

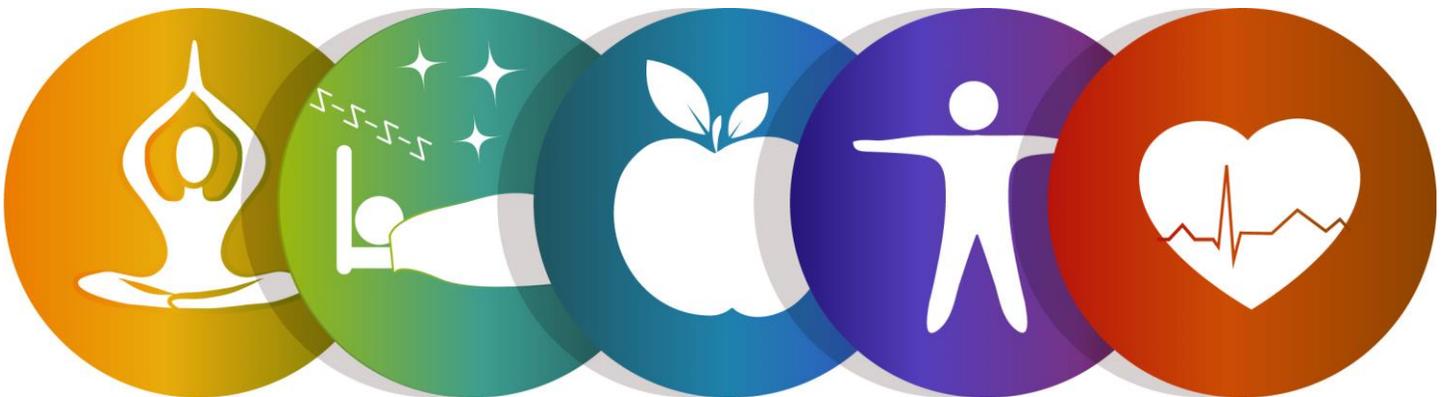
TYLER COUNTY SCHOOLS

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WELLNESS REPORT 2018



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Tyler County Schools

Wellness Summary Report

October 2018

For the past two years, the Tyler County Board of Education has been working to improve overall student and staff wellness. Some of the schools have really become involved in student wellness as indicated in this report. It was impressive to see at the end of the year, a wealth of activity reports that filtered into the central office.

Schools will continue to be participants of wellness grants that are available through WVDE, Team Nutrition, Smarter Lunchroom, USDA, etc. In the past, Tyler County Schools has worked actively to write these grants which have greatly impacted student and staff. The main focus is to help students to see that healthy meals and exercise are important for overall well being. The activities associated with these grants have made a visible difference in the food choices students select through the lunch lines as well as physical activities that students choose to participate.

Tyler County's physical education and health department are very active and instrumental in seeing that all new initiatives and legislation are carried out correctly. The new information is always put on the county and school wellness agendas to discuss. To stay current with state and federal health, wellness, and physical education standards and regulations, the teachers attend various national and state conferences on a consistent basis. Also, these teachers are organizing state and national events as well as local events such the middle school physical education teacher coordinated a two day event called TCMS Wellness and Field Days. This two day event was centered on wellness, physical activity, nutrition, mental health, and safety. Students participated in a variety of classes such as Anti-Bullying, Tobacco Prevention, Hunter Safety, Bicycle Safety, Marshal Arts, etc. It was a very successful event that both the students and adults enjoyed.

Child Nutrition in Tyler County has taken an exciting and visible change as well. Tyler County typically has one of the highest lunch participation rates in the state of West Virginia. This percentage has been attributed to the dedication of the staff and cooks countywide to make meals more appealing for students to eat. Another contributing factor is the county decision to make all schools CEP starting with the 2018 school year.

