

GET HEALTHY. STAY HEALTHY.

The 2004 WIC Reauthorization Act requires every school to adopt a local school wellness policy. Each school health council is required to conduct a school health needs assessment, develop a wellness policy, and then evaluate the policy.

Section 37-13-134, Mississippi Code of 1972 annotated, requires school health councils to base policies and recommendations on the eight component model of a coordinated approach to school health.

Under the 2007 Healthy Students Act, grades K-8 students must participate in 45 minutes of health education per week. In Grades 9-12, students must complete one-half Carnegie Unit in Comprehensive Health Education for graduation.

HEALTH IS WEALTH: HOLD ON TO IT

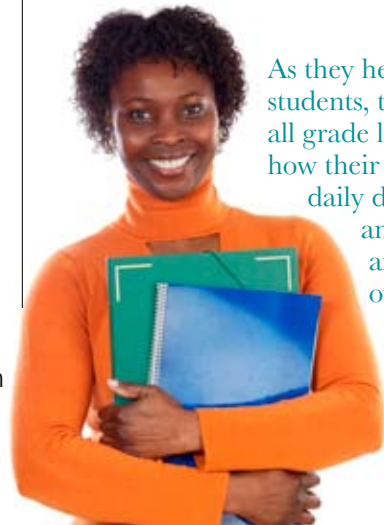
The Office of Healthy Schools (OHS) is committed to providing resources for implementing the Healthy Students Act. For students to gain the knowledge and skills needed to adopt healthy lifestyles, OHS, through the 2006 Mississippi Comprehensive Health Education Framework, sets competencies for providing instruction that is age-appropriate and sequentially planned.

There are many ways to integrate health education into the school day. It can be taught in separate classes by certified health instructors; it can be woven into

regular academic course instruction; and it can be enriched by resource speakers, materials, and experiences.

As part of their comprehensive health education program, fifty schools in eleven Mississippi school districts are boosting disease prevention education through grants and technical assistance from OHS and the Centers for Disease Control and Prevention.

As they help their students, teachers at all grade levels review how their personal daily decisions and behaviors affect their own health.



www.healthyschoolsms.org





Health education teaches students to take precautions, from washing hands and covering coughs to avoiding mosquitos and contact with human blood.

PROGRESS IS SUCCESS

Waiting Works

FORREST COUNTY SCHOOL DISTRICT

Approximately 960 Forrest County students in grades 6-12 are prepared to make better choices since the "Just Wait" curriculum was implemented. Students learned about dangers of the diseases, HIV/AIDS and STDs, as well as the emotional difficulties connected to premarital sex. Guest speakers reinforced the personal rewards of waiting and the tolls of taking risks.

What's Pinkeye, Anyway?

Webster County Career and Technology Center
WEBSTER COUNTY SCHOOL DISTRICT

High school students preparing for possible careers in early childhood education are learning to spot symptoms of common childhood illnesses such as pinkeye and ear infections and to base treatments on medical science instead of myth. The students are finding their classroom practice in identifying, treating, and preventing diseases comes in helpful with their younger brothers and sisters at home.

Setting Healthy Examples

CANTON SCHOOL DISTRICT

Canton schools are tackling a big problem in Mississippi: obesity. Putting health education about obesity into practice, the district revised its school health policies, beginning with vending to provide healthy snacks. An estimated 80 percent of staff members also participate in a wellness program.



Promoting Dialogue, Producing Results

Oxford High School
OXFORD SCHOOL DISTRICT

The tried-and-true suggestion box has become a "Question Box," allowing students to remain anonymous by noting the class period in which they would like their teacher to answer questions they place into the box. Students who want questions answered personally include their names. Their teacher provides them answers discreetly and individually.



2006 MISSISSIPPI STD/HIV REPORT

The number of new STD and HIV cases diagnosed annually shows the urgent need to educate adolescents about prevention.

AGE GROUP	STDs	HIV
05-09	9	1
10-14	488	2
15-19	9,773	35

The Question Box resulted in one student realizing her eating disorder should be treated, several students being tested/treated for STDs, one student getting hypertension treatment, and several students finding help for neglect and abuse. The Question Box helps students avoid the embarrassment of personally asking their questions. The school also is experiencing a significant drop in pregnancies due to its heavy focus on abstinence and STD prevention.

A Great Tool That's There For The Using

CORINTH SCHOOL DISTRICT

Schools value free Discovery Education streaming videos as great resources. Many provide teachers' guides and all align with the state's Comprehensive Health Education Framework.



HERE TO HELP

To help students lead healthy, active lives, The Office of Healthy Schools offers a depth of instructional resources at

www.healthyschoolsms.org

Look for the following:

MISSISSIPPI HEALTH EDUCATION FRAMEWORK

MISSISSIPPI FRAMEWORK FOR FAMILY AND CONSUMER SCIENCES

Coming soon:

HEALTH IN ACTION

(available fall 2008)

Health and disease prevention education lesson plans written by teachers for teachers, organized by grade levels in a searchable database

Additional Resources:

AMERICAN DIETETIC ASSOC.

www.eatright.org

NATIONAL FOOD SERVICE MANAGEMENT INSTITUTE

www.olemiss.edu/depts/nfsmi

MISSISSIPPI STATE UNIVERSITY EXTENSION SERVICE

www.msucare.com

5-A-DAY FOR BETTER HEALTH CAMPAIGN

www.dole5aday.com

CDC DIVISION OF ADOLESCENT AND SCHOOL HEALTH

www.cdc.gov/nccdphp/dash

CDC DIVISION OF HIV/AIDS

www.cdc.gov/hiv/dhap.htm

FOR MORE INFORMATION CONTACT:

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