

Health Is Academic



OFFICE OF HEALTHY SCHOOLS
MISSISSIPPI DEPARTMENT OF EDUCATION

Volume 4, Issue 1

Fit, Healthy, & Ready to Succeed



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Project Fit America “Mississippi Winners”

The Project Fit America Association has selected six teachers for the 2010 Mississippi All Star Teacher of the Year award. Project Fit observed that these teachers were excelling in creating their own versions of PFA lesson plans, games and activities. These four qualities were noted concerning the winners:

- Exceptional dedication to the kids.
- Outstanding creativity in PFA program usage.
- Quality of continuity of PFA program usage over a period of two years or more.
- Excellent rapport with other faculty, principal and parents.

The Mississippi Department of Education would like to congratulate each teacher for their dedication, and for the exceptional qualities portrayed in their physical education program. The state of Mississippi is honored to have such high quality teachers who are dedicated to improving the lives of our children. We commend their efforts for spreading this passion of a healthy lifestyle.



Brandi C Shappley
Senatobia, MS



Charlotte Pickle
Amory, MS



Pam Stroupe
Booneville, MS



Karen Harvison
Purvis, MS



Jean Cuevas
Picayune, MS



Adrian Dodson
Gulfport, MS

JROTC Units Participate in Mississippi Navy Week 2011

The first ever Mississippi Navy Week was held March 19-27, 2011. The goal of the week was to give area residents an opportunity to meet some of the Navy's Sailors and learn about the Navy's critical missions and its broad ranging capabilities. Secretary Ray Mabus, Rear Admiral Ted N. Branch and Rear Admiral Arthur J. Johnson, served as the leading spokesperson for Mississippi Navy Week 2011.

As part of Navy Week, Rear Admiral Arthur Johnson visited Pearl High School and spoke to JROTC cadets from Grenada High School, Pearl High School, and Ridgeland High School. JROTC color guards from Warren Central High School and Neshoba Central High School presented the colors for ceremonies associated with Secretary of the Navy Ray Mabus' visit to the Mississippi Senate and House of Representatives. A JROTC color guard from Warren Central High School also presented the colors in the opening ceremony for Navy Night at a Jackson State University baseball game. In addition, several JROTC units attended the air shows featuring the Blue Angels at Keesler Air Force Base and Naval Air Station, Meridian, during Mississippi Navy week 2011.



Food Service Schools State Conference

This conference will be held July 19-20, 2011 at Embassy Suites Jackson-North in Ridgeland, MS. The meeting will be for school food service administrators who operate school nutrition programs across the state. The two-day session will provide updates on programs, regulatory changes, and discussions of current issues for the upcoming school year. The general session for all program participants will be July 19 with special interest sessions scheduled for July 20. Registration information will be mailed to all districts prior to the conference. For further information, contact the Office of Child Nutrition, Division of Training at 601-576-4970.

Mississippi Department of Education Wellness Initiative

A Wellness Council was established in November 2010 to coordinate the employee wellness program for Mississippi Department of Education (MDE) employees. This is in compliance with Mississippi Code of 1972, Section 41-97-9, which went into effect in 2010. The MDE wellness council is working to implement initiatives to support healthy lifestyle choices by staff members to include physical activity, healthy eating, weight management, stress management, emotional health, and health maintenance. Accomplishments include an employee wellness survey, establishment of an indoor walking route, posting of point-of-decision signs encouraging use of stairs rather than elevators, and scheduling of wellness related presentations and CPR training for MDE employees.

New MPB Puppet Encourages Healthy Lifestyle

Hey Kid!, It's Ed Said with a message for your head!

Mississippi Public Broadcasting (MPB) has unveiled *Ed Said*, a new Web-based program aimed at combating childhood obesity. Ed Said is a boy who loves to rap about healthy eating. His message to kids is clear: "It's not hocus pocus, eating healthy keeps you focused."

"Moving with Fruits and Vegetables" is the name of Ed's first series of webisodes, which educates children about 10 different fruits and vegetables. Ed uses his rhyming skills to incorporate fruit and vegetable facts into songs that children can enjoy. He teaches his friends, The Lunch Bunch, about healthy eating through his catchy songs, which inspire them to create dances. The dances are designed to encourage children at home to participate so they will be compelled to exercise and be active.

"Grapes are Great," "Appealing Banana," "Vision's So Bright with Carrots," and "Green Beans in Your Cuisine" are some of the episodes that kids can watch and dance along to on EdSaid.org. Children can download the songs and music videos to their computers and iPods and even choose *Ed Said*-inspired ringtones for their cell phones.

Ed's creator, CJ Burks, was inspired to develop the program after learning of the work of an elementary school teacher in Corinth named Kay Strickland, who came up with a classroom curriculum called "Moving with Fruits and Vegetables."



"I really loved her ideas of incorporating exercises into the lessons," says Burks. "I just took her work a step further by taking the healthy information and putting it into song form and making dances out of the exercises. I felt the best way to reach kids was to create something fun, appealing, and centered around music."

Studies continue to put Mississippi at the bottom of the list when it comes to obesity rates. Forty percent of Mississippi children are overweight or obese. MPB has made a commitment to addressing this problem through programs like *Ed Said*.