For the past two years breakfast strategy implementation was a priority. Each school in the county is going with a traditional breakfast coupled with a *Grab-n-Go* offered as well. Participation improvement has been evident at all levels with a total breakfast participation. Tyler Consolidated Middle School made it a priority for the 2016-17 school year to do a *Breakfast After First* strategy. Their breakfast participation went from 20% ADP to over 80-90% on any given day. The strategy was such a hit that it continued into the 2017-18 school year and will be instituted into 2018-19.

The elementaries no longer qualify for the Fresh Fruit and Vegetable Grant; however, the elementary classroom parties that are celebrated during the school day still try to stay true to integrating fresh fruits and vegetables into the school party scene. This helps to take the focus of food from parent responsibilities and allows them more time to develop creative activities/crafts for the students. The county has heard nothing but positive comments about this program. The principal as well as teachers love it. Additionally, students look forward to it. It has been a huge hit as well as a success.

Another huge success for child nutrition in Tyler County has been the implementation of an Afterschool Supper Program at Tyler Consolidated Middle/High School. Students love this opportunity and look forward to it each day. It gives the students a boost of energy to get them through the afterschool activities.

Additionally, Tyler County Schools continues to stay active and involved with the Farm to School movement. Tyler County Schools started the Farm 2 School initiative by purchasing locally from Sycamore Farms, a Tyler County farm vendor. Sycamore Farms has since been able to provide the school with asparagus, spring leaf lettuce, and eggplant. We are working closely with them and their use of high tunnel technology to plan for future business relations. Another exciting Farm to School activity that will be occurring in 2018 will be a Pop-up Farmers Market for all students in Tyler County Pre-K through 8th grade. This was written and funded through a local Stealey Green grant. Several organizational meetings have been conducted in order to get ready for the event in the fall.

During the spring of 2017, Tyler County applied and was awarded a Team Nutrition Grant and a Smarter Lunchroom Grant. A menu display program called Nutrislice and cafeteria monitors were purchased to display the daily menu and food group categories in each of the cafeterias.

Tyler County Schools is always glad to partner with the WVU-Tyler County Extension Office. They have been very active in the elementary schools with the nutrition education lessons of fresh fruits and vegetables during the past two school years. Elementary students are taught a variety of nutrition lessons as well as participate in taste testing events that accompany the lesson. The WVU extension contact who teaches the lessons is a very active member on the county wellness committee. She also helps a great deal with building outside connections and obtaining resources. She helps to provide insight and valuable feedback of what the elementary students are saying and doing. Additionally, the extension office is going to help increase the Farm to School initiative by creating relationships between the school and the local farmer.

Tyler County now has a strong county wellness committee that meets regularly at least on a quarterly basis. The membership is expanding into the community and has showed positive signs of continued growth. The wide variety of membership has helped to increase the amount of activities and programs that are being provided to schools. The agendas are always packed with useful information such as available grants, informational handouts, updates, etc. Each school in the county takes an active role on the council which in turn helps the school wellness committees. Principals see that there is time for the school level wellness committee to meet. The school committee will discuss items from the county meeting as well as create new items of interest.

Tyler County Schools will continue to implement many new programs in the next two years. In order to improve student and community health, the schools will continue working with some of the programs that proved beneficial in the past two years. The schools will re-evaluate at the end of this school year to gain a clearer picture of strengths and weaknesses. By utilizing the Alliance for Healthier Generation Assessment results, the wellness committee can implement plans to improve weaknesses. The plan will be ongoing over the next two years with much emphasis being placed on wellness in Tyler County Schools.

Tyler County Board of Education

Alliance for a Healthier Generation Assessment and Activity Report

The Schools in Tyler County have completed the revision of the School Wellness Policy and as well as completed the Alliance for a Healthier Generation Assessment as a means of an evaluation from the previous two years. The activities that the county/schools will be concentrating on in the next two years will be based upon the results of the assessment. Based on the current assessment results, the schools will strive to improve on the weaknesses and continue to enhance the strengths determined in the evaluation.

