



# Health Is Academic

OFFICE OF HEALTHY SCHOOLS  
MISSISSIPPI DEPARTMENT OF EDUCATION  
Office of Coordinated School Health    Office of Child Nutrition  
Safe and Orderly Schools    EPSDT/School Nurse Program

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*Safe, Fit, Healthy, & Ready to Succeed*

Fall 2007



## Back to School

A new and exciting school year is under way. How exciting it is to see the awareness, support and energy focused on implementing quality school health programs to support student achievement and reducing health risks so Mississippi's children have an improved quality of life. The Office of Healthy Schools (OHS) is committed to providing technical assistance, funding opportunities, and resources to local schools/districts to assist with the implementation of school health programs. These resources are designed to support a coordinated approach to school health so school staff, parents, students, community leaders, and healthcare professionals are actively involved in developing interventions, assuming responsibility for implementation, and evaluation of school health programs.



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Through this biannual newsletter, the OHS is committed to keeping you informed of funding opportunities, policies, upcoming events, and resources to support you in the implementation of school health programs. In this issue you will find articles about grant opportunities possible through funding provided by The Bower Foundation to support physical education and child nutrition programs, web based lesson plans currently being developed, upcoming events supporting school health and other exciting opportunities for improving school health programs.

To provide support for the implementation of school health programs, the OHS is currently partnering with many agencies and organizations. The Office of Healthy Schools would like to thank Blue Cross/Blue Shield Foundation of Mississippi, Mississippi Department of Health, Mississippi Department of Human Services, Mississippi Department of Wildlife Fisheries and Parks, University of Mississippi Medical Center, The Bower Foundation and other agencies, foundations and organizations for the resources they have committed to providing to assist school districts with implementing school health initiatives.

For more information on these exciting resources please visit the OHS website at [www.healthyschoolsms.org](http://www.healthyschoolsms.org) The OHS is committed to ensuring coordination of services of all programs to assist local schools/districts with quality implementation. Please do not hesitate to contact OHS staff at 601-359-1340, 601-359-1737 or by email which can be located on the website for all staff if we can be of assistance to you. Thank you for the opportunity to serve you.

**The Office of Health Services** has been established to support all school nurses and Medicaid school-based programs. Passage of the Mary Kirkpatrick-Haskell – Mary Sprayberry Public School Nurse Act of 2007 during the 2007 regular legislative session put school nurses under the administrative oversight of the Department of Education, and we are thrilled about the possibilities this brings for school nursing! In addition, our office administers the School-Based Administrative Claiming Program, the EPSDT/Cool Kids program, and we are piloting a program this school year for speech therapists who participate in School Health-Related Services. If your district does not participate in these programs but would like to, please give us a call at 601-359-1737!

**Upcoming Issue.....** State Board of Education Adopts Standards to Support Activity Based Instruction, Youth Risk Behavior Survey, State Board of Education Adopts Mississippi Nutrition Standards, & Professional Development Opportunities.

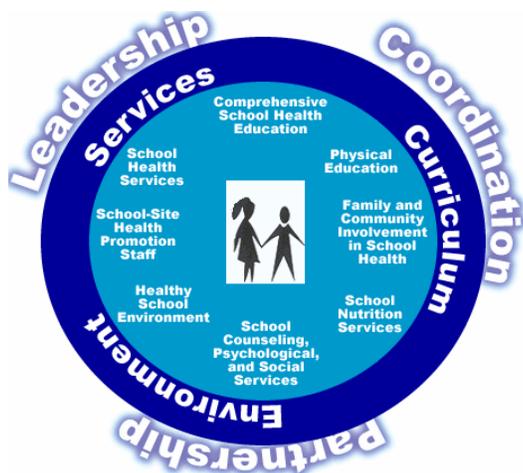
# SNAPSHOTS

The Mississippi Prevention Data Improvement Project (MPDIP) is a 3-year grant funded through the U.S. Department of Education. Its focus is the collaboration of local, state and private shareholders to develop a Web site that will manage data to improve the Mississippi Department of Education's drug and violence prevention programs.

To ensure proper dissemination of data and to guide what data would be hosted on the site, a workgroup was created. In collaboration with the Mississippi Department of Mental Health (MDMH), The State Epidemiological Outcome Workgroup (SEOW) was formed. It brings together agencies and private partners who meet regularly to discuss data collection, new data sources and the accessibility of data. Once a consensus was reached a Web site, *Snapshots*, was created.

This Web site, *Snapshots*, provides a comprehensive resource of local, state and national data and online resources accessible to anyone with a few simple clicks of a mouse. The data is categorized between two main headers, *State* and *National* with subcategories listing *Tobacco, Alcohol, Violence, Illicit Drugs, and Other*. The reports provided on the Web site are made available in a PDF printable format. The Web site also allows users to email questions that will then be hosted on a frequently asked question section of the site and list state/federal data resources.

