

July 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:

The amount of fruits and vegetables you need to eat each day depends on your age, sex, & level of physical activity.

To find out how much you need each day, visit:  
[www.mypyramid.gov](http://www.mypyramid.gov)

Healthy Campus/Community Initiative  
Delta State University  
DSU Box 3121 – Ewing 367 – 662-846-4303  
([lhubbard@deltastate.edu](mailto:lhubbard@deltastate.edu))

[www.deltastate.edu](http://www.deltastate.edu)

In this month's issue of our newsletter, we are happy to share our sample lesson plans that can be accessed by visiting the Delta State University College of Education website directly at <http://www.deltastate.edu/pages/4224.asp>. These elementary and middle school plans were developed by DSU teacher candidates, an assistant professor with Health, Physical Education, and Recreation, and a registered dietitian with approval given by the Healthy Schools Coordinator. The complete units of study with attachments can be printed directly from our website and an index is provided below.

### Index of lesson plans:

- Community Helpers/1<sup>st</sup> Grade
- Reading/2<sup>nd</sup> Grade
  - Cause and Effect
- Health and Nutrition/5<sup>th</sup> Grade
  - Heart Rate & Pulse
- Math/5<sup>th</sup> Grade
  - Symmetry
  - Food Labels
  - Ordered Pairs
  - Line Graphs
  - Bar Graphs
- Language Arts/6<sup>th</sup> Grade
  - Adverbs/Double Negatives
  - Adverbs/Comparatives
- Science/6<sup>th</sup> Grade
  - Overpopulation & Natural Resources
  - Respiratory & Circulatory System
  - Path of Energy
- Middle School Fitness Education Unit Plan
- An Ounce of Prevention: The Diet and Disease Connection—A Nutrition Education and Health Screening Unit for 7<sup>th</sup> Graders

Joyce Aycock, physical education instructor at Margaret Green Junior High School in Cleveland, comments that "the lesson plans mesh the how and why it is important to be fit and well for a lifetime".

As school is about to begin for the year and teachers are getting their units of study organized, we encourage them to visit our website and utilize our free lesson plans.

There are many resources available on the web with free health information. Many of these sites contain free posters, fact cards, and toolkits that can be used in the classroom. Some of our favorite sites to visit are:

- [www.rd411.com](http://www.rd411.com)
- [www.webmd.com](http://www.webmd.com)
- [www.bcbsms.com](http://www.bcbsms.com)
- [www.healthymys.com](http://www.healthymys.com)

Contact our Healthy Campus/Community Initiative office with any questions or for any assistance with helping your school and your students become health champions in the 2010-2011 school year!

**DELTA STATE UNIVERSITY**  
Healthy Campus/Community Initiative