

# Reconnecting McDOWELL

[www.ReconnectingMcDowell.org](http://www.ReconnectingMcDowell.org)

## Stay connected with McDowell

McDowell County is an American story that deserves a new chapter—one filled with promise, with goodwill, with the type of shared commitment that offers solid reasons to believe in a brighter future. Be a part of this historic partnership and show your support for McDowell's children and the greater community by joining the effort at [www.ReconnectingMcDowell.org](http://www.ReconnectingMcDowell.org).

## 'Color Run' Comes to McDowell County

The Color Run is a 5K sponsored race that takes place in scores of cities across the U.S. and in 40 countries worldwide. The race isn't timed, and every kilometer along the way the participants are splashed with a different color of dye. By the time the runners reach the finish line, they are covered with a mixture of colors. At the end, they usually gather for a fun festival. The Color Run's goal is to encourage people to have fun while being active and to send the message that it's important to make whatever changes are necessary to ensure a long-term healthy lifestyle.

The McDowell County school district hosted its first Color Run on Aug. 27 at Mount View High School, which was co-sponsored by Coca-Cola and the McDowell Fit Family Challenge. The event, which had the theme "Color Me Present," raised awareness on the importance of exercise, and encouraged families to get active and healthy

together. The 366 attendees were able to register on site for the Fit Family Challenge, which provides information on how to maintain a healthy lifestyle and includes weekly challenges and prizes.

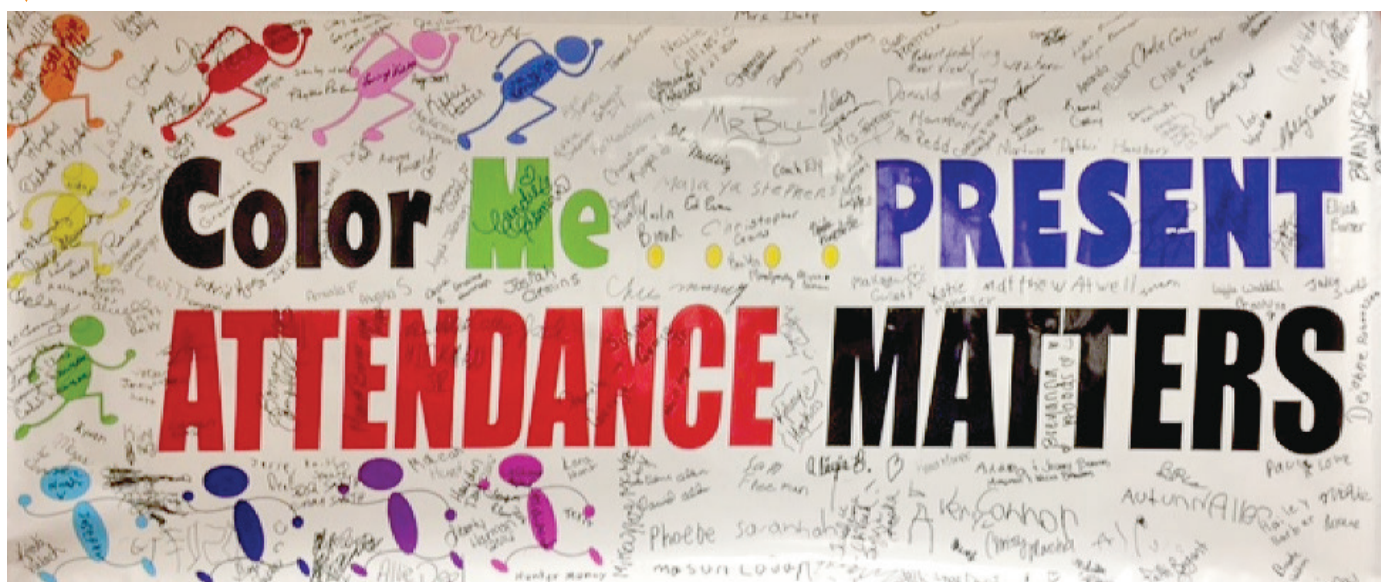
A pre-race gathering focused on highlighting the importance of school attendance, reading and physical fitness. Students recited the attendance pledge

and signed an attendance banner. The Ready Freddy Program mascot was on hand to promote the importance of attendance in prekindergarten and kindergarten. Every participant, student and resident at the event received two free books of their choice. The school district plans to hold another Color Run next year.