"Our hope is that children will watch *Ed Said* and get excited about eating foods that are good for them," said MPB Acting Executive Director Jay Woods. "We want to put children on a path to healthy living by instilling in them the importance of healthy eating and exercise."

The Mississippi Office of Health Schools partnered with MPB to help develop the curriculum for "Moving with Fruits and Vegetables" and plans are in the works for MPB and the Office of Healthy Schools to expand their partnership for future *Ed Said* series.

See all of the videos and resources available from *Ed Said* by visiting EdSaid.org.

Food “That’s In” When School is Out – The Summer Food Service Program

Students in Mississippi who participate in the National School Lunch Program and School Breakfast Program may not have access to food once school is out for the summer. Beginning in June, many organizations in Mississippi communities will offer a solution for this dilemma through the Summer Food Service Program (SFSP) – a program that began in 1968 to provide free, nutritious meals and snacks to students in low-income areas.

“Fewer than one in five of the students who receive free and reduced price school meals during the regular school year participate in the Summer Food Service Program” said, Scott Clements, Director of the Mississippi Department of Education, Office of Child Nutrition. Clements and the staff in the Office of Child Nutrition feel that a lack of healthy food in the summer may set students up for a cycle of poor academic performance in school, once classes start again in the fall. The Office of Child Nutrition staff believes that the SFSP is essential for students in Mississippi, so that they can have continual access to nutritious meals and snacks throughout the year. The SFSP can help families stretch their “food dollar”, an idea that is relevant to many families during the current economic situation.

The SFSP is provided through schools, camps, and other programs in communities throughout Mississippi. Often, the organization that offers SFSP also collaborates with other associations in the community to offer activities for students in between meals and snacks. Organizations that offer the SFSP may provide a combination of meals and snacks to people in the community who are 18 years old or younger. Please contact the Office of Child Nutrition, Division of Technical Assistance at (601) 576-4955 or visit www.healthyschoolsms.org/nutrition_services/sfsp.htm for information about SFSP opportunities in your community.

School Nurse the Health Champion

Decide to Succeed: An Orientation for New Managers

“Decide to Succeed” is scheduled for June 20-24, 2011 at Ridgeland High School in Ridgeland, MS. This is a required school food service manager certification course designed to provide an overview of Child Nutrition Programs for new food service managers employed with the school districts. Registration information has been mailed to all the districts. For further information, call the Office of Child Nutrition, Division of Training at 601-576-4970.



A student’s health status is directly related to his or her ability to learn, and children with unmet health needs have a difficult time with the educational process. Student health and education are interdependent. School nurses support the educational success of students by providing health care services at school. They are a vital member of the school team. School nursing is a specialized practice of professionals that advance the well-being, academic success and lifelong achievement and health of students.

If you want to know more about the school nurse role visit www.nasn.org, search for school nurse role, visit www.healthyschoolsms.org for more information regarding MS school nurses, or give your school nurse a call. She can tell you firsthand about the interventions she provides in your community. Your school nurse needs your encouragement and support as she keeps our children healthy and ready to learn.

Special “Action-based Learning” training provided for Mississippi Teachers

The Mississippi Department of Education’s Office of Healthy Schools recently partnered with the Mississippi Community Education Center to host three regional conferences for teachers and administrators featuring Jean Blaydes-Madigan, Neurokinesiologist/Consultant/M.Ed. As an international speaker, and noted author of *“Thinking on Your Feet: A Year’s Worth of Lesson Plans”* and *“Action Based Learning™ Lab Manual”*, Jean has developed kinesthetic instructional strategies that teach specific academic concepts in a teacher friendly, time efficient way that has proven results for a positive learning experience.

These energetic, highly interactive workshops were held on November 8th, 18th, and 19th, in Hattiesburg, Greenwood, and Jackson. Jean Blaydes-Madigan introduced exciting, new brain research that supports the importance of movement in the learning process. This latest research advocates for, and justifies daily quality physical education and/or movement in the classroom. The fun and exciting games, fitness, and rhythmic activities demonstrated how to boost a child's brain power, how to prepare the brain for optimum learning, and how to improve memory and retention while reinforcing the classroom teacher's curriculum. The strategies introduced through Action Based Learning™ have been successful in improving memory retention, reinforcing academic concepts, and balancing brain chemicals while experiencing whole-brain, whole-body learning. Since educational research suggests that about 85% of school age students are predominantly kinesthetic learners, Jean’s strategies are based on the brain research that supports the link of movement and physical activity to increased academic performance. The Action Based Learning Lab benefits all students for remediation and enrichment. For more information, visit www.actionbasedlearning.com.



These workshops also supported the collaboration between the Mississippi Department of Education’s Office of Healthy Schools and The Mississippi Community Education Center (MCEC) to design the educational DVD, *“You’ve Gotta Move”* and provide it free of charge to Mississippi teachers. This exciting nutrition and health program is filled with engaging songs and energetic choreography for K-5th grade students with the purpose of integrating appropriate physical movement into the learning environment right in the classroom.

