

SHAPE Up!

Volume II, Issue 1

September 2010

MISSISSIPPI KIDS COUNT

The New Albany School District was selected to be featured as a 2010 Mississippi KIDS COUNT Success Story. The 2010 Data Book will focus on Education and will include sections on Early Care and Education, Literacy, Graduation Rates, and Healthy Schools. The NASD will be the feature story for Healthy Schools with their Coordinated School Health Program submission. School Health Coordinator Tammie Reeder and Public Relations Officer Melanie Shannon compiled the Kids Count Entry on behalf of the school district. The school district will be formally recognized at the Kids Count Summit meeting to be held in Jackson in February 2011.



Health Topics at NAMS



AUGUST:
HEALTH EDUCATION & NUTRITION

SEPTEMBER:
LET'S GET MOVING

OCTOBER:
DRUG AWARENESS

Health Education at NAMS

Health Education at NAMS will consist of using teacher made videos, purchased videos, daily health tips, and guest speakers to help guide students in developing the knowledge and skills necessary to enjoy safe and active lifestyles. The health education lessons are organized around monthly themes and are coordinated by NAMS School Nurse Jessica Gray.

A Message from the Program Director

It is with excitement that we begin another school year. Our second year of grant implementation began July 1 and we have already begun to purchase needed PE equipment, make plans to attend conferences, and schedule valuable professional development.

The staffs at NAES and NAMS spent a portion of their summer receiving training in the health education curriculum that was developed last school year by our curriculum specialist and writing team. The NAES teachers met in June and received training from Dr. Sean King of Union University and Crystal McBrayer of BMH-Union County. Our NAMS teachers did an outstanding job of creating health education videos to be used on a weekly basis as a part of their health education. These teachers received valuable training in using flip cameras and iMovie to produce these videos.

One of the main goals of the SHAPE Up! Grant is to increase the amount of daily vigorous activity for our students. Once again, we will be collecting data to use in our grant reporting. This data is to determine the amount of moderate and vigorous activity our students are participating in both at school and away from school. Our first data collection period for this school year will be the week of September 13. We appreciate the students, parents, and teachers cooperating with us during these data collection periods. We will continue these surveys throughout the school year.

It is the hope of our school district that our physical and health education programs will lead to healthy, active lifestyles for our students and their families.

Lecia Stubblefield

Director of Federal Programs,
Curriculum, & Transportation

**Carol M. White
Physical Education
Grant**

MHSAA Scholar Athlete Teams

Congratulations to the following athletic teams at NAHS for being selected as Scholar Athlete Teams for 09-10 school year:



- *Football
- *Tennis
- *Baseball
- *Cross Country
- *Powerlifting
- *Boys/Girls Basketball
- *Slow/Fast Pitch Softball
- *Boys/Girls Soccer
- *Golf
- *Cheer

To be eligible for the Scholar Athlete Team Academic Award, a varsity team must have a 3.00 or higher composite grade average for the first semester of the school year. We congratulate these students for excelling in both academics and athletics.

Healthy Grain Snacks...

- *Bagel Chips
- *Unbuttered Popcorn
- *Whole-wheat Crackers
- *Granola Bar
- *Bran Muffin
- *Pretzel Sticks



2nd Graders Play "Grab It"



4th Graders Participate in Hoola Hut Relay

**Look What's Going On in PE Rotation at
New Albany Elementary School...**

