

# SHAPE Up!

## NEW ALBANY SCHOOLS

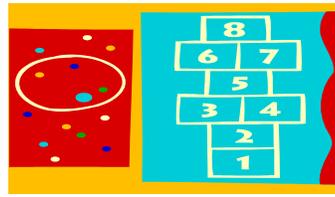
### COORDINATED SCHOOL HEALTH

(8 Components)

- HEALTH SERVICES
- HEALTH EDUCATION
- PHYSICAL EDUCATION
- NUTRITION SERVICES
- HEALTHY SCHOOL ENVIRONMENT
- STAFF WELLNESS
- COUNSELING SERVICES
- FAMILY & COMMUNITY SERVICES

## Fall Family Fun

- Ride a bike or scooter.
- Skateboard.
- Have fun with a Hula Hoop.
- Play Hopscotch
- Go for a walk or jog.
- Throw a Frisbee.



## NAES wins HealthierUS Challenge Silver Award

**NAES is one of 19 schools in the state of Mississippi to win an award through the HealthierUS Challenge. Donald Arnette, the Southeast Regional Administrator from the USDA office in Atlanta presented the Silver Award to school officials on November 1 in a school-wide assembly. Qualifying for this award demonstrates NAES' commitment to serving healthy food in the cafeteria.**

## Congratulations Bulldogs!

Congratulations to the New Albany High School Football Team for being Division Champs and to the New Albany Middle School Football Team for winning the Traceway Conference Championship.



Pictured l-r: Arnette; NAES Principal Jamey Wright; Child Nutrition Director Margaret Floyd; and School Health Coordinator Tammie Reeder

## Field Day at NAES

Field Day was held at NAES on November 1st. The day was a reward for students' hard work and planned so they would have the opportunity to be active and outdoors. Field Day included: Halloween Class Parties, a Puppet Show, Recess, Snacks, and Fun time outside with Inflatables.



# Fall Fun!



## A Message from the Program Director

It is exciting to see the progress that we have made in implementing our SHAPE Up! Grant through the Carol M. White Physical Education Program 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 are in the process of completing our second data collection period this month.

It is my hope that the programs we have implemented and the equipment we have purchased with monies from the Carol M. White Physical Education Program Grant has led to a lifestyle change for our students. A lifestyle change that includes more physical activity, and an increased awareness of healthy and nutritional habits.

If you have questions concerning this grant or our physical/health education programs, please contact me at 534-1800.

Have a Happy, Healthy, and Safe Holiday Season!

Lecia Stubblefield

Director of Federal Programs,  
Curriculum, & Transportation

## Health Topics at NAMS



**November: Smoke Out!  
Tobacco Education**

**December: Hygiene**

## Data Collection

The purpose of the data collection is to determine the number of minutes our students are active at school and outside of school. Middle and high school students keep a log of their activity during the week. An inventory is sent home with younger elementary students so that their parents can assist them with filling out the information, while older elementary students complete their inventory during the PE rotation time. Data collections this semester were in September and November. There will be two additional data collections during the second semester. This information is completely confidential.

## Drink Think: Simple & Refreshing Water

Keep your family properly hydrated, even during busy days, with the following tips:

- Keep bottled water in the refrigerator always ready to “grab and go”.
- Store bottled water in the car for quick refreshment during family trips.
- Bring a cooler of water to kids’ sporting events. Water is the beverage they need!
- Drink water throughout the day at drinking fountains, restaurants, and home. Make it a habit!

*Source: Healthy Kids Challenge; SPARK e-newsletter: October*



A representative from Kids Count was in the school district on November 3 to interview a large group of individuals about our Coordinated School Health (CSH) Program. Our CSH Program received the honor of being selected as the Success Story for the State of Mississippi in the area of Healthy Schools.

Special thanks to the following individuals for giving of their time to participate in the interview session: Crystal McBrayer, Phil Nanney, Eydie Pullman, Becky Thompson, Warner Creekmore, Hannah Harris, Rush Butler, Haven Boyd, Angela Spencer, Stephanie Simmons, Jonna Shaw, Stephanie Rodgers, Mary

Margaret King, Jessica Gray, Tammie Reeder, Jamey Wright, Lisa Mitchell, Lance Evans, and Dr. Charles Garrett.

## Red Ribbon Speaker



Terry Caffey, author of *Terror By Night* spoke to the students at NAMS & NAHS on October 20th. He shared about his personal tragic experience when his wife and two sons were murdered, he was shot, his house was burned, and his daughter was incarcerated because of her involvement with the crimes. He stressed the importance of making good choices and how his life was forever changed because of the bad choices that his daughter and other young people made. [www.terrycaffey.com](http://www.terrycaffey.com)