*Snapshots* went live August 15<sup>th</sup> giving Mississippi a concise and informative site, sharing data on at risk students state-wide. To visit the site you can access it through the MDE Office of Healthy Schools Web site at [www.healthyschoolsms.org](http://www.healthyschoolsms.org) or go directly to [www.snapshots.ms.gov](http://www.snapshots.ms.gov). For further information you can contact the MPDIP office at (601) 359-1737 or email [jcartwright@mde.k12.ms.us](mailto:jcartwright@mde.k12.ms.us). We will continue to strive to improve the overall health and safety of our children and communities.



## Mississippi Healthy Students Act of 2007

With the creation of the Mississippi Department of Education's *Office of Healthy Schools* in 2004, Mississippi began taking remarkable steps toward creating healthy, positive school environments designed to promote the life-long well-being of Mississippi children. The Office of Healthy Schools launched its *Health is Academic* initiative to promote health, safety and wellness in Mississippi's public schools. Since that time, local school districts have experienced tremendous success through the grants and initiatives introduced by the Office of Healthy Schools. Many of these funding opportunities became available as the direct result of the partnership between the Bower Foundation and the Mississippi Department of Education.

During the 2007 session, momentous progress was made when the Mississippi legislature and Governor Barbour demonstrated their overwhelming commitment to the future of Mississippi children with the passage of SB 2369 that created the *Mississippi Healthy Students Act*. This bill requires activity-based instruction, health education instruction and increases graduation requirements to include ½ Carnegie unit in physical education. Its goals are to improve the nutrition and health habits of Mississippi's students and ensure that Mississippi's schools maintain safe and healthy environments by utilizing wellness plans. Review the specific requirements of SB 2369 at <http://billstatus.ls.state.ms.us/2007/pdf/history/SB/SB2369.htm>.



## Child Nutrition

The theme for National School Lunch Week, October 15-19, 2007, is "Vote for School Lunch." Celebrated in schools all over the state, students will be asked to vote online for their favorite meal at [www.schoolnutrition.org/vote](http://www.schoolnutrition.org/vote). What is your school doing to celebrate?

Training events scheduled will include New Administrator Orientation in September and October 2007 and regional sessions of *Marketing Sense: Make a Star Choice*, designed for School Foodservice Administrators and Managers. Marketing is one of the focuses of Senate Bill 2369, the Mississippi Healthy Students Act. Committee recommendations will be reported to the State Board of Education in October.

The list of approved and denied vending food items is available on our web site: [http://www.healthyschoolsms.org/nutrition\\_services/Vending.html](http://www.healthyschoolsms.org/nutrition_services/Vending.html). You can also use the evaluation form and instructions for completing and submitting products for evaluation.



### DID YOU KNOW?

3 out of 10 U.S. school kids have nutritional deficiencies that impair IQ and that juvenile delinquency is associated with nutritional deficiencies?



The Mississippi Department of Education's Office of Healthy Schools in collaboration with the Mississippi Department of Health announces a new program for parents and caregivers of young adolescent girls. **BodyWorks**, developed by the U.S. Department of Health and Human Services' Office on Women's Health, focuses on helping girls ages 9 to 13 and their families create healthier lifestyles.

A large number of adolescent girls have poor eating habits and do not get the recommended daily amount of physical activity. The *BodyWorks* program, focuses on parents as role models and provides them with the tools and support they need to create healthy lifestyles for their children. Parents who enroll in the *BodyWorks* program will receive a *BodyWorks* toolkit and will attend regular group meetings to help maintain behavior change.

The *BodyWorks* program uses a train-the-trainer model to distribute the Toolkit through schools, community-based organizations, health agencies, non-profit organizations, hospitals and health care systems. The program includes one six hour training module for trainers and ten 90 minute weekly sessions for parents and caregivers. The first train-the-trainer session will be held at the MSAHPERD conference on October 8<sup>th</sup>. Conference information is listed in the *Calendar of Events* section of this newsletter. For additional information contact Christine Philley at 601-359-1828 or email [cphilley@mde.k12.ms.us](mailto:cphilley@mde.k12.ms.us). To register for this session log onto <http://register.mde.k12.ms.us>

**COMING SOON.....**

**THE OFFICE OF HEALTHY SCHOOLS IS CURRENTLY DEVELOPING ON-LINE LESSON PLANS TO SUPPORT THE IMPLEMENTATION OF THE MISSISSIPPI HEALTHY SCHOOLS ACT.**

