

# SHAPE Up!



## R.E.A.D



For the fourth consecutive year, New Albany High School football players are going to NAES to read to students. Senior team members participate in READ (Reading with Exceptional Athletic Dawgs). READ is a continuation of New Albany High School's character education program and

emphasizes the exceptional qualities that each member of the football team is encouraged to possess.

The program's mission is a collaborative effort of teachers, administrators, players and coaches and is seen as an excellent opportunity to integrate both academics and character education with athletics. The younger students look up to the high school players. With that admiration, the players feel the responsibility to set a good example. Going into the classrooms allows the players to spend time sharing stories about good character and values. It allows the elementary students to get to know the high school players on a personal level and to see how important it is to study, work hard in school, stay healthy, and be physically active.



## Scouts Work to Improve Playground



Cub Scouts from Pack 17, Den 3 recently worked on the 3rd-5th Grade Playground as a part of a clean-up project for the 'Take Care of Your Planet' requirement. The Scouts were assisted by NAES Principal Jamey Wright, who suggested the project. The Cub Scouts worked to remove pea gravel from a concreted section of the playground so that the children can use games that are painted on the concrete such as hop scotch and four-square. This will allow for elementary students to be more active during recess time. Pictured are front row l-r: Luke Bolen, John Davis, Jack Herrington; back row l-r: Paul Douglas Fly, Eli Parks, Pete Mueller, Mr. Wright, Alan McPhail, and Tucker Shannon.

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Look What's Going on in PE at  
New Albany Middle School...

## Volleyball & Frisbee



## A Message from the Program Director...

We continue to make progress in implementing the Carol M. White Physical Education Program Grant. We are currently in the process of planning for three of our Physical Education teachers to attend the MSAHPERD (Mississippi Association for Health, Physical Education, Recreation, and Dance) Convention that will be held next month at Delta State University in Cleveland, MS.

The grant requires us to collect physical education and fitness data throughout the year. One type of data collection will be determining the number of minutes our students spend doing moderate or vigorous activity at school and outside of school. Our first data collection was the week of September 13. Middle and high school students kept a log of their activity during the week. Older elementary school students completed their questionnaire in PE class, while an inventory was sent home with younger elementary students so that their parents could assist them with filling out the information. We will continue to collect this same type of data throughout the school year.

I continue to work with the staff of New Albany School District to purchase equipment, implement curriculum, plan professional development, and attend training as we work through this grant process. It is the hope of New Albany School District that our physical and health education programs will lead to healthy lifestyles for our students and their families.

Lecia Stubblefield

Director of Federal Programs,  
Curriculum, & Transportation

**Carol M. White  
Physical Education  
PEP Grant**

# HAVE A HEALTHY & HAPPY HALLOWEEN



- Before heading out for trick-or-treating, feed your family a healthy meal so they won't be hungry and tempted to eat a ton of treats.
- Set limits on how much candy your kids can eat that night, and explain why you're setting them.
- Give your kids a day or two to enjoy a little bit of candy, then put it away and pull it out a little at a time.
- Offer healthier candy items to trick-or-treaters, like sugarless gum or sugar-free lollipops.
- Instead of candy, give out healthy foods such as small packages of pretzels, popcorn, trail mix, or raisins.
- Consider giving out non-food treats such as: stickers, temporary tattoos, pencils, crayons, erasers, play dough, trading cards, bubbles, tiny decks of cards, whistles, bracelets, or other small toys.
- If you are hosting a party, focus on fun, not food. Plan active games that keep kids moving and limit the amount of sweet treats that you do serve. Offer healthy snacks such as fruit and veggie platters, cheese and crackers, pretzels, popcorn, and apple cider.

Trying to have a healthier Halloween doesn't mean taking away all the fun. However, it can be a great opportunity to teach your kids about healthy habits—like eating sweets in moderation, balancing the foods you eat with physical activity, and cleaning your teeth. It's a great way to show your kids how much you value family wellness.

Source: *Andrea Hart, RD, CDN SPARK Star Resources*

## Fall Family Fun

Plan some family time this fall season that includes fun physical activity: Go for a hike and look at the leaves as they change colors, play a game of touch football in the yard, or go on an outing to pick out your family's pumpkin.

Source: *SPARK Star Resources*