

Action Work Plan for School Year 2019-2020 Issue Area:

Strengthening Local Wellness Councils
(Circle One)

Eating at School is Cool

Fruitful Fundraising



Healthy Snacks

Let's Party Let's Play

Rewarding Success

Goal: Capon Bridge Elementary students will participate in activities that promote nutritional education, physical activity and overall student wellness.

Objective: Students will learn about and participate in activities that promote nutritional education, physical activity and overall student wellness for a minimum of 6 times during the 2019-2020 school year.

| Activities | Person Responsible | Timeline | Person (s) to Monitor Progress |
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| Vision Screening, all PreK, K, 3rd grade, and new students will be done. | Elizabeth Whitacre | Sept. 2019 | Elizabeth Whitacre |
| Student health information reviewed with teachers as needed for students in specific classrooms. | Elizabeth Whitacre | 2019-20 S.Y. | Elizabeth Whitacre |
| Height and Weight Screenings for Pre-K students | Elizabeth Whitacre | August 2019 | Elizabeth Whitacre |
| All students in grades Pre-K through 5 th grade are offered recess daily for 30 minutes. This is offered outside as weather permits. Children are encouraged to engage in physical activity. | Classroom Teachers | 2019-20 S.Y. | Classroom Teachers & John Ferraro |
| Nurse stationed at CBES for 5 half days per week. | Elizabeth Whitacre | 2019-20 S.Y. | Elizabeth Whitacre |
| PE for students 3 days per week for 40 minutes. Students benefit from different forms of physical activity. | Brock VanMeter | 2019-20 S.Y. | John Ferraro |

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| Pumpkin Race conditioning for 4th and 5th grade students. | Brock VanMeter | Sept-Oct 2019 | Joey Young |
| Classroom brain breaks-teachers will periodically give students brain breaks using dance/movement videos. | Classroom Teachers | 2019-20 S.Y. | Classroom Teachers |
| Breakfast & lunch in the building for all students every day. | Elise Whitacare & Barbra Timbrook | 2019-20 S.Y. | Elise Whitacare & Barbra Timbrook |
| Handwashing program with 1 st grade students. Will offer to 2 nd grade students if time allows. | Teachers & Nurse | Winter 2019 | Teachers & Nurse |
| Dental health program for lower elementary grades. All students receive sample toothpaste and toothbrushes. | Dr. Dolly | January 2020 | Dr. Dolly |
| Title I parent involvement sessions that include healthy lifestyles information for students and parents. | Title 1 Staff & Academic Coach | Oct. & Nov. 2019 | John Ferraro |
| Growing up classes for 5 th graders. Nurse and guidance counselor talk with students about growing up (puberty, etc.). | Nurse & Counselors | April 2018 | Nurse & Counselors |
| Presidents Physical Fitness Challenge-completed with children during PE classes | Brock VanMeter | Spring 2020 | Brock VanMeter |
| School wide activity day held at the end of the school year. Children participate in different games and bounce house/slide. | | Spring 2020 | |

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| Jump Rope for Heart activity for students. This activity keeps students active and allows them to interact with the community. | Brock VanMeter | | Brock VanMeter |
| American Legion Picnic. Students walk to their facility and participate in lunch and other physical activities. | All Staff | May 2020 | John Ferraro |
| Hampshire County Health Department flu shots. | Health Dept. Staff | Sept. 2019 | Health Dept. Staff |
| Hawk Challenge, obstacle course and physical activities students participate in. | Brock VanMeter | May 2018 | Brock VanMeter |
| Introduction to CBMS Principal, Athletic Director & Band Director. 5 th graders learn about healthy extracurricular activities that are offered in middle school. | Ann Downs, Brian Potter & Michael Stewart | May 2020 | John Ferraro, Ann Downs, Brian Potter & Michael Stewart |