

Putnam County Schools

Wellness Activities Summary Report for SY 2019-20

August 2019

Overview:

The Putnam County Schools Wellness group is made up of central office administrators, school counselors, school staff, community business leaders and parents that are interested in supporting the school system in a positive way. The focus of the group meetings are to discuss school wellness topics and to develop, implement and evaluate a school wellness policy. School wellness topics discussed relate to alcohol, tobacco, drugs, violence, tolerance, health & safety, community service, school policy review, school crisis plans, family activities, general physical activities for students, nutrition related interests, student academics, new school building programs, and community health issues. Meetings are planned several times throughout each school year and schools report on their school based wellness activities completed on a monthly basis.

Putnam County Schools also partners with the Putnam Wellness Coalition group that is working toward making Putnam County a drug free community and overall healthy community to live in. This group has been active for many years and is made up of individuals in the community, PCS Central Office Administrators, PC Sheriff, PC Magistrate & Circuit Court Judges, PC Health Department Director, PCS Parents and Students and many others within the community. The Coalition's role is to work together as a community to promote educational information and current statistics relating to drug use in the county. The coalition members do many community service outreach activities throughout the county to partner with parents of our PCS students and to bring awareness to help keep all of our residents and communities safe.

All of the individual schools participate in many educational and physical activities, in all aspects of wellness. Our students at each school work together with their classroom teachers and other school staff to creatively come up with student lead wellness activities throughout the school year that are topics specific to their individual school needs.

Individual School Activities That Occurred in 2018-19

Buffalo Elem:

Breakfast in the Classroom; Cyber Safety and Internet Safety; Crisis Planning Fire Drills/Safety Meetings; Red Ribbon Week; Code of Conduct Review; Bus Safety; Personal Safety/Halloween Safety; Operation Life Saver; Safeside SuperChickStranger Safety; Back Pack Snacks; Fire Safety Week; Gun Safety; Code of Conduct Review; Gritt's Farm Field Trip; Hoops for Heart Gym Activity; Storm Drill; School Luncheon with Parents; Field Day; Special Olympics Field Trip; Social Skills – Conflict Resolution; Family Care Bus; Fourth Grade Hearing Conservation; Dental Health Education – Dr. J. Thompson, DDS, REX the Rx Presentation; Dental Bus; Smiles for Life – Toothbrush and Toothpaste for all students.

Confidence Elem:

Breakfast in the Classroom; Crisis Planning Fire Drills/Safety Event; School Bus Safety; Shelter In Place Drill; Red Ribbon Week; Vision & Hearing Screening; Gritt's Farm Field Trip; Pollution Activity; Back Pack Buddies Program; Say No To Bullying Presentation; School Greenhouse Harvest and Cooking Demo; Flu Shots for Staff; Hep A Shots for Staff; Drug Awareness Training; Ballet Field Trip; Christmas Program;

Animal Shelter Collections; School Dance; Clay Center Field Trip; Dental Health Program/Mobile Dental Lab; Tornado Drill; Choral Festival; Archery Tournament; Pest Detectives Presentation (pest in greenhouse); Medication Safety Practices Presentation; Vegetable Taste Test/Health Eating; Program on Environment; Field Day; Student Leadership Program.

Conner Street Elem:

Breakfast in the Classroom; Leader in Me Student Training; Blood Borne Pathogens Training; Bullying Awareness; Cyber Safety Training; Bus Safety Training; International Day of Peace Celebration; Organ Concert at Forrest Burdette MMC; MU University Nutrition Presentations; Red Ribbon Week/Drug Prevention; Eddie Eagle Gun Safety; Operation Lifesaver Railroad Safety; Hearing Screening; Hurricane Fire Dept. – Fire Safety Smoke House; Field Trip to Gritt’s Farm; Field Trip to Carter Caves; Violence Prevention – Officer Barker speaker; Bullying Group/Bucket Filling/Bullying Prevention Week; Fire Drills; Book Fair; Veteran’s Day Program; Safety Meetings; Winter Concert; School Spelling Bee; Angel Tree Service Project; Students Ringing Bell for Salvation Army; Christmas Dance; Alcohol/Drug Awareness – Posters and Bulletin Boards; Citizenship – Leader in Me Program; Violence Prevention – I Care Cat (Rules for Getting Along), Kelso (Conflict Resolution) and Keep a Clear Mind; Martin Luther King Celebration; Archery Team; Code Red, Blue, White and Yellow Drills; School Pride Day; Tobacco Presentation; Dental Health; Jump Rope for Heart; Brain Awareness Week; Rex the RX Medication Safety Presentation; Math Field Day; Dr. Seuss Day Celebration; WV Dance; Alcohol Prevention; Field Day; Art & Music Open House; Awards Assembly; Grandfamilies Meetings; Back Pack Buddies Program.

