

August 14, 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:

Watermelon is not only a delectable thirst-quencher — it can help quench the inflammation that contributes to conditions like asthma, diabetes, and arthritis.

Source: Mississippi State Department of Health, Health e-Tip #63

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Welcome Back to School!

The office of the Healthy Campus/Community Initiative welcomes all teachers and administrators back for the 2010-2011 school year! What are your plans for making this school year the healthiest year for your students, teachers, and schools? Initiating improvements can be easy with no expense to your school. **NOW** is the time to make the change!

We have received feedback from many school districts about our first two newsletters, and we love hearing from you! Continue to access our site on the Delta State webpage for news items and free lesson plans.

(<http://www.deltastate.edu/pages/3899.asp>)
We are here to help you make improvements and lasting changes!

The Office of Healthy Schools through the Mississippi Department of Education is a valuable resource.

Christine Philley, School Health Administrator, states "between 2006 and

2008, Mississippi increased the number of schools that do not allow unhealthy snacks on campus from 23.3% to 72.2%. This was the largest percentage of change in the area of nutrition policy in the United States. Our office offers assistance for the development of school health councils and wellness policies, and works with health education and physical education curriculum frameworks. We are called on to provide technical assistance to school districts as they work to implement the Mississippi Healthy Students Act. Of special interest this year is the anti-bullying policy development at the school level and the asthma education legislation that requires school

Health websites to visit:

- www.healthyschoolsms.org
- www.lungusa.org
- www.bowerfoundation.org
- www.kidshealth.org
- www.knowitall.org/healthy/

Ideas for improving your school's health:

- Allow only fruits & vegetables for snacks
- Encourage all to drink more water
- Create health related bulletin boards
- Start a health team at each school
- Remove "unhealthy snacks" from vending machines
- Engage in physical activity outside or in a gym
- Let teachers have "walking meetings"
- Support contests between classes for health goals
- Visit health websites for free info & supplies
- Display posters around campus as reminders
- Create a stress-free zone for teachers
- Host one health-related event each month
- Assign physical activity and rest as homework
- Showcase "Health Champions" in your schools
- Offer after-hours exercise classes for teachers

personnel to be better informed about asthma." Contact our HCCI office and let us share some ideas with you about making this year the healthiest year at your school. It only takes one year of change for a lifetime of better health habits!