

Wellness Report 2019-2020

Wellness Goals 2019-20

1. Bath School District will initiate and implement at least two Wellness Challenges with students during the school year.
2. Bath School District will initiate and implement Wellness programs promoting positive mental health in each building throughout the school year.
3. Bath School District will initiate and implement a Health Fair with our Middle School students for the 2019-20 school year.

Elementary

- Dental Van does dental exams and sealants for students who chose to participate.
- Go Noodle is used to do movement activities between lessons.
- Social Emotional class is taught by our guidance counselor to our fifth graders.
- Guidance lessons are taught to our K-4 classes.
- PE classes have done jump rope for heart
- PE classes have certain grades take their heart rate before an activity and then after it as well and then they keep track of this.
- Vision and Hearing screenings are done by our school nurse.
- We have a partnership with SAFY for mental health help with some of our students.
- Safety committee meeting twice a year.
- Relay for Life every spring.
- Healthy Choices week is going on right now:

Schedule of Activities for Healthy Choices week.

Friday, October 18th - I Pledge to Make Healthy Choices

Students and staff will sign a pledge promising to make healthy choices. Pledges will be displayed in the hallways. Classrooms will discuss harmful effects of drug use.

Monday, October 21st - Send a Message, Stay Drug Free!

Wear as much **RED** clothing as you can. Red Ribbons will be given out to wear all week. Students will receive a themed bookmark.

Tuesday, October 22nd - Healthy Body

Make a healthy food choice. Bring in a healthy individual-size snack for yourself. Dress like a vegetable (wear **GREEN** clothing).

Wednesday, October 23rd - Wacky Wednesday

When we feel out of sorts, take a few minutes to calm down. Students will participate in a yoga activity. Wear a **WACKY OUTFIT**.

Thursday, October 24th - Fun Day

Having fun is good for the heart and soul. Students will have fun with classmates during the Harvest Party. Wear **FUN SOCKS or FUN ACCESSORIES** (earrings, scarf, hat, headband, tie, etc.) Be creative, but please, no costumes. This is also picture re-take day.

Healthy Choices Week: Announcements

Monday, October 21st

What are drugs?

- A drug is a chemical that is not food and that affects your body.
- Some drugs are given to people by doctors to make them healthy. These are called medicines or prescription drugs. Antibiotics are drugs.

- Some drugs are addictive, which means that it is very hard to stop using them even when they are harming your body.

Tuesday, October 22nd

5 Tips: Make Better Food Choices

1. Make half your plate fruits and vegetables.
2. Drink water.
3. Eat whole grains more often.
4. Learn what is in foods.
5. Cut back on some foods.

Wednesday, October 23rd

10 health benefits of daily yoga practice

- Improve flexibility, strength, and posture. Better all-round fitness.
- Weight loss.
- Increase your energy.
- Reduce stress.
- Breathe better.
- Be happier.
- Become more mindful.

Thursday, October 24th

7 HEALTH BENEFITS OF LAUGHTER

1. LOWERS BLOOD PRESSURE
2. REDUCES STRESS HORMONE LEVELS
3. WORKS YOUR ABS
4. IMPROVES CARDIAC HEALTH
5. BOOSTS T-CELLS
6. TRIGGERS THE RELEASE OF ENDORPHINS

7. PRODUCES A GENERAL SENSE OF WELL-BEING

MIDDLE SCHOOL

Grade 6

- Lists for Life

Grade 7

- Civics
- Mental Health Career Rotation-philanthropy

Grade 8

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| • Lifeline of Ohio: Organ Donor* | Brian Leonard |
| • Refuse, Remove, Reason: Drugs & Alcohol* | Marcia Koch |
| • Suicide Prevention Program-Lifelines* | Kaprice Pickering |
| • Safe Dates: Relationship Violence* | Aruna Manisekaran |
| • The Sober Truth* | Agent Susan Baker |
| • Relationships Under Construction* | Carolyn Hensley |
| • Sex in America* | Dr. William Scherger |
| • Financial Health* | Karen Grothouse |

Grade 8 (Horstman only)

- DBT Steps-A

Grades 6-8

- OLWEUS
- Cornerstone of Hope Resilient grade level assemblies*
- Suicide Screening-Family Resource Center
- Health Fair-see attached list
- Naviance
 - SMART goals
 - Roadtrip Nation
 - Learning Style Inventory
 - Career Key-Holland Interest codes
 - Career Cluster Finders (includes personal qualities)
 - Further SEL

Grades 6-7

- Career Cluster Rotations

Support

School Navigator-SAFY

Daytime School Crisis Response-FRC-Hopeline

Allow FRC & SAFY to visit students here

Diagnostic Assessment Resource List

Robin Tempe

Lauren Mills

SAFY walk-ins 10-2
FRC walk ins 12-2
+Dr. Hull/Cornerstone of Hope

HIGH SCHOOL

Teen Screen October 21 due October 28.

YES Fest

October 28, 2019

8:15am to 8:45 am – Students should report to their Wildcat Time teachers at 8:10. Two Naviance surveys:

Valuing School and *School Climate*. Leadership Compass Self-Assessment Activity

At 8:50 am - Students and Staff report to the gym and sit in the permanent bleachers.

9:00 am to 10:00am – Keynote Speaker, Ron James. This will be with MS and HS students in the gym.

10:15am to 11:55am – Breakout Sessions

10:15-11:00am: Freshman & Seniors will go to auditorium for DIVERSITY with Damian Tibbs and Sophomores & Juniors will go to cafeteria for CHARACTER COUNTS with

Tug Taviano

11:10-11:55am: Freshman & Seniors will go to cafeteria for CHARACTER COUNTS with Tug Taviano and Sophomores & Juniors will go to auditorium for DIVERSITY with

Damian Tibbs

12:00pm to 1:25pm – Lunch, YES Fest Booths in the Gym & Club Fair in the hallway

12:00pm-12:25: Freshman to Lunch, Sophomores to Gym for YES Fest Booths, Juniors & Seniors to Office Hallway for club fair

12:30pm-12:55: Sophomores to Lunch, Juniors & Seniors to Gym for YES Fest Booths, Freshman to Office Hallway for Club Fair

1:00pm-1:25pm: Juniors & Seniors to Lunch, Freshman to Gym for YES Fest Booths, Sophomores to Office

Hallway for Club Fair

1:30pm to 2:30pm- Guest Speaker *The Effects of Vaping* & Ice Cream Social provided by P&G

1:30pm-1:55pm: Freshman & Seniors to Auditorium for guest speaker, Sophomores & Juniors to Courtyard for Ice Cream Social

2:00pm-2:30pm: Sophomores & Juniors to Auditorium to discuss Vaping, Freshman & Seniors to Courtyard for Ice Cream Social

2:35pm to 3:15pm – All report to Gymnasium for Staff & Student Games, Closing Comments, and Dismissal