

# SHAPE Up!

## NAMS Holds Project Fit Celebration

The New Albany Middle School held its Project Fit America Opening Day Kickoff Celebration on Tuesday, October 27. Project Fit is a national public charity dedicated to getting kids fit across the country since 1990. New Albany Middle School received a grant from Blue Cross & Blue Shield of Mississippi Foundation for the Project Fit America program, including state of the art outdoor and indoor fitness equipment, curriculum materials and teacher training. The goal of the Project Fit America Grant, as well as other physical education and health grants such as J. D. Bower Grant & Carol M. White PEP Grant, is to help students learn to have healthy, active lifestyles.



Roman Jeter, a NAMS student, uses the fitness hoop during a student demonstration at the Project Fit America Opening Day Kickoff Celebration

## NAES Teachers Attend HEAP Training



Two teachers from New Albany Elementary School attended HEAP (Health Education Assessment Project) Training in Jackson, MS on September 28-29. HEAP Training is designed to help teachers focus on health education standards in their classrooms. The training was offered to the Bower Network 2 Schools. Attending the training was Lydia Kimbrough, 2nd grade teacher and Bridget Spencer, 3rd grade teacher. Pictured is Mary Ann Simpkins, Physical Activity, Nutrition, & Tobacco Coordinator; Kimbrough; Spencer; Larry Deal, Trainer & Wyoming's Health Education 2009 Teacher of the Year; Amanda Williams, Coordinated School Health Project Director; and Christine Philley, School Health Administrator, Office of Healthy Schools.

## Health Education Curriculum Writing Team



Dr. Sean King, Instructional Specialist, works with a group of third, fourth, and fifth grade teachers to determine topics that should be covered with the health education curriculum.

### Kindergarten

Candy Walls &  
Cynthia Parks

### 1<sup>st</sup> Grade

Tameri Dunnam &  
Stephanie Simmons

### 2<sup>nd</sup> Grade

Lydia Kimbrough &  
Laura Reedy

### 3<sup>rd</sup> Grade

Bridget Spencer &  
Vicky Latham

### 4<sup>th</sup> Grade

Erica Ormon &  
Teresa Ohler

### 5<sup>th</sup> Grade

Robin Merritt &  
Lauren Garrett

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## **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 purchasing a physical education curriculum for the elementary and middle schools and arranging for the physical education teachers to be trained with that curriculum.

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 October 19-23. Middle and high school students kept a log of their activity during the week, while an inventory was sent home with 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.

Dr. King, our Instructional Specialist, has been working with a group of elementary school teachers to develop a health education curriculum to be used in the elementary classrooms. I appreciate the willingness of these teachers to serve on this writing team.

I continue to work with the staff of New Albany School District to purchase necessary equipment, implement curriculum, 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

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## **Carol M. White Physical Education Program Grant**

## **Benefits of a Fitness Program**

### **Physical Benefits**

- Stronger heart, bones, and muscles
- Healthier
- Easier to manage weight
- Controls blood pressure and blood sugar
- Can sleep better

### **Mental Benefits**

- More alert
- Less stress
- Sense of accomplishment
- Encouragement from friends and family members

### **Social Benefits**

- Meet new friends
- Do fun things such as team sports
- Learn to work with others

*Source: Taken from Major Kenneth Moore's speech at Project Fit America Opening Day Kickoff Celebration*

## **Inexpensive Fitness Activities**

- Walk
- Run
- Jog
- Swim
- Team Sports
- Sit-ups
- Push-ups



**Will Cherry, an 8<sup>th</sup> grade student at NAMS, demonstrates the proper way to do push-ups during Major Moore's presentation at the Project Fit America Opening Day Kick-Off Celebration.**

*Source: Taken from Major Kenneth Moore's speech at Project Fit America Opening Day Kickoff Celebration*