Modules included in the Alliance for a Healthier Generation Assessment are as follows:

- Module 1: School Health and Safety Policies and Environment
- Module 2: Health Education
- Module 3: Physical Education and Other Physical Activity Programs
- Module 4: Nutrition Services
- Module 5: School Health Services
- Module 6: School Counseling, Psychological, and Social Services
- Module 7: Health Promotion for Staff
- Module 8: Family and Community Involvement



Alliance for a Healthier Generation Assessment Results:

Strengths identified were School Health and Safety Policies and Environment (92%), Health Education (90%), Health Services, Nutrition (93%) and Counseling, Psychological, & Social Services (100%). Needs identified (Medium High Score Range (61%-80%) were Family and Community Involvement, Physical Education and Other Physical Activity Programs. Needs identified (Low High Score Range (41%-60%) was Health Promotion for Staff. The results at this school indicate a positive result. Two modules were able to go from medium performing to high performing. The addition of an extra school nurse helped the School Health Services module.

Activities:

- Be Healthy Now Grant – SPARK Curriculum
- Jump Rope for Heart
- Relay for Life
- Sparks Program K-5: Physical Education Curriculum
- Morning Student Walking Program: Gym
- After School Programs: School Days Plus and Tutoring
- Grab and Go Breakfast
- After School Snack Program
- Halloween/Valentine Party Games & Healthy Snacks
- Halloween Safety
- Playground Safety
- School Bus Safety: Safety Zone
- Fire Safety: Smokey the Bear
- Harvest Festival
- Walking Trail
- Family Nutrition & Health Education Class/ WVU Extension Office Grades K-5
- Health Instruction Grades K-5/ WV CCSS
- Cardiac Kids Project (Grade 5)
- Nutrition Nuggets Parent Resource
- Health/Vision/Hearing Screenings
- Character Education Program: Character Counts!
- For A.I.B.'s kindergarten and preschool screening, a nutritional board promoting the county's nutrition program and policy 4321.1 was created for parents to view and ask questions while waiting for their child to finish the screening.
- Preschool Move-up to A.I.Boreman Elementary
- Daily Menu Sign for the Cafeteria (Breakfast and Lunch)
- Parental Involvement Conference/Stonewall Jackson, WV
- Family Fun Nights
- Bobcat Bonanza Field Day (Grades Pre-K-5)
- Let's Move! WV – Grant Activities
- Personal and Dental Hygiene (Grades Pre-K-5)
- Germ City (Grades Pre-K-5)
- Puberty & Hygiene Discussion (Grade 5)
- School Wellness Committee for A.I. Boreman
- Valentine Sock Hop (4-5 Grade)

- Backpack Program
- Hot Lunch Week – Parents sign up to eat with their children.
- Family Christmas Celebration
- School Climate Survey

Strengths:

- According to the assessment, it is felt that AIB is near full compliance in the area of School Health Services. Health Services at the elementary are considered of high quality. A school nurse is available for most of the school day. Nurses keep the school updated on food allergies and special health needs.
- Another strength is noted with Health Education. Students are aware of the safety issues and are educated on how to act accordingly in order to remain healthy and stay safe.
- Counseling is ranked as high because the current school counselor provides education in the areas of character education which includes topics such as bullying, substance abuse prevention, and social interaction.
- As a whole A.I. Boreman Elementary scored high in many of the modules. The team felt that the school had adequate physical activity at the facilities where students are active at least 50% of the class time. Other areas of strengths include the health education taught in all grades K-5, nutrition services, school health services, and school counseling services.

Weaknesses:

- Health promotion for staff is a significant noted weakness. The school no longer has health screenings in place. Professional development is lacking in the areas of health promotion. The only service provided is an annual CPR/First Aid/AED training.
- School Health and Safety and Policies and Environment indicates a weakness concerning professional development for teachers in the areas of HIV, STDs and pregnancy prevention. Staff development on unintentional injuries, violence, and suicide are needed.
- At A.I. Boreman Elementary, family and community involvement is a real concern. At present, there seems to be a need for educating families, developing parenting strategies, establishing links with community resources, promoting health and safety to students and families.