Eastbrook Elem:

Breakfast in the Classroom; Code of Conduct Review; Safety Drills; Leader in Me Activities; Book Fair; Multicultural Training; Cyber Safety; Violence Prevention – Bucket Filling; Prescription Drug Education Presentation; 8 Habits of Healthy Kids – students participated in physical activities; Jump Rope for Heart; Oral Hygiene Presentation – New Toothbrush for Students; Officer Phil Assembly – Stranger Danger, Bullying & Making Healthy Decisions; Halloween Dance Activity; Personal Safety Training; Railroad Safety Training; Gritt’s Farm Field Trip; AR Awards; Red Ribbon Week; Bullying Training; Crisis Drills; Veterans Day Celebration; Luncheon with Parents; Violence Prevention – Kelso; Character Education; Martin Luther King Celebration; Conflict Resolution; Social Skills; Agricultural Truck; Keep a Clear Mind Presentation; Math Field Day; Clay Center Field Trip; All County Chorus; Generation RX Presentation; NASA; Soundstatics; Field Day.

GW Elem:

Breakfast in the Classroom; The Leader in Me Training; School Garden; Counselor Crew Members Meetings; Eddie Eagle Gun Safety Presentation; Freedom Week Celebration/ Patriot Day Activities; Cyber Safety Lessons; Bus Safety Presentations; Safety Committee Meetings; Fire Drills/Evacuation Drills/Shelter-In-Place Drills/ Develop School Crisis Plan; Active Shooter Training; Luncheon with Parents; Back Pack Buddies Snacks; Huntington Museum of Art Presentation; Nutrition Presentation by WVU Extension Office; Grandfamilies meetings; Conflict Resolution; Keep a Clear Mind Program; Citizenship Guest Speakers (Bus Driver, Eleanor Chief of Police, Mayor of Eleanor & Police Officer); Warnick & Semder Dental Presentation; Vision and Hearing Screenings; Fire Safety Presentation by Eleanor Volunteer Fire Department; Archery Team; REX the Rx Presentation; Cheese Tasting by Kat Clark- Marshall University Nutrition Dept; Minds in Motion Maze; Hoops for Heart; Kindness Week Activities; Nutrition Education by WVU Dietetics; All-County Choral Festival; Gritt’s Farm Field Trip; Let’s Read WV Day; Walking Field Trips to City National Bank, PCTC, National Guard Armory & Art in the Park at Eleanor Park; Officer Phil Safety Presentation; Book Fair; Field Trip to COSI; Field Trip – Hike; Field Trip to Carter Caves; Vaping/Smokeless Tobacco Education; Field Day.

Hometown Elem:

Breakfast in the Classroom; USDA Supper Program; Fresh Fruit & Vegetable Program; Cyber Safety Training; Personal Safety Training with Trooper Grose; Bus Safety Training; Active Shooter Training; Red Ribbon Week; Unity Day Celebration; Shot Clinic for Staff; Book Fair; Awards Assembly; Cook Class with WVU Extension Agent; Leadership Day; Winter Health Care Kits; Family Painting Class; Christmas Assistance; Musical Program; Smokeless Tobacco Presentation by Dr. Thompson; Dental Health Presentation; Violin Recital; Alcohol/Tobacco/Drug Prevention by Deputy Phil; Pest Detectives by WVU Extension Office; Rex RX Presentation by Pharmacy Student; Developmental Talks/ Personal Hygiene Class with Ms. Kat; Back Pack Buddies Program; Keep a Clear Mind Presentation; School Garden; Fruth Pharmacy Vitamin Program; Putnam Shoes for Children; Jump Rope for Heart; Family Care Mini Van Visits; Active Kids/Active Families After School Program; Marshall Nutritional Education Program; Field Day.

