throughout the year: Positivity Project (daily), Character Strength Awards, Safety Drills, Spirit Wear Days, Safety Team Meetings, Staff Awards

September: Games and Fitness, Calm Down Bins, Jim 'Basketball' Jones Assembly, Back to School Picnic

October: Games and Fitness, Fire Safety Presentation, Jared Campbell Assembly

November: Thanksgiving Family Collection, Food Drive, Author Visit, Positivity Brad Assembly, Games and Fitness

December: Sing Along, Gift Collection, Staff Secret Santa, Sing Along, John Jay Chorus Visit, Games and Fitness

January: Dental Health Assembly, Principal Read Aloud, CPCA Presentations, Too Good for Drugs Presentation

February: Valentines for Vets, Myface Wonder Project Assembly, WCT Movie Night, Wear Red Day, Too Good For Drugs, Steel Drum Assembly, Kids Heart Challenge

March: Sparrows Nest Day, Center for Prevention of Child Abuse Visits

April:

May:

June:

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### **Gayhead:**

Throughout the year: Positivity Project (daily), Character Strength Awards, Safety Drills, Spirit Wear Days, Safety Team Meetings, Staff Awards

September: Safety Drills, Intramurals 4-6, Girls on the Run 3rd-6th, Staff weekly guided meditation group

October: Intramurals 4-6, Fire Safety/Prevention assemblies K-2, Girls on the Run, 3rd-6th, Staff weekly guided meditation group, Yoga 1st

November: Food Drive, Cards for Veterans, Girls on the Run 3rd-6th, Staff weekly guided meditation group, Food collection, Intramurals 4-6, Yoga 1st

December: Toy Donation, Holiday Food Collection, Sing Alongs, Girls on the Run 3rd-6th, Staff weekly guided meditation group, Intramurals 4-6

January: Girls on the Run 3rd-6th, Staff weekly guided meditation group, Intramurals 4-6, Yoga 2-4

February: Wear Red for Healthy Hearts, Kid's Heart Challenge, Valentine's for Veterans, Girls on the Run 3rd-6th, Staff weekly guided meditation group, Intramurals 4-6, Yoga 2-4

March: PARP Month, Sparrows Nest Dress Down Day, Open House, Music in our Schools, Art in our Schools, Girls on the Run 3rd-6th, Staff weekly guided meditation group, Intramurals 4-6, 6th grade School play, Day in Clay 5th

April: Girls on the Run 3rd-6th, Staff weekly guided meditation group, Intramurals 4-6

May: Girls on the Run 3rd-6th, Staff weekly guided meditation group, NAMI Staff Presentation, Spring Concerts, Intramurals 3-6

June: Renegades Education Day, Field Days 3-5, Back to the Nest, Field Day 3-5th, Intramurals 3-6

## **2023 – 2024 WCSD Wellness Activities**

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### **John Jay:**

September: Staff Welcome Breakfast, Freshman Orientation w/ LINK Crew, Evacuation/Lockdown/Bus/AED Safety Drills

October: Evacuation Drill, Pink Out Soccer Event, All Grade Level Assemblies

November: Thanksgiving Food Drive, Turkey Bowl, Lockdown Drill

December: Cookie Swap, Cookie Bake Off Competition, Staff Potluck, Departmental Door Decorating Competition, Bus Drill, Toy Donation Drive, Holiday Food Collection for Identified Students

January: Flu Shot Clinic, 30-Day Hydration Challenge, Biggest Loser Staff Competition

February: Book Club

March: Spring Cleaning Swap Meet Planning, Sparrow's Nest Day, Hold in Place / Shelter in Place/AED Safety Drills

April: Yoga, Spring Cleaning Swap Meet Event, Spring Dessert Challenge w/ rubric,

May: Yoga, Walking Groups, /Lockdown/Bus/AED Safety Drills / Staff Happy Hour Outing / Mother's Day "Muffins for Moms" Breakfast

June: Staff Send Off Breakfast / Donuts for Dad breakfast / Biggest Loser Reveal w/ raffle / Lockdown Drill

## **2023 – 2024 WCSD Wellness Activities**

(as of 6/6/24)

### **Kinry:**

Throughout the year: Positivity Project (daily), Character Strength Awards/Citizen of the Month, Safety Drills, Spirit Wear Days, Safety Team Meetings, Hero Parking, Staff Yoga

September:

October: Football Intramurals, Fire Safety

November: Thanksgiving Food Collection, Soccer Intramurals

December: Games & Fitness after school program offered through Continuing Ed., Basketball Intramurals  
Cookie Swap, Spirit Wear

January: Games & Fitness after school program offered through Continuing Ed., Pillo Polo Intramurals,  
Winter Concert

February: Kids Heart Challenge, Wear red day, Intramurals - Pillo Polo/Cooperative Games

March: Kid's Heart Challenge Event, Intramurals - Volleyball, Girls on the Run - 3rd - 6th, Games and Fitness  
after school program

April: Intramurals - Bowling, Girls on the Run - 3rd - 6th, Games and Fitness after school program

May: Intramurals - Wiffle Ball/Outdoor Games, Girls on the Run - 3rd - 6th, Games and Fitness after school  
program

June: Field Day, 6th Grade Moving Up Ceremony

## **2023 – 2024 WCSD Wellness Activities**

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### **Myers:**

Throughout the year: Positivity Project (daily), Character Education Awards each Month with a ceremony, Spirit Wear Days, Safety Team Meetings, Safety Drills.