Action/ Future Steps:

- **Professional Development:** Offering professional development to staff is the first area of concern. This concern will be discussed by the support and professional staff development council. It is vital for staff to feel ownership over their wellness first, and then they will want to continue with the students. Staff Development offerings needed deal with healthy choices and eating, tobacco cessation, stress management, etc.
- **Staff Screenings:** Implementing the yearly staff screenings is an initiative the wellness team would like to see.
- **Community and Family Involvement:** Increasing family education seminars and community outreach is a goal to increase involvement and communication.



Alliance for a Healthier Generation Assessment Results:

Strengths identified (81%-100%) were School Health and Safety Policies and Environment, Nutrition Services, Counseling, Psychological and Social Services and Family/Community Involvement. Needs identified (Medium High Score Range (61%-80%)) were Physical Education and Other Physical Activity Programs, Health Services. The only module in the low range (below 60%) was Health Education and Health Promotion for Staff.

Activities:

- Be Healthy Now Grant – SPARK Curriculum
- Let's Move In School
- Let's Move! West Virginia Physical Activity Program
- Developmental Guidance
- Dental Education (MOVTI Students Presented To All Grade Levels)
- Harvest Festival – Agriculture Safety
- Sparks Program K-5: Physical Education Curriculum
- Fitness Plan
- Bus Safety Week
- Fitness Drills (4th & 5th Grade)
- Go Noodle Classroom Activities
- Lee Denim Day
- Relay for Life
- Movement Spelling
- Valentine Party Games and Healthy Snacks
- MOVTI Dental Health (Toothbrushes and Information to all grades)
- Continental Stomp
- Reindeer Relay
- Fuel Up to Play 60 Walk/Run Monthly Events:
 - School Days Stomp
 - Pumpkin Run
 - Turkey Trot
 - December Dash
 - Penguin Plunge
 - Cardiac Caper
 - Shamrock Shuffle
 - Raindrop Romp
 - Marathon Challenge
- Snowball Fight Match Game (4th Grade Vocabulary)
- Favorite Physical Activities to Do Outdoors (Journal Entry)
- Don't Know Beans (Correct Answers – Physical Activity Group Reward)
- Body Systems (4th Grade Research, Drew and Speech)
- Cardiac Kids Project
- Schools day Plus Walking Program
- Physical Activity in the Classroom (2nd Grade – Variety)
- Keep That Smile (Dental Health Education 1st grade)
- Brain Gym Activities
- Sweatin' to the Oldies

- Christmas Party (Healthy snacks/physical activity)
- Valentine’s Day Party (Healthy snacks/physical activity)
- Anti-bullying Assembly
- Speech Cards/Active Review
- Mobile Exergaming Lab for (3-5) Kinects, DDR and Wii
- School’s Day Plus Walk to Better Health
- After School Snack Program
- Nutrition Education / WVU Extension Office Grades 3-5
- Jump Rope for Heart
- Health Instruction Grades K-5/ WV Content Standards
- Nutrition Nuggets Parent Resource
- Parents Eat With Their Child During National School Lunch Week
- Health/Vision/Hearing Screenings
- Community Careers
- Character Education Program: Character Counts!
- Farm Day
- Active Reader’s Theatre
- Kindergarten Field Trip – Walked to and from the Sistersville Fire Department/Toured Facility (Climbed a big hill, too!)
- Cancer Walk
- Fun Day * Sponsored by SES PTSO
- Head Start Collaboration Pre-school Monthly Meetings
- Cool Cats/Cool Dudes Behavior Program
- OT/PT Mental Health Speech Services
- Walk for Cure (Diabetes)
- Autism Walk
- Title One Minute to Win It Night
- Archery Club Demonstration
- African Drummer Presentation
- West Virginia Dance Company Life Cycles and Continents
- Flu Vaccinations
- Physical Activity Classroom Log
- Character Ed – Schoolwide
- Cooking Healthy
- North Bend State Park – Bike and Hike
- Fitness Friday
- Personal Fitness Plan
- Chinese Acrobats
- Sweatin’ to the Oldies
- Anti-bullying Program
- Staying Healthy-Germ Prevention