Hurricane Town Elem:

Breakfast in the Classroom; Health & Safety Crisis Plan; Leadership Assembly; Patriot Day/Freedom Week; Cyber Safety Lessons; Hearing/Vision Screening; Bus Safety; Grandparents Luncheon; Sock Drive; Field Trip to WV State Capitol and Museum of Culture and History; Field Trip to Carter Caves; Fuel Up Activities with Mrs. Talley – healthy eating; Staff Flu Shots; Hurricane Volunteer Fire Department/Smokehouse; Celebrate Success Assembly; Red Ribbon Week; Jump Rope for Heart Assembly; Leader In Me Parent Night; Parent Luncheon; Valentines Dance; Tornado Drill; Choral Festival; Leadership Day/Day of Service; Field Trip to Heritage Farms and Museum; Drug Awareness/Safety – Officer Phil; Field Trip to Public Library and City Park; REX Rx presentation on prescription pill safety; Field Trip to Clay Center; Field Day; Beach Day (water inflatables); Staff vs. Students Kickball; 5th Grade Dance.

Lakeside Elem:

Breakfast in the Classroom; USDA Supper Program; Violence Prevention; Bus Safety; Flu Shots for Staff; Vision & Hearing Screenings; Dental Health – Toothbrushes, Toothpaste and Floss given to students; “Anatomy of a Puff” – Tobacco Education; Cyber Safety Lesson by School Counselor; Railroad Safety Presentation; Back Pack Buddies Program; Review of School Policies; School Crisis Plan Review; Parent Luncheon; Red Ribbon Week; Bucket Filler Lesson; Cyber Bullying presentation by Trooper Grose; Healthy Food Lesson by Ms. Kat; Fire Drills; Student Led Conferences; Bullying Prevention – Wear Orange Day; Choose Kind Day; Deputy Jordan presentation on Alcohol, Drugs, Tobacco, Bullying and Cyber Safety; Third Grade Family Luncheon/Workshop; Tobacco Education Program; 100th Day of School Activities; Valentines Dance; Marshall University Nutritionist presentations; PE Class – Review of Healthy Living and Healthy Food Choices; Shelter In Place Drill; PTA Family Night/Book Fair; Leadership Day; Field Trip to Gritt’s Farms; Field Day.

Mountain View Elem:

Breakfast in the Classroom; Bullying Assembly; LIM Assembly; Freedom Week Celebration; Safety Meeting; Volunteer Training; Cyber Safety Presentation; Grandfamilies Meeting; Unity Day; Halloween Dance; Red Ribbon Week; Fire Safety; STEAMS Personal Safety; Vision & Hearing Screening; Drug Safety; Bullying Lessons; Parent Luncheon; Railroad Safety; Family Care Mobile Dental Bus; Veterans Day Celebration; Leadership Day; Ugly Sweater Day; Space Camp; Book Fair; Nancy Bellomy Cyber Bullying and Safety Presentation; REX Rx Presentation; Rewards Dance; Spirit Day; NASA; Field Day; Kids Read Now Evening; Water Day; Attendance Dance; Drug Awareness/Safety – Officer Phil; Art Fair; Awards Day; Canned Food Drive for Back Pack Buddy Program; Family Night; Caters USDA meals to Off-Site Pre-K Students.

Poca Elem:

Breakfast in the Classroom; USDA Supper Program; Review of Evacuation Plans/Codes; Fire Drills; Review of School Policies; Leader In Me; Family Care Mobile Dental Bus; Handwashing – Glo-Germ Presentation; Poison Control Discussion; Flu Shot Clinic; Vision & Hearing Screening; Safety Committee Meetings; Back to School Blast; Freedom Week; Fund Raiser Family Event; Monthly Staff Newsletter; Weekly Class Newsletter; Bucket Filler Presentation; Putnam County Sheriff's Dept. – Halloween Safety; Discussion on Difference between Bullying and Conflict; Cyber Safety Presentation; Bus Safety; Book Fair; Family Math Night; Field Trip to Gritt's Farm; Veteran's Day Assembly; Parent Luncheons; Health Curriculum – 2 Laps a Day Challenge; Code of Conduct Review; Conflict Resolution; Red Ribbon Week; Shelter In Place Drill; Marshall University Nutrition Presentation; Cultural Diversity Studies; Born Learning Workshop; Nutrition/Dental Health Activities; Brush & Read Daily Chart; Heart Healthy Activity; Jump Rope for Heart; Breakfast Bite – Parent Workshop; March Dance; Trauma Team Meeting; Grandparent Luncheon; Service Dog Guest Speaker; Field Trip to Mt. Olive; Title I Family Event; REX Rx Presentation; COSI On Wheels; NASA Rocket Launch; Field Day; School Wide Nutrition Event – Making Cheese; Parenting Classes; Kids Read Now – Summer Reading.

