

ALLISON

LOCAL WELLNESS ACTIVITY REPORT 2015-2016

- Brain Games – 4th Grade – Games that incorporate movement as well as cognitive thinking.
- Just Dance – If students cannot go outside for recess they go into the gym and do “just dance”. Teachers put just dance you tube on the wall and students do the dances.
- Outdoor Recess – Students have 20 minutes outside recess on playground after lunch.
- Halloween Parade – All students and staff walk in a parade through Chester dressed in their Halloween costumes.
- PBS Activity – Students who have good behavior are rewarded once every 9 weeks. Rewards include carnival games, bounce house, relay races and other physical activities.
- Go Noodle – 1st & 2nd Grades – Students participate in interactive activities such as Zumba, free movement.
- Vaccination Clinic – Staff flu shots and Tdap vaccinations were offered.
- Fluoride Rinse Program – Weekly fluoride rinse is for 30 weeks. Nurse in charge, trained staff, and teachers.
- Office Phil Assembly – Discussion on respect, bullying, cyber safety and stranger danger.
- Red Ribbon Assembly – Fire, Police and EMT put on an assembly for the students discussing alcohol, tobacco, drug and violence prevention.
- SFA Movement – Music is played over intercom in transition to classes during SFA. Students dance and move through the hallway.
- Head, Shoulder, Knee & Toes – Cognitive – Regulation Skills – 1st Grade students hve to tough the correlating body parts during the song.
- Brain Game – Who – Moved – Cognitive – Regulations Skills – 1st Grade activity that helps develop memory.
- Taste Test New Items – Cooks put out samples of new items for students to taste.
- Food Committee – Advisory committee consists of 12 students who meet with the Coordinator of Nutrition every two months to decide likes and dislikes, taste test food items, do surveys and make one day menu.
- Jump Rope for Heart – Students raised money for the American Heart Association.
- Hoops for Heart Knock Out Tournament – Students participated in Hoops for Heart, entered a shooting competition called “knock out”.
- Pin Dodge Ball – Students who raised \$50.00 or more for Jump Rope for Heart and Hoops for Heart participated in students vs. teachers pin dodge ball game.
- Reading Celebration Dance
- Relay for Life Walk – A walk to raise money for Relay for Life.
- End of School Year – Field Day, carnival and Olympic activities.
- Run Like a Girl – 3rd & 4th grade girls – Exercising and discussing a healthy lifestyle.
- Nurse Corner – Health topics of the month are presented for awareness in the school’s monthly newsletter.
- The Biggest Loser – For staff – cash reward given.