Strengths:

- According to Module 1, there are strong policies and practices in place that promote student health and safety at SES.
- According to Module 2, all teachers teach health and wellness education as well as document activities.
- Module 3 at 77% falls in the medium level area of physical education and other physical activity program. The curriculum is sequential and standards based with an emphasis on engaging in moderate to vigorous physical activity at least 50% of the class period each

day. The physical education teacher is highly certified and highly trained by attending state, regional, professional and specialized conferences/trainings on an annual basis.

- The physical education teacher provides resources and guidance to classroom teachers to assist them in providing physical activity breaks throughout the school day.
- Medical concerns are closely monitored and activities and assessments are adapted for students with special needs or physical limitations.
- Emphasis is placed on the importance of wellness via physical activity, nutrition education, health, etc.
- The physical education delivery and curriculum were also noted strengths. It was felt that the student to teacher ratio and sequenced physical education curriculum are right in line with CSO's and wellness standards. Health related fitness is taught at S.E.S., which engages students over 50% of the time in physical activity.
- Nutrition Services follow the state's policy.
- The school counseling module stated that during developmental guidance classes, students are taught various topics that pertain to their personal health and safety. The staff is very responsible about reporting possible cases of abuse and neglect.
- First Aid and CPR training are made available for all staff members.

Weaknesses:

- There are not adequate outdoor grassy areas or a designated safe walking area (track) for students to use for recess or team games and the basketball court needs repaired and resurfaced.
- Classroom teachers need more training and information in the area of asthma awareness.
- Educators indicated a strong need for specific health education professional development delivering health education content and active strategies used in teaching lessons related to health topics, therefore there will be a K-5 staff health curriculum training.
- In nutrition, offering more Farm to School opportunities would be beneficial.
- Professional development concerning health promotion for staff are in the areas of tobacco cessation, asthma management, and conflict resolution.
- Health Promotion – Module 7 Due to personal health issues and stress levels associated with teaching, the staff indicated they would like to see more programs offered to assist them in achieving a higher level of wellness. Stress management programs offered would help staff.

Action/ Future Steps:

- Staff Wellness Promotion: In the area of health promotion for staff, there seems to be a noted weakness that needs to be addressed. Some ideas to improve upon this weakness include: wellness tips via e-mails and a newsletter to all staff, the organization of before, during and after school exercise groups, a staff wellness bulletin board and encouraging staff members to participate in physical activity breaks with their students.
- A tobacco cessation program by bringing in the SADD group from the high school, contact insurance companies for current programs or speakers, and/or provide incentives for staff users that quit. Asthma management can be addressed by having a doctor from the local hospital discuss this health issue with the staff. Stress management can be addressed through the school psychologist or guidance counselor presenting some useful strategies to use.
- Physical Activity: Teachers are encouraged to continue to increase active learning in the classroom by providing at 15 minutes of physical activity a day and 30 minutes of recess.
- Health Education Instruction – enhance staff development on instructional techniques, strategies and resources that can assist educators in addressing their health standards.



Tyler Consolidated Middle School

Alliance for a Healthier Generation Assessment Results:

Strengths identified as being eligible for bronze, silver, and gold were Health Education and Nutrition Services. Eligible for Bronze and Silver are School Health and Safety Policies and Environment, Physical Education and Health Promotion. Needs identified for the bronze or working toward the bronze were Physical Education and other Physical Activity Programs, Health Promotion for Staff, and Family and Community Involvement.