Rock Branch Elem:

Breakfast in the Classroom; Volunteer Training; Grandparents Day Celebration; Smokeless Tobacco/Meth Presentation by Lori Perry; Marshall University Nutritionist Presentation on Importance of Exercise and Good Nutrition; School Bus Safety Presentation; Review of School Policies; Red Ribbon Week; Parent Luncheon; Christmas Program; Book Fair; Awards Day; Jump Rope for Heart; Valentines Dance; Dr. Seuss Week; Crafts with Parents; Dad's Breakfast Event; Huntington Museum of Arts Activity; Muffins with Mom; Behavior Assembly with Expert Dog Trainers; Field Trip to Carter Caves; AR Bowling Trip; Field Trip to Beckley Coal Mine; Field Trip to Blennerhassett Island; Staff – Student Kickball; Awards Assembly; Fire Drills.

Scott Teays:

Breakfast in the Classroom; The Leader in Me; Freedom Week Celebration; Flag Football Tournament (Grades 4-5); Cyber Safety Lessons by School Counselor; Bus Safety Presentation; Cyber Safety by Corporal Grose from WVSPD; Fuel Up to Play 60 Kick-Off Event; Spirit Week; Fire Drills; Grandparents Luncheon; Canned Food Drive; Veteran's Day Music Program; Coast Guard Presentation; Field Trip to Clay Center; Fuel Up Friday – Special Breakfast and Physical Activities; Parent Luncheon; Police Survival Kit Item Donations; Big Deals – Little Deals Conflict Resolution; Reindeer Games – PE Activities; Grandfamilies Parent Meetings; Winfield High Christmas Band Concert; Keep a Clear Mind Program; Kids Heart Challenge; Warnick & Semder Dental Health Presentation; Minds in Motion Maze; School Leadership Team Meetings; Guest Speaker – Hearing Presentation; Kindness Week Activities and Assembly; Inter-Class Basketball Tournaments; Dr. Seuss Week Activities; Dental Bus; Social Filter Classroom Lessons; Field Trip to Beckley Coal Mine; Field Trip to Heritage Farms; Field Trip to STEM Day at Poca High; Teays Physical Therapy – teach age appropriate strength and conditioning exercises; Backpack Buddies Program; Little Victories Animal Shelter – Guest Speaker; Field Day; Field Trip to Strike Zone; Field Trip to Town and Country Lanes; Deputy Phil Safety Presentation; Art Walk; PE Class – Guest Zumba Instructor, Brandy Haid; 5th Grade Talent Show & Awards Assembly; Field Trip to Water Festival.

West Teays Elem:

Breakfast in the Classroom; Cyber Safety with Trooper Grose; Fire Drills; Grandparent Luncheon; Freedom Week Celebration; Success Assembly; Red Ribbon Week; Flu Shots for Staff; Bus Safety Presentation; Fire Prevention Presentation; Dental Lab; Vision & Hearing Screenings; School Garden; Taste Tests – WVU Extension Office; Heritage Day; Safety Talks with Deputy Jordan; Gun Safety with Officer Payne; Veterans Day Events; Parent Luncheon; Hep A Shots for Staff; Germ Busters Presentation; PJ Day for St. Judes; School Garden; Stop Drop Read; Dental Van Visit; Book Fair; Art Fair/ Gallery Walk;

Deputy Phil Presentation – Alcohol/Tobacco/Drugs; Family Fun Night; Safety Day; Field Day; Caters USDA Meals to Off-Site Pre-K Students; Caters meals to PCS Alternative School Students.

