

September, 2010
Monthly Issue

Healthy Campus/Community Initiative NEWSLETTER "For Health Educators"

Mississippi
Department of
Education
Coordinated
School Health
Program

Component 1:
Health Education

Component 2:
Physical
Education

Component 3:
Health Services

Component 4:
Nutrition Services

Component 5:
Safe School
Environment

Component 6:
Counseling,
Psychological,
and
Social Services

Component 7:
Staff Wellness

Component 8:
Community
Involvement

Health Tip:

Newly completed research shows a significant relationship between academic achievement and physical fitness.

Source: Know It All!

(www.knowitall.org/healthy/)

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The office of the Healthy Campus/Community Initiative has been receiving great feedback and comments from schools that have begun making improvements and forming Health Councils within their schools. What can we do to assist your school with making a health change?

The formation of a Health Council with three to four excited teachers and a few students is a great first step. It allows the students to have ownership of the project while learning important life skills of health and partnership with others.

Looking for a fun health visual? Try creating a health bulletin board that correlates with the Office of Healthy Schools' suggested themes for each month (see blue box). Involve your students by allowing them to create in art class pictures that correlate with the theme's title on the bulletin board or by cutting out example pictures from a magazine.

Looking for a poster contest that will educate your students while being creative? Check out the 2011 National Radon Poster Contest at www.sosradon.org for further details. The deadline is October 31, 2010. Be sure to, also, check out the

Approved monthly themes from the Office of Healthy Schools

- August: Think Smart, Be Healthy (Highlight the Counseling, Psychological, and Social Services component)
- September: Eat, Drink, and Live Healthy (Health promotion for Staff Wellness component)
- October: Where's Your Parachute? Staying Safe (Healthy School Environment component)
- November: Don't Be an American Idol: Healthy Exercising (Physical Education/Activity Services component)
- December: Keep Your Tissues Handy: Defending Against Disease (Health Services Component)
- January: Staying Healthy Together (Family-Community Involvement component)
- February: All's Fair in Love and Health (Health Education component)
- March: Nutritious and Delicious (Nutrition Services component)
- April: Tying It All Together (Family-Community Involvement component)
- May: Spring Into Healthy Schools Environments (Healthy School Environment)

Health websites to visit:

- www.hattiemaeandpals.org/
- www.msdiabetes.org
- <http://home.mdwfp.com/>
- www.justhaveaball.org

You've Gotta Move activity-based program for free resources for your school at www.healthyschoolsms.org/ohs_main/initiatives/youvegottamove.htm. Contact HCCI—we want to help make healthy changes with your school!