Activities:

- Fitnessgram Testing
- HEAP (Health Education Assessment Program)
- Be Healthy Now Grant – SPARK 6-8 Physical Education Curriculum
- Physical Education Awareness Month
- West Virginia Association for Health, Physical Education, Recreation & Dance (WVAHPERD) Conference
- SHAPE America Midwest District Conference /National Conference(Society for Health and Physical Education of America)
- Fun Days/Field Days
- Wellness Days
 - Anti-Bullying and Cyber Bullying Education
 - Tobacco Education
 - Life Stages and Teen Pregnancy Prevention
 - Substance Abuse Education
 - Bike Safety Education
 - Alcohol Education
 - Marshall Arts
 - Outdoor Safety Education
 - Sugary Snacks Education
 - Obstacle Course
 - Lifestyle and Ways to Prevent Cancer
 - Dental Health Education
 - Smokeless Tobacco Education
 - ATV Safety Education
- Jump Rope for Heart
- Heart Rate Monitors
- Relay for Life
- DDR Program
- Back Pack Program
- Grab and Go Breakfast
- Farm to School
- After School Snack Program
- After School Supper Program
- Fuel Up to Play 60 Nutrition Taste Testing and Physical Activity Program
- Health Instruction Grades 6-8/ WV Content Standards
- Nutrition Nuggets Parent Resource

- Impact Testing
- Teen Pregnancy Prevention and STI's
- Hand Hygiene
- Walk for a Cure (Diabetes)
- Diabetes Presentation
- JDRF (Juvenile Diabetes Research Foundation)
- PEIA Health Screening for Staff
- Weight Watchers at Work Program for Staff
- Walking Program/ Students @ Lunchtime
- Walking/Basketball Intramurals in Mornings Before School
- Character Education Program: Character Counts!
- Teen Food and Fitness Monthly Handout
- Autism Awareness Month
- Let's Move In Schools Campaign
- Let's Move! West Virginia Physical Activity Program
- Halloween Activities
- Cupid Shuffle Flash Mob
- Jam A Minute Fitness Challenge
- Activity Calendars for Physical Education Classes
- School Dances/Healthy Snacks
- Physical Activity Logs
- Cross Country Trail
- Kennywood Trip for 8th Grade Students
- Personal Fitness for 6-8th Grade Students
- Flu Shots
- Wellness Conference
- Try This WV Conference
- Family Resource Network Activities
- Westbrook and Well Spring Counseling Programs
- OT/PT/Mental Health/Speech Services
- School Climate Survey
- School Wellness Committee for Tyler Consolidated Middle School

Strengths:

- A strength of the middle school is that students, parents, faculty, and community are aware of the health and safety requirements. Signs are posted about tobacco, and letters are sent home about health and safety. The school has a strong no tolerance for drugs, alcohol or tobacco.
- The facility is noted as staff having high expectations for taking care of the building, the condition is noted as being clean, and repairs are made immediately.
- Professional development is offered in health education and classroom management techniques.
- A sequential physical education curriculum consistent with standards, grading, individualized activity/fitness plans, credentialed physical education teachers and health-related physical fitness are all strengths at the middle school according to Module 3.
- After completing Module 6, the guidance counselor felt very strongly that staff communication regarding student concerns was the school's greatest strength by being vigilant about making the counselor/principal aware of potential concerns for students.

Weaknesses:

- Weaknesses in area of staff development. Would like to see staff development on areas of suicide victims, asthma, HIV policies/laws, pregnancy prevention, and a tobacco cessation service.
- According to Module 2, it was felt that TCMS was strong in every area except asthma awareness. They felt that since students only have 6 weeks of health, that it was difficult to get the amount of practice and reinforcement in subjects/skills taught in health. That module group felt that if there was more time for health education, then health teachers could provide the asthma awareness as well as the practice and reinforcement in subjects/skills taught in health.
- Not enough time is allotted for extra activities. More outside resources and health agencies need to come to the school to talk to students about various health and wellness issues.
- The middle school felt that policies were not in place in the areas of family and community involvement programs.
- Fundraising efforts outside school hours do not meet strong nutrition standards.

