



**McDowell County Schools  
2016-2017 Wellness Activity Summary**

<b>Date/Timeline</b>	<b>Activity</b>	<b>School</b>
<b>August</b>	Active Academics and Kagan learning strategies training to foster movement in the classroom	All schools
<b>May</b>	Drug Free Alternative Day	McDowell County Schools
<b>Fall and Spring</b>	School wide Wellness Walks/5K walks/Breast Cancer Awareness	Welch Elementary Fall River Elementary Anawalt Elementary
<b>Spring</b>	Jump Rope for Heart	Kimball, Fall River, Anawalt, Welch, laeger
<b>Quarterly</b>	Wellness Team Meetings at Schools	MCDS Schools
<b>Quarterly</b>	County Wellness Team Meetings	School, community, and central office
<b>Ongoing</b>	CHOICES Grant Afterschool Activities <ul style="list-style-type: none"> <li>• Karate</li> <li>• Gymnastics</li> <li>• Zumba</li> <li>• Dance</li> <li>• Fitness Activities</li> <li>• Walking Program for Parents and Students</li> <li>• Archery in Schools</li> <li>• Walk using Pedometers- step tracking program</li> </ul>	Welch Elementary, Fall River Elementary Welch, laeger, Fall River Welch, Kimball, Mount View Anawalt, Welch, Bradshaw Bradshaw, laeger Bradshaw Welch River View Southside Fall River
<b>Ongoing</b>	Fresh Fruits and Vegetables Program	Elementary Schools
<b>Ongoing</b>	Project WISE <ul style="list-style-type: none"> <li>• PE/Health Teachers Trained in Health curriculum;</li> <li>• Curriculum implemented in schools across county</li> </ul>	All secondary schools
<b>Ongoing</b>	Intramurals during lunch time/rewards activities	River View Sandy River
<b>Ongoing</b>	Staff-student basketball, volleyball, or baseball games during monthly behavior/attendance incentives	River View Mount View Afterschool programs at all McDowell Co Schools
<b>Ongoing</b>	Healthy foods journals in health classes	River View Mount View Sandy River Southside
<b>Ongoing</b>	Let's Move WV- 15 minutes of physical activity incorporated in classrooms across the county (Active Academics and Kagan)	McDowell County Schools
<b>Ongoing</b>	Girl and Boy Talks with Dr. Yoost (Marshall University) via video conferencing	River View and Mount View
<b>Ongoing</b>	Mental, physical, and dental health services	Clinics in Mount View and River View

		Therapists in Mount View, River View, Southside, and Kimball SMILES mobile dentistry in all schools
<b>Ongoing</b>	Greenhouse Garden (supported by WVU Extension)	Sandy River Middle School
<b>Ongoing</b>	School gardens (supported by WVU and WVSU Extension offices)	Southside K8 Fall River Elementary Welch Elementary
<b>Ongoing</b>	Show Me Nutrition- Nutrition Education, Physical Activity Education, Healthy Snack Demos	Grades 3-5/McDowell County Schools
<b>Ongoing</b>	BOKS (before schools)	Fall River
<b>Ongoing</b>	SADD Club	Sandy River and River View