

October 2010  
Monthly Issue

## Healthy Campus/Community Initiative NEWSLETTER "For Health Educators"

Mississippi  
Department of  
Education  
Coordinated  
School Health  
Program

Component 1:  
Health Education

Component 2:  
Physical  
Education

Component 3:  
Health Services

Component 4:  
Nutrition Services

Component 5:  
Safe School  
Environment

Component 6:  
Counseling,  
Psychological,  
and  
Social Services

Component 7:  
Staff Wellness

Component 8:  
Community  
Involvement

### Health Tip:

The amount of fruit and vegetables that you need to eat each day depends on your age, sex, and level of physical activity. To find out how much you need each day, visit [www.myPyramid.gov](http://www.myPyramid.gov).

Healthy Campus/Community Initiative  
Delta State University  
DSU Box 3121 - Ewing 367 - 662-846-4303  
([lhubbard@deltastate.edu](mailto:lhubbard@deltastate.edu))

[www.deltastate.edu](http://www.deltastate.edu)

The office of Healthy Campus/Community Initiative is excited to invite you to attend our "Educating for a Healthier Future" mini-conference on the campus of Delta State University on Thursday, November 4, 2010. The health workshop is for teachers, parents, and future youth leaders. Author and child nutrition expert, Connie Evers, MS, RD, will be speaking to the audience about her book How To Teach Nutrition to Kids and sharing ideas of teaching nutrition to our children. Space is limited, so please let us know soon about your attendance. You can read more about Connie Evers and her nutrition work on her website at [www.nutritionforkids.com](http://www.nutritionforkids.com). Copies of her book will be available for purchase during the mini-conference.

In addition to Connie Evers, the DSU Outdoor Recreation Director, Todd Davis, will be speaking, along with the Healthy Schools Coordinator, Lyn Hubbard, and Valeria Hawkins with Alliance for a Healthier Generation.

To preregister for the mini-conference or to attain additional information, please contact Todd Davis at 662-846-4570 or [tdavis@deltastate.edu](mailto:tdavis@deltastate.edu).

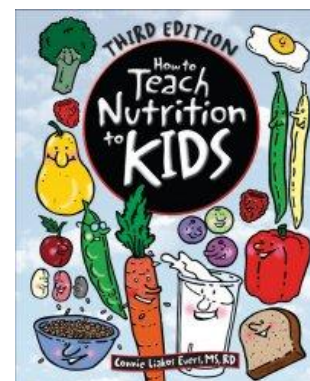
Healthy Campus/Community Initiative is here to help you, your school, and

### Health websites to visit:

- [www.nutritionforkids.com](http://www.nutritionforkids.com)
- [www.healthfinder.org](http://www.healthfinder.org)
- [www.fitness.gov](http://www.fitness.gov)
- [www.eatright.org](http://www.eatright.org)
- [www.shapeup.org](http://www.shapeup.org)



Connie Evers, MS, RD



your community make health changes and reach your health goals. Please contact our office any time for help! We look forward to seeing you at our mini-conference on November 4!