September: Safety team meeting and drill(s). Girls on the Run for the fall season.

October: Girls on the Run. Fire Safety demonstrated by our local volunteer fireman. Intramurals twice a week before school. Student of the Month Rotary Club.

November: Girls on the Run, including 5K. Intramurals twice a week before school. Food drive for local families in need. Student of the Month Rotary Club.

December: Intramurals twice a week before school. Student of the Month Rotary Club. Food drive and holiday donation collection for local families in need. Winter clothing drive. Drama Club begins.

January: Intramurals twice a week before school. Student of the Month Rotary Club. Drama club for sixth grade students. Sixth grade Social.

February: Intramurals twice a week before school. Student of the Month Rotary Club. Drama club for sixth grade students. Agriculture learning in 1st grade. Small and Tall Dance. Science Fair for grades K-4.

March: Intramurals twice a week before school. Student of the Month Rotary Club. Drama club for sixth grade students. Agriculture learning in 1st and 3rd grade. Girls on the Run for the spring season. Volleyball for sixth grader students in the mornings.

April: Intramurals twice a week before school. Student of the Month Rotary Club. Drama club for sixth grade students. Agriculture learning in 1st and 3rd grade. Girls on the Run for the spring season. Volleyball for sixth grade students in the mornings.

May: Intramurals twice a week before school. Student of the Month Rotary Club. Drama club show for all grades over 2 days and 2 evening shows for parents and students. Agriculture learning in the 1st and 3rd grade. Girls on the Run for spring season including their run (what they have been prepping for). Volleyball for sixth grade students in the mornings. Sixth grade to Renegades.

June: Intramurals twice a week before school. Volleyball for sixth grade students. Agriculture learning in the 1st and 3rd grade. Seniors returning to the Nest from both RCK and JJHS. Picnics for each grade level. Field Day for sixth grade. Tiger Trot in the morning and evening event.



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### **Oak Grove:**

Throughout the year PBIS recognition-Student of the month, “Caught being good Tickets” Bus Recognition, Cafe recognition.

September: Welcome Back Assemblies to discuss the PBIS and Positivity Project.

October: Healthy Steps K-6th P.E at-home 10 Day Walking Challenge with Pedometers, Unity Day Wear Blue for Bullying Prevention. Football Intramurals. Fun Wednesday Fitness/Games program for Students after school, Stranger Danger unit- Safety

November: Soccer Intramurals. Healthy Eating Information. Speed Stacking- take home activity

December: Fun Game Activities for Intramurals. Fitness Calendar, Winter Sports/Games camp for district.

January: Basketball Intramurals. Dice Fitness Calendar.

February: Kids Heart challenge. Heart Healthy Fitness Calendar, 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

## **2023 – 2024 WCSD Wellness Activities**

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### **Orchard View:**

September:

October:

November:

December:

January:

February:

March:

April:

May:

June:

## 2023 – 2024 WCSD Wellness Activities

(as of 6/6/24)

### **RCK:**

September: Stress management in health Classes(yoga,Tai Chi, Qigong) Walk for Recovery Activities

October: Stress management in health Classes (yoga,Tai Chi, Qigong); Unity Day October 18 - Bullying Prevention activities; Red Ribbon Week - Drug Abuse Awareness and Prevention Activities October 23-30; Dare To Dream Assembly October 12- for grades 9 and 10; SADD (Students Against Destructive Decisions) Starting up; Alcohol and Energy Drink Dangers presentation in health classes by Ms. Villanova; Resiliency Presentation given by Army National Guard October 24 in health classes

November: Stress management in health Classes (yoga,Tai Chi, Qigong), Health Antioxidant Smoothies in health classes

December: Stress management in health Classes (yoga,Tai Chi, Qigong); Dating Violence Education Presentation in health classes by Grace Smith House; Presentation on National Impaired Driving Month- Alcohol Abuse/Drunk Driving

January: Stress management in health Classes (yoga,Tai Chi, Qigong); Human Trafficking Awareness and Prevention Presentations by David Garcia (Dutchess County); Dating Violence Awareness presentation by Micheele Villanova in health classes

February: Stress management in health Classes (yoga,Tai Chi, Qigong); Dating Violence Awareness presentation by Michelle Villanova in health classes; Sparrow's Nest Fundraiser

