

NEW MANCHESTER LOCAL WELLNESS ACTIVITY REPORT 2015-2016

- **Fluoride Mouthwash Program – Weekly fluoride rinse for students who got permission from parent. Nurse trained staff.**
- **Oak Glen Dance Team – Presented a variety of dance routines at an assembly. Also taught some routines to the 4th grade students.**
- **Nurse’s Corner – The nurse submits monthly topics in regards to various health issues for monthly school newsletters.**
- **Wellness Committee Meeting – School – Committee consists of staff and students. The committee discusses wellness issues and activities.**
- **Professional Quality of Life – Mr. Taylor gave a Professional Learning designed toward “Teacher Burn Out” and stress management.**
- **Open House – Display table about nutrition services**
- **Family Nutrition Program – WVU Extension Office visits the 3rd & 4th grade classes once a week for six weeks to complete a nutrition program.**
- **Diabetes Awareness – Two Oak Glen Middle students diagnosed with diabetes came to NM and did a presentation with all the students on diabetes awareness.**
- **Daily Brain Breaks – Teachers have students complete various physical exercises daily throughout the day.**
- **Jump Start Our Minds – Each day at the end of morning announcements, students are directed to a physical exercise to “jump start their minds”.**
- **Promotion Day – Cooks do various promotion days throughout the year such as pizza pie day, food council day, National School Breakfast Week.**
- **Physical & Mental Hygiene – Counselor & nurse educated 3rd grade on physical and mental hygiene. Fun interactive lesson.**
- **Vaccination Clinic – Staff – flu shots Tdap and pneumonia**
- **Jump Rope for Heart – All students given the opportunity to participate.**
- **Bite Into a Healthy Lifestyle – Sponsored an evening for all school family to get involved in various physical activities.**
- **“Kicking the Winter Blues Away” – All students watched a video on winter blues and then did exercises to songs.**
- **Dr. West dental – Dr. West came for February’s Dental Awareness Month and taught children dental care.**