## GRANT OPPORTUNITIES FROM THE OFFICE OF HEALTHY SCHOOLS

### COMMITTED TO MOVE – QUALITY PHYSICAL EDUCATION PROGRAM GRANT

Up to \$5200.00 will be available to provide curriculum, training and resources based on the MS Standards for Physical Education to assist schools in complying with the MS Healthy Students Act. The grant will enable schools to accomplish the following objectives:

1. To purchase approved equipment and supplemental materials to support the implementation of the physical education program
2. To participate in Physical Best and Fitnessgram Training
3. To conduct biannual fitness assessment of students

### FIVE \*\*\*\*\* STAR FOOD GRANT

This grant awards \$3,000 to purchase a Sectionizer and Slicer to increase the consumption of fruits and vegetables by preparing attractive service lines focusing on healthful choices and improving child nutrition images. This grant also enables schools to participate in training provided by Chef Cyndie Story and the MS Cooperative Extension Service.

### NUTRITION INTEGRITY GRANT

All Mississippi public schools are eligible to apply for up to \$26,640 in grant funds to enable schools to replace fat fryers in school kitchens with a Combination Oven Steamer and thereby substantially reducing the number of calories and fat eaten by children at school.

For complete details on all three grant opportunities including eligibility and matching requirements, visit [www.healthyschools.ms.gov](http://www.healthyschools.ms.gov) at OHS News.

## HIV/AIDS Prevention Education

The best tool we have to fight HIV/AIDS in our schools and communities is education. The purpose of HIV prevention education is to promote healthful living and to establish and strengthen programs that prevent risk-behaviors among adolescents. The Mississippi Department of Education (MDE) provides HIV/AIDS Prevention Education through grant funding provided by the Centers for Disease Control and Prevention (CDC). Through CDC grant funding, the Office of Healthy Schools provides training and materials to assist school health-related personnel to implement age-appropriate HIV prevention education. To support the implementation of coordinated school health programs and to assist schools with the development of communicable disease policies, the Mississippi Department of Education (MDE), HIV/AIDS Prevention Program is currently offering up to \$1,000 to 50 eligible school districts to provide effective disease prevention education that addresses age appropriate HIV/AIDS disease prevention. For more information contact *Charles R. Orr Sr., Program Coordinator for the HIV/AIDS Prevention Program* 601 359 1737 or [COrr@mde.k12.ms.us](mailto:COrr@mde.k12.ms.us)

## Staff Wellness

Staff Wellness is an integral component of a coordinated approach to school health and is important to maintaining a healthy, optimistic environment where students and employees succeed. Through a coordinated approach to school health we can improve the health and quality of life of employees as well as students through a staff wellness program. Participants will improve their ability to handle stress, their self esteem, and their general well-being. In essence, efforts to enhance the lives of employees will be integrated with efforts to enhance the lives of students

More than four percent of all working citizens in the United States are employed by school systems as teachers, administrators, support staff, nurses, counselors, psychologists, social workers, bus drivers, food service workers, and maintenance staff.

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*Continued....* They form one of the most valuable workforces in the United States, because they nurture and substantially shape each and every generation. Collecting and disseminating pertinent health information and making it readily available for staff through staff development opportunities, newsletters, and Health Fairs will enhance knowledge and improve employee quality of life. For more information on implementation contact Joyce Vaughn, Director, Staff Wellness Programs 601-359-1737.

## *Calendar of Events*

*For more information visit the Office of Healthy schools website  
[http://www.healthyschoolsms.org/ohs\\_main/calendar.html](http://www.healthyschoolsms.org/ohs_main/calendar.html).*

- ~ *MSAHPERD Conference, November 9-10 on the campus of Mississippi College.*

## **Bower Foundation, continues to support Education**

The Office of Healthy Schools is pleased to continue our partnership with the Bower Foundation. In 2004, The Bower Foundation provided the initial funding to support the creation of the Office of Healthy Schools. This commitment of continued support has not wavered. "We believe in the relationship between student health and academic achievement," said Regina Ginn, Director of the Office of Healthy Schools. "We greatly appreciate the resources provided to the Mississippi Department of Education by The Bower Foundation to support school health in Mississippi." Through this unique partnership many school districts have secured the funding necessary to begin or improve school health programs.

"The Bower Foundation is thrilled to be a part of such an important initiative in Mississippi's public schools," Said Anne Travis, CEO of the Bower Foundation. "Mississippi is leading the way in implementation of school health programs and believes that a commitment to improving the lives of children is the greatest investment." She also commends "the State Board of Education, MDE Leadership, and local school district personnel for their proactive approach to ensuring all students are fit, healthy, and ready to succeed.

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