March: Stress management in health Classes (yoga,Tai Chi, Qigong); Human Trafficking Awareness and Prevention Presentations by David Garcia (Dutchess County); Character Matters Assembly For all grade levels; James's Warriors Suicide Prevention/ Mental Health Assembly (March 5) For all grade levels; Resiliency Workshops -Army National Guard presented by SPC Manfredy 3/19/241; NAMI Mental Health Presentation "Ending the Silence"

April: Stress management in health Classes (yoga,Tai Chi, Qigong); Tom Verano presenting: **Emotion in Art** Assembly 4/23/24; Alcohol /distracted driving Awareness Presentations in health classes

May: Stress management in health Classes (yoga,Tai Chi, Qigong); Dating Violence Education Presentation in health classes by Grace Smith House; National crime Victims Rights Awareness week Activities; Mental Health Awareness Month activities in the cafeteria with Michelle Blades  
Gretzky the TDI Certified Therapy Dog sessions with Tiffany Sivco

June: Stress management in health Classes (yoga,Tai Chi, Qigong), Vaping Presentations in health classes

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### **Sheafe Road**

Throughout the year: Positivity Project (daily), Character Education Awards each Month with a ceremony, Spirit Wear Days, Safety Team Meetings, Safety Drills.

September: Safety team meeting and drill(s). Internet Safety presentations

October: Fire Safety demonstrated by our local volunteer fireman. Intramurals 3X twice a week before school. Student of the

November: Girls on the Run,. Intramurals 3X a week before school. Food drive for local families in need on Thanksgiving . Student of the month assembly breakfast

December: Intramurals 3X a week before school. Student of the Month Rotary Club. Food drive and holiday donation collection for local families in need adopt a family, gifts. Winter clothing drive. Drama Club begins.

January: Intramurals 3X a week before school. Student of the Month. Drama club fifth and sixth grade students.

February: Intramurals 3X a week before school. Student of the. American Heart Challenge all classes

March: Intramurals 3X a week before school. Student of the month assembly breakfast.

April: Intramurals 3X a week before school. Student of the month assembly breakfast.

May: Intramurals 3X a week before school. Student of the assembly breakfast.

June: Field Day Community Day, Fitness field trip to Allsport gym and Dutchess Renegades Baseball game

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### **Van Wyck:**

September:

October: Mentoring program

November: Fall Pep Rally/ Field Day (Fall Festival), Faculty/Staff Volleyball Game Fundraiser, Harvest Dance, spirit week, Thanksgiving food drive.

December: After school intramurals 3x per week (Ping pong, basketball), Holiday spirit week, Holiday gift adoption

January: After school intramurals 3x per week.

February: Jump Rope For Heart Day in Physical Education, Cardio Fitness Unit/Discussion about healthy hearts for American Heart Month. Winter Pep Rally, Mark Leinweavers “Character Matters” assembly, Van Wyck Winter Dance, Academic Excellence Award

March: “Biggest Loser” Competition results to promote a healthy lifestyle among all of our staff. “Juvenile Mental Health” faculty meeting

April: Career Fair

May: Harlem Wizards Fundraiser, 8th grade Washington D.C. trip, 7th grade Philadelphia trip

June: Field Day/Pep Rally

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### **Vassar:**

Throughout the year: Positivity Project (daily), Character Education, Spirit Wear Days, Safety Team Meetings, Safety Drills.

September: Games and Fitness, Jim 'Basketball' Jones Assembly

October: Games and Fitness, Fire Safety Presentation

November:

December:

January:

February: KIDS Heart CHallenge

March:

April:

May:

June:

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(as of 6/6/24)

### **WJHS:**

September: Fall Interscholastic Sports, Staff BBQ, Mindfulness/Meditation, Circle Training For Staff, Staff/Faculty Local Social Gatherings

October: Halloween Dance, Breast Cancer Awareness, Fall Sports Banquet, Blood Drive, Career Fair, Spirit Week

November: Mindfulness/Meditation, Multicultural party, Staff/Student Restorative Practices,

December: Staff lunch-in, Staff Holiday Singing to Students, Fundraiser for Families Impacted by Town Fire, Staff Holiday Party

January: Winter Concerts, Health/PE Student of the Month, Rotary Club Student of Month, Beacon Elk's Lodge Student of Month, Academic Excellence Breakfast, Math Enrichment, Civility Pride Club, Art Integration, ENL After school Program

February: Snowflake Dance, Guest Speaker Mark Leinweaver-Why Character Matters Assembly, Student government is hosting a "Black History Month Essay and Art Contest", ESPTS

March: WJH Drama Production – "HIGH SCHOOL MUSICAL", PTA FUNDRAISER:Chipotle Fishkill Fundraiser

April: WJH Talent Show,7th Grade Boston, MA Field Trip, James Warriors Assembly

May: WJH Spring Concert – Grade 8, WJH Spring Concert – Grade 7, 8th Grade Washington DC Field Trip, Festival of the Arts – Mesier Park, National Junior Honor Society Induction Ceremony

June: Night of Jazz, 8th Grade Six Flags Field Trip, Honor Roll/ High Honor Roll Ice Cream Social, Spring Sports Recognition Party