Action/ Future Steps:

- **Physical Activity:** Increase the amount of physical activity by implementing intramural activities at lunch or after school. Encourage students to become involved in at least one extracurricular activity offered at the middle school level (track, basketball, cross country, etc.).
- **Professional Development:** Stress management training was one area of concern. Promote staff participation and involvement in activities and staff development by giving information to them through flyers with paychecks, making announcements, creating informational newsletters, and incorporating staff development into ISE days.
- **Staff Fitness Activities:** Provide activities and programs for staff after school. Such activities could be training on exercise equipment, walking programs, line dancing, etc. Programs could also deal with healthy eating and weight management. Programs on tobacco-use cessation can be offered to staff members that are smokers and want to quit.
- **Family and Community Involvement:** In this module, areas of weakness included effective parenting, parent and community involvement in programs, promotion of community-based programs, community access to school facilities, and involvement in school meals. Ideas to increase family and community involvement consisted of sending home newsletters with parent strategy ideas, offering parenting workshops, adding parents and community members to wellness committees, using radio for announcements, send home community calendar, offer nutrition/diet workshops, and send home nutritional information.



Tyler Consolidated High School

Alliance for a Healthier Generation Assessment Results:

Strengths identified as being eligible for bronze, silver, and gold were School Health and Safety Policies, Health Education, and Nutrition Services. Needs identified for the bronze or working toward the bronze were Physical Education and other Physical Activity Programs, Health Promotion for Staff, and Family and Community Involvement.

Current Activities:

- Be Healthy Now Grant – SPARK Curriculum
- Advisor-Advisee
- Food and Nutrition Class
- SADD Club
- FCCLA Club
- Archery Club
- Fitness and Wellness Class
- After School Snack Program
- After School Supper Program
- CPR/First Aid Certification – Students and Teachers
- Health Instruction Grades 9-10/ WV Next Generation Standards
- Nutrition Nuggets Parent Resource
- Red Cross Blood Drive (Students & Staff)
- Intramural Sports Morning Before School/After
 - Volleyball, Basketball, Speedball, Ultimate Frisbee
- Dance Dance Revolution
- Intramural Spring League Basketball
- Project Pediatrics
- Team Nutrition
- WV On the Move
- School Wellness Committee for Tyler Consolidated High School
- PEIA Teacher Self-Evaluation
- Hoops for Hearts
- Before School and After School Conditioning

Strengths:

- ½ of the modules were eligible for all three gold, silver and bronze.
- Health curriculum will focus with new CSO's, more on teen issues such as puberty, dating, sexual activity guidance, peer pressure, prescription drug abuse, etc. Bringing outside sources and guest speakers would be very beneficial for teenagers. Teenagers tend to be more receptive and attentive to others and real-life experiences rather than parents and books.
- Health and Physical education at the high school is now required for one semester at the 9th and 10th grade level. This is to ensure that ninth and tenth grade students will be exposed to both curriculums during both their ninth and tenth grade years.
- Tyler County is a rural county so areas of concern in health education pertain to smokeless tobacco, smoking, ATV accidents, drugs, alcohol, etc.

- Family and Community Involvement has been a recent agenda upon which Tyler County has tried to improve. The high school has been sending educational materials and newsletters home to parents. .
- The High School has a Resource Officer that helps greatly improve drug awareness, tobacco prevention, and student manners and behavior.

Weaknesses:

- Funding for equipment and a supervisor is a major problem associated with implementing extracurricular activities. Finding a location can also present itself as a problem. Tyler Consolidated is a middle and high school complex that often has teams fighting for spaces to practice. Adding another activity could prove to be difficult.
- With Family and Community Involvement, there are not a lot of opportunities for parents to volunteer to help at the high school level like at the elementary level.