Winfield Elem:

Breakfast in the Classroom; Cyber Safety Presentation; Classroom Policy Review; Fire Drills; Lock Down Drill; Classroom Evacuation Review; Grandparents Luncheon; Spirit Day; Red Ribbon Week; Archery Club; Fire Safety Day; Safety Committee Meetings; Classroom Shelter In Place Kits; 5K Run/Walk – Lemonade Day; CAMC Trauma Kits in classrooms; Preschool Health/Safety Checklist; Deputy Phil Drug Program; Safety Drills; Halloween Costume Walk; Dental Presentation; Back Pack Buddies Program; WVDE Alternative Plan for PE; Family Care Bus; Field Day; School Garden.

George Washington Middle:

Breakfast in the Classroom; USDA Supper Program; Cyber Safety Presentations; Health Video on use of Marijuana; PE Presentation on Importance of Physical Activity; Safety Drills; School Policy Review; Alcohol Facts & Outcome Education; Opioid Epidemic Video & Discussion; Archery; Hoops for Heart; Intramural Sports Daily; Basic First Aid/CPR/Choking Presentation; Nutrition – Healthy Options/Labels/Fast Food; Presentation on Illegal Drugs; Cardiovascular Training; Strength Training; Lions Club Vision Screening; Vaccination Clinic; School Nurse Vision & Hearing Screening; Team Leader Policy Review; The Outsiders Novel Discussion – Bullying/Gangs/Socio Economic Issues; Importance on Safety While Playing Sports & Health Benefits Presentation; SADD Club; Healthy Relationships Activity; Veterans Assembly; College & Career Day; “Get A Life” – Field Trip; Peer Pressure Lesson; Field Trip – “Encore”; Band Concert; Student vs. Staff Volleyball Game; Sex Education Speaker; Pregnancy Prevention Coalition Lesson; Book Fair; Tornado Drill; Holocaust Presentation; Anti Bullying Activities & Discussion of Book “Restart”; Summer Safety Presentation; Public Library Speaker; Crisis Team Speaker; Flocabulary on Empathy; Kick Ball Games; Evacuation Drill; Field Day.

Hurricane Middle:

Grab & Go Breakfast; Backpack Buddies Program; Band Concerts; Field Trip to Capitol; Career Awareness Presentation; Chorus Concerts; School Dances; Food Drive; Constitution Day; Cyber Bullying Presentation; Drug & Alcohol Awareness Presentation; Eye Screenings; Sex Education; Flu Shot Clinic for Staff; Food Drive for Animal Shelter; Mix It Up Day; Oral Cancer Education by Cabell Huntington Hospital; 6th Grade Vision Screening by Lions Club; Family Care Miles of Smiles – dental services; Intramural Sports Activities; HMS Wellness Walk – money raised donated to American Heart Association; Eating Disorder Awareness; Leadership Day; Pride Survey; Red Ribbon Week; STEM Fair; Leadership Groups; Salvation Army Presentation; Science Fair; Veterans Day Appreciation; Student Assistant Team – 55 Students; Fire Drills; Social Studies Fair.

Poca Middle School:

Grab & Go Breakfast; USDA Supper Program; Backpack Buddies Program; Jamie’s Law Discussion (prevention of suicide); Cyber Safety Lesson; School Dances; Freedom Week Celebration; Substance Abuse Prevention Presentation; Red Ribbon Week; Book Fair; Veterans Day Assembly; “Get a Life” Field Trip; Special Olympics; College & Career Week; Flu Shot Clinic; Safety Committee Meeting; Band Concerts; Tornado Drill; Fire Drills; All County Chorus; Social Studies Fair; Youth Risk Behavior Survey; APPI Program by WVDHHR; ; Power Park Day Field Trip; STEM Leadership Day; Talent Show; Field Day.

Winfield Middle:

Breakfast in the Classroom; Cyber Bullying/Cyber Safety Presentation; Freedom Week; Jamie’s Law Presentation; Code of Conduct Review; SADD Bulletin; Bus Safety Review; Fire Drills; School Dances; Lions Club Eye Screening; Book Fair; Red Ribbon Week; RAZE Meetings – Tobacco Free Legislation;

Bulletin Board – Posters on Bullying; Anti Bullying Campaign; Guest Speaker on Opioids; Band Concerts; Review of Harassment Policy; WEB Lesson on Stress; SADD Speaker; Talent Show; Field Day; Awards Assembly; Leadership Week; Backpack Buddies Program; Caters USDA meals to Day Report Students; Caters USDA meals to Off-Site Pre-K Students.

