

SHAPE Up!

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Aim For Success Program Presented in NASD



Students, parents, and teachers in the New Albany School District (NASD) had the unique opportunity to hear a powerful message from Marilyn Morris on September 22-23. Morris, President and Founder of Aim For Success, Inc. presented its nationally acclaimed program that shares the advantages of saving sex for marriage. The presentations were made possible through funding from New Albany Middle School's (NAMS) "Building Healthy Families for the Future" grant.

The Aim For Success Abstinence Only programs addressed the problems of teen pregnancies, the escalating STD epidemic and the emotional pain often associated with teen sexual activity. The program clearly demonstrated to the students that saving sex for marriage provides FREEDOM from these problems while giving them the FREEDOM to fulfill their dreams and goals!

The Parent Program was presented at Memorial Gym on Thursday, September 22 and was held in conjunction with New Albany Middle School's Open House. The Parent Program provided a preview of the student program and equipped parents with creative ideas to help their children avoid sexual activity until marriage.

Student programs were presented on Friday, September 23. A program for 7th and 8th graders was presented at 7:45 a.m., followed by a special program for 6th graders. The program was presented for the student body at New Albany High School at 10:45 a.m.

On Friday afternoon, Morris presented a Professional Development session to the faculty and staff of the NASD.

"We are happy to have had Mrs. Morris in our school district to share a wonderful program that included her powerful life-changing story," said Tamie Reeder, Grant Program Director. "What a great opportunity for students, parents, and teachers to hear the same message that abstinence only is the healthiest choice for our students."

Aim For Success, Inc. has educated over two million teens, parents and educators across America during the past 18 years with their motivational presentations.



The NASD has implemented the Bullying Message Line at NAES, NAMS, and NAHS.

The Bullying Message lines can be used by parents or students to report bullying incidents that occur at school. The phone lines are equipped to take messages, which will be checked daily. All messages will be kept in strict confidentiality. When reporting an incident, please include the following information: name of person being bullied, when the bullying is happening, and where the bullying is happening.

New Albany Elementary	662-316-7073
New Albany Middle	662-316-7117
New Albany High	662-316-5994

A Message from the Program Director

We have had a great start to the 2011-2012 school year. I am excited to announce that our funding for Year 3 has been released and we are now able to prepare for another great year of health and fitness in our school district. We have had many great activities and exciting programs in our school district during the month of September. We were fortunate to have the "Let's Walk Game Day" program prior to the September 2 home football game with Pontotoc. "Let's Walk Game Day" was sponsored by "Let's Go Walkin' Mississippi" and Blue Cross Blue Shield. Several of our students, staff members, and their families participated by walking a mile pre-game. Thanks to all who participated in this healthy event. Tammie Reeder, Rolandus Cox, and Melanie Shannon represented our school district and participated in the SHAPE Wellness Summit held at Health Works in Tupelo on September 15. We are excited that Tammie Reeder was asked to serve as a presenter at the conference. Her topic was "Eight Components of Coordinated School Health". Dr. Allan Beane with the "Bully Free Program" made presentations at all schools on September 15. The goals of our grant include keeping our students safe and healthy.

We are excited that our middle school was the recipient of the "Building Healthy Families for the Future" grant last spring. The grant sponsored guest speaker Marilyn Morris on September 22-23. Mrs. Morris, who is the President and Founder of Aim For Success, spoke to the students regarding abstinence education.

Our elementary school is the recipient of two grants that will expand our health and physical education programs tremendously. Our students and teachers are already enjoying the use of the "Lowe's Dawg Walk Trails and Running Course" funded by the Lowe's Toolbox for Education grants. In addition our Pre-K program received a Team Nutrition-School Gardening Grant funded by the Mississippi Department of Education—Office of Healthy Schools. It is wonderful that our youngest students are already receiving important information regarding healthy living and healthy eating.

It is the goal of our school district that our physical and health education programs will lead to healthy, active lifestyles for our students and their families. If you have questions or concerns regarding physical education and health education in our school district, please feel free to call on me.

Lecia Stubblefield

Director of Federal Programs, Curriculum, & Transportation

Enjoying the Family Meal

Family meals are important. You create close bonds and lifelong memories around the family table. Family meals can teach your child about healthful eating. You just need to be a good role model. When you try new foods your child may be more adventurous with food, too

Try these easy ways to make family meals a pleasant part of your family routine.

Set a regular family mealtime. Regular mealtimes give your child a better chance to eat a variety of foods to get the right amount to grow, stay healthy, and keep a healthy weight.

Make it simple, make it quick! Spend less time in the kitchen and more time at the family table. Simple meals, even cold sandwiches, taste as good as meals that take more work. You can make any meal special if you all feel relaxed and if mealtime is filled with caring and laughter. Simplify – to take care of you, too!

Show that family meals are important. During mealtime, turn off the TV. Find another way to see favorite shows. Let the answering machine take your phone calls, too. Have your family make calls before or after the meal hour. Show that same respect for other families.



Eat around a table. It's easier to talk and listen to your family when you face each other. Eating side-by-side at the kitchen counter takes away eye contact.

Enjoy meal talk. Make easy conversations – no nagging or complaining. Talk so everyone can be a "star" at mealtime. Don't take over. Your child

will listen and learn by feeling included.

Be realistic about mealtime. Try to sit down together. Keep meals from lasting too long. If kids get fussy, your family meal won't be fun. Wait until everyone is done to be excused.



Pre-K Health & Nutrition

Thanks to funding from the Office of Healthy Schools, the Pre-K is implementing the Team Nutrition—School Garden Grant this school year. Monthly activities will include a health lesson, a nutrition lesson, and gardening/nature lessons. (Pictured left: Handwashing lesson from Mrs. Carolyn; Pictured right: Eating Healthy Lesson from Mr. Glen and *The Very Hungry Caterpillar*.)



Let's Dance for Health!

Health Rotation Activity at NAES