

SHAPE Up!



Eli Whiteside Day

Students at New Albany Middle School and New Albany High School recently had the opportunity to meet and listen to a World Series Champion thanks to the Carol M. White Physical Education SHAPE Up! Grant, the Union County Development Association, and the City of New Albany. As a part of the district's focus on physical activity and healthy lifestyles, San Francisco Giants catcher Eli Whiteside spoke to the students about setting goals, working hard, and following your dreams.



Whiteside is a 1998 graduate of W. P. Daniel High School (currently New Albany High School) where he lettered in baseball and soccer. He attended Delta State University for three years on a baseball scholarship where he was an All-American catcher.

Alderman Jeff Olson read a proclamation proclaiming January 26, 2011 as "Eli Whiteside Day" in New Albany. Whiteside was presented a Key to the City and gifts from the athletic departments at NAMS & NAHS.

What is moderate activity?

Games, sports, and recreation that are equal in intensity to brisk walking such as:

- *Hopscotch
- *dodge ball
- *playground play
- *bowling
- *walking
- *bike-riding

What is vigorous activity?

Games, sports, and recreation that are more intense than brisk walking and makes you sweat such as:

- *Running games (tag)*jogging
- *Jumping rope
- *basketball
- *Soccer
- *aerobic dancing

Source: *Plant Health*



Health Topics at NAMS

January – "Goal Setting, Decision Making, & Communication"

February – "Healthy Hearts & Safety/First Aid"

March – "Mental Health, Self Esteem, & Eating Healthy"

A Message from the Program Director

We continue to make progress with our SHAPE Up! Grant.

One of our primary responsibilities with this grant is a reporting process, requiring us to collect physical education and fitness data throughout the year. The main type of data collection will be determining the number of minutes our students spend doing physical activity both at school and outside of school. We completed our third data collection period in January and will have our final collection in April.

We were pleased to feature New Albany's own Eli Whiteside as the Carol M. White "Kick-Off Speaker" in January. Eli is a member of the World Series Champion San Francisco Giants baseball team. He spoke to middle and high school students about the importance of setting goals, working hard, and following your dreams. We appreciate Eli taking time out of his schedule to speak to our students.

It is our hope that the programs that have been implemented throughout this grant process will lead to healthy, active lifestyles for our students and their families.

Lecia Stubblefield

Director of Federal Programs,
Athletics, Curriculum, &
Transportation



The Kinesthetic Classroom

Thanks to the John D. Bower Foundation, New Albany's teachers understand the importance of incorporating movement into the classroom. Mike Kuczala, co-author of *The Kinesthetic Classroom: Teaching and Learning through Movement*, was the featured speaker in the January 3 Professional Development. He encouraged teachers to use movement thoughtfully and purposefully in the classroom because movement is a critical component to learning.



The New Albany School District's Coordinated School Health Program was honored as a Mississippi KIDS COUNT Success Story February 2-3 in Jackson, MS. Pictured are l-r: Melanie Shannon, Public Relations; Tammie Reeder, Health Services Coordinator; Representative Margaret Rogers; Jackie Ford, Assistant Superintendent

Safety Education: Disaster Preparedness for 3rd Graders

Sponsored by the American Red Cross



Pictured left: Third graders play a game with a parachute. The game stressed the importance of teamwork and following directions during a natural disaster.

Pictured right: A Red Cross volunteer shows third graders the items needed for a disaster preparedness kit.