Buffalo High:

Grab & Go Breakfast; USDA Supper Program; Fire Drills; SADD Club; Trans Allegheny Asylum Field Trip; Equalities Club; Shelter In Place Drill; Blood Drive; Flu Shot Clinic for Staff; Family Care Bus – medical services on Tuesdays & Thursdays; Opioid Awareness Conference – 9th & 10th grades; Special Olympics; Mobile Dental Bus – dental services for students; Cyber Safety Mentoring; School Dances; GSA-Equalities Club; Active Minds Club – Stress Less Week; Amish Country Field Trip; Faculty vs. Seniors Softball Game; Talent Show; USAF Concert; Holly Jolly Volleyball Benefit; Evacuation Drill; Link Crew Field Trip to Marshall University; College & Career Day.

Hurricane High:

Grab & Go Breakfast; Link Crew Activities; School Dances; Red Ribbon Week; Flu Shot Clinic for Staff; Vision & Hearing Screenings; Hep A Shot Clinic; Mobile Dental Lab – services for students; Fuel Up to Play 60 – exercises & healthy snacks; Basketball Game Activity for Student Body; Drug Free 24/7 Night; BASES Rewards Activity; Special Olympics; Fire Drills; PRIDE Survey; Show Choir Events; College & Career Day.

Poca High:

Grab & Go Breakfast; USDA Supper Program; Equality Club; Jamie’s Law – Suicide Prevention Presentation; Fire Drills; Review of Crisis Plan; Vaping Posters Displayed; Drug Awareness Program for 9th Grade at Charleston Civic Center; Guest Speaker on Drinking Alcohol; National Yoga Month – Speaker/Presenter; Backpack Buddies Program; School Dances; Red Ribbon Week – “Drunk Goggles”, Drunk Driving Awareness, Bracelets Distributed, Games in Gym for Drug Prevention; Health Care Showcase – Alcohol & Tobacco Posters Posted; Flu Shot Clinic; Show Choir Fall Show; Bullying Development Guidance; Hep A Shots for Staff; Hearing & Vision Screenings; Brochures made by Health Classes on Alcohol/Tobacco/Drugs; Family Care Miles for Smiles – dental services for students; United Way Presentation on Effects of Drugs on Babies; Marshall University Nutritionists – Healthy Eating/Exercise/Obesity/Diabetes; Red Cross Blood Drive; Mentor Meetings; “Chasing The Dragon” Assembly (Drugs); Black History Month Hallway Decorations Contest; STD Brochures Displayed; Violence Prevention – Teen Dating/Date Rape Presentations; Link Crew Meetings – Summer Safety; PRIDE Surveys completed (Drugs); College & Career Day.

Winfield High:

Grab & Go Breakfast; Tobacco Pamphlets in Office; Jamie’s Law Presentation; Fire Drills; Link Crew Meetings; Bullying Mentoring; Shelter In Place Drill; Freedom Week; Gator Ball Tournament during lunch; Allergy Awareness Presentation for Staff; Intro to Lifting Weights; Red Ribbon Week; Lock Down with Evacuation Drill; School Dances; CAMC Field Trip; Veterans Day Assembly; Powder Puff Special Olympics; Soccer Assembly; Band/Show Choir Concert; Robotics Open House; Shelter In Place Drill; College & Career Day.

Putnam County Technical Center:

Open House Events; Vape & Tobacco Use Assembly; Drug Prevention Assembly; Random Drug Testing; Simulated Workplace Requirements for Employment; OSHA Safety Training; Safety Testing in all Health Programs—Fire, Transportation, Kitchen; Assembly on School Policies & Procedures; Crisis Plan Review; Orientation & Skills USA Assembly; Character Citizenship Awareness; Advisory Dinner; Math Day for At-

Risk Elem Students; LPN Open House; Prescription Drug Online Courses; Suicide Prevention Walk; College & Career Day; Ski Trip; Toyota/Bridge Valley Safety Presentation Safety Talk; Advisory Council Lunch; Ice Cream Social Open House; Skills USA Competition; Geriatric Olympics; Career Fair; Car Show; Mock Accidents; Student Appreciation Day.