Action/ Future Steps:

- **Electives:** Offer a variety of electives for students to take in the area of health/nutrition/wellness/exercise.
- **Clubs:** Teachers form clubs centered on lifetime sports, nutrition, wellness, etc.
- **Fitness Center:** Emphasis on nutrition and exercise by creating an exercise room/fitness center that students can access after school. Obesity is a rising concern that later leads to diabetes, strokes, heart attacks, etc. Educating students and allowing them opportunities such as exercising will help to educate and increase the chances of a healthy lifestyle.
- **Extracurricular Participation:** Over the past several years, there has been a steady decline with overall participation in interscholastic sports and extracurricular activities. Increasing participation will allow for healthier and active students.
- **Family and Community Involvement:** Allow parents and the community to help with planning special events and programs.

Tyler County: Countywide

Activities:

- Nutrition Nuggets Parent Resource
- WVU Extension Office Activities
- PEIA Health Screening for Staff
- Fitnessgram Software
- Grab and Go Breakfasts
- Farm To School
- Summer Feeding Program
- After School Snack Program
- After School Supper Program
- Darkness to Light, Stewards of Children Training for Faculty– Sexual Abuse
- Character Education Program: Character Counts!
- Kidstrong Conference
- Wellness Conference
- Flu Shots – All Staff
- Medication/Medical Training for Staff
 - CPR/First Aid/AED Training
 - Diabetic
 - Asthma
 - Anaphylactic Reactions and EpiPens
 - Special Needs Diets
 - Individual Student Health Problems Trainings
 - Hand Hygiene
- Countywide Coordinated School Health
- Countywide Wellness Committee
- Countywide Informational APP

Strengths:

- The current Tyler County Wellness Committee meets on a regular basis and at least quarterly each year. The membership is growing and expanding into the community. Meetings always have a strong agenda with a wealth of information based on the coordinated school health approach. The wellness committee members from each school will take information from the county meeting and will pass on to the school level.
- Another strength is with the Local School Wellness Committees. Each school sets aside times on days for the committee to meet. Members will discuss agenda items from the county meeting as well as any new items.
- A school nurse has been added to the county for a total of three nurses to service 1280 students in 4 schools. This now alleviates the stress and busy schedule of the nurse that used to do that position on her own. Each nurse is better able to service students as well as provide instruction and professional development to students and faculty.
- The school system had a Weight Watchers Club that met on a weekly basis for any interested person for the current school year
- A Countywide Health/Wellness/Nutrition Webpage and APP has been added to include the following:
 - Interactive
 - Items to Post on Webpage:

- School Breakfast/Lunch/Snack Menus
- Nutrition and Wellness Tips
- Links to other Health and Nutritional Resources
- Healthy Recipes
- Nutritional Guides from Restaurants
- Educational Nutritional Games
- Kitchen Safety

Weaknesses:

- Lack of outside fitness activities for community.
- Documentation and reporting activities are noted weaknesses countywide. The schools as a whole do many activities promoting health and wellness. Like most school systems, Tyler County does many things but doesn't take the time to document these activities to see what really is being done. After doing some research and having schools and groups write down information, the list of activities really totals into a great deal of activities that do promote health and wellness.

Action/ Future Steps:

- **Increase Outside Fitness Activity Opportunities and Community Involvement :**
 - Teachers attended conferences and in-services in hopes to work on the wellness/fitness grant opportunity.
- **Active School Health Council:**
 - Create Priority and Idea List
 - Provide More Professional Staff Development
 - Increase county-wide and school-level activities
- **Staff Participation and Staff Development:**
 - Programs After School
 - Healthy Eating
 - Weight Management
 - Tobacco-Use Cessation
 - Exercise Training
- **Family and Community Involvement:**
 - Send Home Newsletters
 - Community Calendar
 - Community and Parenting Seminars
 - Nutrition/Diet/Exercise
 - Stress Management