

2016 - 2017
WCSD School Health & Wellness Activities

Updated: 5/8/2017

Brinkerhoff

Ursula Platz

Evans Elementary

Lauren Hernandez

- ✓ Fitness & Nutrition (February–May)
 - One new exercise weekly - each day "learn" a new exercise to promote fitness in the classroom. Students are given a fitness log. The Student Council video tapes themselves doing these exercises & email it out to the building as a demo.
- ✓ Hosting Blood Drive (March 15th)
- ✓ Fruit/Vegetable of the Month (On-going Monthly)
- ✓ Evans & Ketcham Partnership (2x per month)
 - Activities led after school by the RCK students. One day is for students K-2 and the other is for grades 3-6. Activities include basketball, yoga, dance, cheerleading, and football. Members of the Evans Health & Wellness Committee volunteer their time to "supervise" this partnership.
- ✓ Mindful Minute (every Wednesday): Peer Mediation Club
- ✓ Evans Staff Biggest Loser Competition (February-April)

Fishkill

Andy McNally

- ✓ Fitness calendar (Monthly) sent via school messenger
 - May Marathon Challenge
 - April Abdominal Challenge
- ✓ Fruit of the Month (Monthly)
- ✓ "Workout Wednesday" (First Wednesday Monthly) – Exercise of the day announcement, PE teachers, Christine Axtmann & Kathleen Landry
- ✓ PE teachers, Christine Axtmann & Kathleen Landry (February)
- ✓ Jump Rope for Heart (February)

2016 - 2017
WCSD School Health & Wellness Activities

Updated: 5/8/2017

Fishkill Plains

Andrea Fitzsimmons

Eric Seipp

- ✓ Gonoodle (cardio and yoga exercises) (On-going)
- ✓ Deskercise (On-going)
- ✓ Staff T25 (Fitness Club) (Every Tuesday & Thursday)
- ✓ JDRF annual walk (April 25)
- ✓ Staff Biggest Loser competition (January – April)
- ✓ Gr. 6 annual Yoga Day (February 8)
- ✓ Classroom Yoga (February 8)
- ✓ Jump Rope for Heart competition (February)
- ✓ NOT JUST FLU CLINIC (November)
- ✓ Healthy steps annual competition (September)

Gayhead

Adam Gerson

- ✓ Teacher yoga (Every Monday after-school *w/Kelly Hanna*)
- ✓ Guided Meditation (Every Wednesday @ 8:15 *w/Kelly Hanna*)
- ✓ Student yoga (Every Thursday after-school *w/Kelly Hanna*)
- ✓ Jump Rope for Heart (February)
- ✓ Dental Health Visit for Kindergarten (February 24)

Kinry

Mary Bish

- ✓ Jump Rope for Heart (February/March)
- ✓ 4th grade - Working on a nutrition unit (March)
- ✓ 5th grade - Argument Writing on Chocolate Milk vs. White Milk (March)

Myers

Sydney Goldstein

- ✓ Meeting with Gold's Gym Community Liaison (March)
 - Discussion on mindfulness & movement as it leads to stress relief for teachers & students.
 - Discussion on how the movement aspect can mean different things to different people – sports, weight training, cardio, yoga, walking, running, etc.
 - Incorporating information about MINDFUL exercise & how it can improve your fitness
 - Article handout about Mindful exercise

2016 - 2017
WCSD School Health & Wellness Activities

Updated: 5/8/2017

Oak Grove

Angelina Alvarez-Rooney

- ✓ Trek Fit Fitness Program (May 11th)
- ✓ Sparrows Nest Walk (May 25th)

Sheafe

James Daley

- ✓ Wellness meeting February 23 - Discussed the following:
 - Monthly class parties w/focus on healthy snacks/alternatives
 - Rewards for students other than food, i.e. additional PE, recess, movies, etc.
 - Harvest of the Month
 - Food Label Activity - week long tracking of nutrients and food
 - Week Long "Step" challenge (families count steps and are encouraged to be active together)
 - Health and Wellness Forum/Day
 - Increase physical activity
 - Food Play Assembly K-2 students about physical activity, good food choices.

Vassar

Rick Dominick

Patricia Dean

- ✓ Jump Rope for Heart (March)
-

2016 - 2017
WCSD School Health & Wellness Activities

Updated: 5/8/2017

Van Wyck

Lorraine Herreros

- ✓ Let's Dance Salsa (Weekly)
- ✓ Fresh Fruit Friday (Weekly)
- ✓ Weekly morning news (Weekly)
- ✓ Intramurals (On-Going)
- ✓ Community field trips (On-Going)
- ✓ Senior Citizen Luncheon (4/6/17)
- ✓ Chris Poulos Bully Prevention (3/23/17)
- ✓ Family Fun Night (2/24/17)
- ✓ International Night (12/9/16)
- ✓ Hosting Blood Drive (11/1/16)
- ✓ Visitation for local politicians (tbd)
- ✓ Flu vaccinations (tbd)

Wappingers Jr.

Michael Corsano

Terrance Thompson

- ✓ Teacher Group Walks (May - during free periods)
 - ✓ 7th Grade Boston Trip (May)
 - ✓ 8th Grade Washington D.C. Trip (May)
 - ✓ Student centered yoga with the physical education department in class (March)
 - ✓ Biggest Loser for staff (March)
 - ✓ Staff and student basketball game to benefit a specific charity (March)
-

2016 - 2017
WCSD School Health & Wellness Activities

Updated: 5/8/2017

John Jay

Anthony Giovinazzi

- ✓ "Biggest Loser" (Staff) weight loss competition (April)
- ✓ Lifetime Strength & Fitness Club (starts in April)
- ✓ Health & Wellness Committee - Healthy foods Staff luncheon (St. Patrick's Day)
- ✓ Health and Wellness Fair (January)
 - Gold's Gym, Adams Fairacre Farms, DC Sports, DOCS Nutrition Depot, Mary Kay, Homemade Artisan Crafts), doTERRA, Holistic Healing & Nutrition
- ✓ Night Hike Up Mt. Beacon (December)
- ✓ Holiday Potluck (December)
- ✓ "Not Just Flu" Clinic - Rite Aid Pharmacy (November)

Orchard View

Nancy Burlew

- ✓ Anti-drug poster contest through student council (March)
- ✓ School-wide walk at the Walkway over the Hudson (TBD)

RCK

Elana Champagne

Dave Seipp

- ✓ PBIS- Healthy Breakfast (Monthly – On Going)
 - ✓ Ketcham & Evans Partnership (2x per month) • Activities led after school by the RCK students. One day is for students K-2 and the other is for grades 3-6. Activities include basketball, yoga, dance, cheerleading, and football. Members of the Evans Health & Wellness Committee volunteer their time to "supervise" this partnership.
 - ✓ RCK Annual 5K (April)
 - ✓ RCK Staff Biggest Loser Competition (February-April)
 - ✓ RCK Staff basketball practice training (January- March)
 - ✓ Not Just Flu" Clinic- Rite Aid Pharmacy (November)
-