

Action Work Plan for School Year 2021-2022 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
Vision Screening, all PreK, K, 3rd grade, and new students will be done.	Elizabeth Whitacre	Sept. 2021	Elizabeth Whitacre
Student health information reviewed with teachers as needed for students in specific classrooms.	Elizabeth Whitacre	2021-22 S.Y.	Elizabeth Whitacre
Height and Weight Screenings for Pre-K students	Elizabeth Whitacre	August 2021	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	2021-22 S.Y.	Classroom Teachers & John Ferraro
Nurse stationed at CBES for 5 half days per week.	Elizabeth Whitacre	2021-22 S.Y.	Elizabeth Whitacre
PE for students 3 days per week for 40 minutes. Students benefit from different forms of physical activity.	Brock VanMeter	2021-22 S.Y.	John Ferraro

Pumpkin Race conditioning for 4th and 5th grade students.	Brock VanMeter	Sept-Oct 2021	Brock VanMeter
Classroom brain breaks-teachers will periodically give students brain breaks using dance/movement videos.	Classroom Teachers	2021-22 S.Y.	Classroom Teachers
Breakfast & lunch in the building for all students every day.	Elise Whitacare & Barbra Timbrook	2021-22 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 2021	Teachers & Nurse
Dental health program for lower elementary grades. All students receive sample toothpaste and toothbrushes.	Dr. Dolly	January 2022	Dr. Dolly and C.B. Family Dentistry Staff
Title I parent involvement sessions that include healthy lifestyles information for students and parents.	Title 1 Staff & Academic Coach	Oct. & Nov. 2021	John Ferraro & Jennifer Morris
Growing up classes for 5 th graders. Nurse and guidance counselor talk with students about growing up (puberty, etc.).	Nurse & Counselors	April 2022	Nurse & Counselors
Presidents Physical Fitness Challenge-completed with children during PE classes	Brock VanMeter	Spring 2022	Brock VanMeter
School wide activity day held at the end of the school year. Children participate in different games and bounce house/slide.	CBE Staff	Spring 2022	CBE Staff

Hawk Challenge obstacle course and physical activities students participate in. This activity keeps students active and allows them to interact with the community.	Brock VanMeter	Fall 2021	Brock VanMeter
American Legion Picnic. Students walk to their facility and participate in lunch and other physical activities.	All Staff	May 2022	John Ferraro
Hampshire County Health Department flu shots.	Health Dept. Staff	Sept. 2021	Health Dept. Staff
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 2022	John Ferraro, Ann Downs, Brian Potter & Michael Stewart