**"Color Me Present" participants are covered in different colors after completing the race.**

**Students signed the Attendance Matters banner to signify their commitment to attending school.**



# AFT Provides Professional Development for Substitute Teachers

Reconnecting McDowell, which remains dedicated to addressing the County's teacher shortage, recently held a training to equip teachers with necessary classroom skills. Fifteen McDowell County substitute teachers attended a full-day professional development training at the Phoenix

Center in Welch. A national trainer from the American Federation of Teachers led two sessions: "Beyond Classroom Management" and "Cohesive, Coherent Teaching and Learning." The first explored how growth mindsets, peace building, compliance, autonomy, educator

behaviors and classroom layout all affect a classroom's learning environment. The second session covered developing coherent and cohesive lessons that align with standards, units and assessments, while being engaging and enabling students to learn.

## McDowell Instructors Become Certified in Entrepreneurship Training

Dennis Jarvis and Katie Linkous, both instructors from the McDowell Career and Technical Education program, recently completed the Ohio-West Virginia Youth Leadership Association's Rural Entrepreneurship through Action Learning (REAL)

Entrepreneurship Institute Training. The training was held in Roanoke, W.Va., from Aug. 31 to Sept. 2. It provided a hands-on program that allowed participants to learn, think and plan as entrepreneurs. After completing the program, participants

are certified to train others using the REAL curriculum. The instructors are now able to train students and adults in McDowell County on the skills and best practices needed to become successful entrepreneurs.

## Broader Horizons Ambassador Jim Bob Sparks on College Life

Jim Bob Sparks, a student from Reconnecting McDowell's Broader Horizons mentorship program, began his freshman year at Concord University in Athens, W.Va., where he majors in physical therapy. Jim Bob shares his thoughts about his first taste of life on campus: "College has been going really well so far, and I've quickly adjusted to how much homework there is and being away from home." He lives on campus and returns to McDowell County on weekends, so he hasn't been homesick. "So far, it's a great experience," he says, noting that his favorite classes are English and biology.

### Site for New Housing Project Now Ready






Reconnecting McDowell's Renaissance Village—the much-needed housing project for teachers and other County residents—continues to make strides. The demolition of the Best Furniture building in downtown Welch has been completed. Renaissance Village will be constructed on the site.

### Upcoming Events

- McDowell County Schools' Family Advisory Council monthly meetings encourage parent involvement and provide family learning tools, including information on literacy and good nutrition. The next meeting will be held Oct. 25 at 10:30 a.m. at the Phoenix Center in Welch. Meetings will be held at the same time and location every month. For more information, or if you would like to speak to the group, contact Amanda Fragile, Title I director, at [afragile@k12.wv.us](mailto:afragile@k12.wv.us) or call 304-436-8441, ext. 250.

- The next meeting of the Second Time Around Grandparents Club will be held Oct. 28 at 10:30 a.m. at Goodson's Supermarket in Welch. The club meetings provide support for grandparents who are the primary caretakers for their grandchildren. Attendees are able to discuss the challenges they face and share resources and advice with each other. The meetings, which are organized by McDowell County Schools, provide on-site support for curriculum questions, technology sessions and more. The October meeting will include a "Smart Shoppers Grocery Tour," at which participants will receive recipes and tips on how to make healthy food choices. The school district worked with WVU Extension Service to organize the tour. For more information, contact Amanda Fragile, Title I director, at [afragile@k12.wv.us](mailto:afragile@k12.wv.us) or call 304-436-8441, ext. 250.

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### Want to get involved or learn more?

For more information about Reconnecting McDowell or to find out how you can get involved, contact Kris Mallory, [kmallory@aftwv.org](mailto:kmallory@aftwv.org), or Debra Elmore at [delmore@aftwv.org](mailto:delmore@aftwv.org) or 304-552-5766.