In another initiative to promote the integration of physical activity in the classrooms of Mississippi the Bower Foundation has contacted with Mike Kuczala, Assistant Director of the Regional Training Center and co-author of *The Kinesthetic Classroom, Teaching and Learning Through Movement*, to provide training for the 20 Mississippi school districts participating in the John D. Bower School Health Network.

The schools are being given the opportunity for teachers and administrators to have professional development on ways to integrate movement into their classroom. This research-based information reinforces the link between academic achievement and movement. Mr. Kuczala’s presentation includes information about class cohesion, preparing the brain for learning, using movement to review and teach content in the classroom and the relationship each of these have with academic achievement. The presentation gives teachers the opportunity to learn and participate in activities that they can integrate into their classroom and shows them how content can be taught with movement.

At the end of these presentations teachers understand that movement enhances brain function, increases circulation, refocuses attention, reduces stress, provides opportunity for implicit learning and provides opportunity to differentiate instruction. They also learn that many of today's students learn kinesthetically and lessons that are taught with movement will prove to be academically beneficial for their students.

Jonna Shaw, 3rd Grade teacher at New Albany Elementary said: "Mike Kuczala shared some wonderful energy-filled activities that I can use in my classroom. As elementary teachers we are self-contained all day and all of us need ways to keep our students focused, energized and excited about learning. I loved that the training was hands-on and I was able to implement the activities right away. The things that I learned at this training have helped to improve the energy and focus in my room as well as brought the students closer together through teamwork."

New E-Learning Courses to be Introduced

Two new E-learning courses will soon be available to teachers across the state. Office of Healthy Schools staff members have been involved in the development of a Coordinated School Health course and a Physical Education – Moving to a Higher Standard course.

Projected to begin running this Spring of 2011, the Coordinated School Health course highlights the eight components of coordinated school health and requires course participants to select components and write a plan of implementation in a school setting. The Physical Education course, projected to begin running in the Fall of 2011, focuses on the six Physical education standards and ways that they may be taught in the classroom setting.

These courses are being developed to offer teachers a greater opportunity to achieve professional development at their own pace and to also gain CEU credits for teaching certification. Registration for on-line courses can be accessed at www.mde.k12.ms.us and by clicking on Mississippi E-Learning for Educators.



Bully Free Certification Training Offered

Through a partnership with the Mississippi Attorney General's Office, the Mississippi Department of Education was given the opportunity to offer Bully Free Certification Training to every school district in the state.

On April 18-19th, the Bully Free Certification Training was held at the Embassy Suites Hotel in Ridgeland. Representatives from 96 school districts were trained by Dr. Allan Beane of Bully Free Systems LLC. Upon successful completion of the training, participants were considered certified as a Bully Free Trainer and were equipped to share the anti-bullying message in their school districts. Training participants received anti-bullying instruction, a

copy of the *Bullying Prevention for Schools: A Step-by-Step Guide to Implementing a Successful Anti-bullying Program* manual, as well as access to 660 anti-bullying lesson plans for use in classroom settings for grades K-12.

This training was considered an important step in making Mississippi bully-free. It will serve to enhance the school district's approach to eliminating bullying on school campuses across the state.

Kick-Off Held for Building Healthy Families for the Future Grant

The MS Department of Education (MDE) Office of Healthy Schools and the Mississippi Department of Human Services (MDHS) are working together to further the implementation of coordinated school health in Mississippi schools. It is the goal of these two agencies to create an atmosphere in Mississippi schools where every child has equal opportunity to be healthy and to make wise choices for their future. The Building Healthy Families for the Future Grant will assist in meeting this goal.



A Kick-Off meeting was held at the Jackson Marriott on March 28, 2011. Superintendents, Principals, Grant Coordinators, and instructors from participating schools came together to learn about grant benchmarks, meet curriculum instructors and receive instruction for the implementation of the grant. Participating schools are: S. Pike Jr. High, Prentiss High, Bassfield High, Oxford Middle, Union County Middle, New Albany Middle, Claiborne County Middle, Poplarville Middle, West Oktibbeha Middle, Winona Secondary, Colmer Middle, Denman Jr. High, Batesville Jr. High, Pope Jr. High, Humphreys County Jr. High, South Delta Middle, Armstrong Middle and Woolfolk Middle.

Choosing the Best, LLC and the Cal Ripken, Sr. Foundation, provided curriculum instruction for this grant on March 29-31 in regional training meetings across the state. Sixty instructors participated in the training and are now equipped to teach these curriculums in their schools.

The Building Healthy Families for the Future grant will impact many middle school students, teacher, nurses and counselors across the state. Potential benefits of implementation of the Building Healthy Families for the Future Grant are:

- Students to avoid the health risks that come with teen sexual activity;
- Teachers to receive training to use the medically accurate, Choosing the Best Curriculum
- Students to be exposed to abstinence-centered health information;
- Involvement of parent/teacher organizations in learning about and sharing abstinence-centered information;
- A peer-leader program that influences students to make wise health choices;
- An abstinence education marketing plan that keeps the abstinence message in front of students and their parents,
- Positive community image that the school is concerned about students making healthy choices.

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