



We were successful!

CONTACT PERSON:

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Please tell us everything you can about your success – so we may use your example to help others make successful changes in their schools. The more information and details that you can share the better! Thank you for everything your school and/or district is doing to improve the academic success and health of Mississippi children.

The Forrest County School District has been successful in many ways after receiving this grant award. Our students, staff, and community members have been involved in various activities to meet the grant objectives. As always change in any form takes time and with the help of this grant many steps have been made to help our school community members improve in their ability to make healthy lifestyle choices, live long productive lives and become responsible community members.

Tell us WHAT YOU DID in your school or district.

To teach students about HIV/AIDS, STD's, and emotional issues with premarital sex the "Just Wait" curriculum was taught to approximately 960 students in grades 6 – 12. Guest speakers were also brought in to help reinforce the message. School Health Councils were established at all six schools in the district. One of our physical education instructors was assigned as the School Health Index Coordinator to conduct presentations at each of the schools on the Comprehensive School Health Program and conduct the School Health Index assessment that

included writing a plan to improve the physical education program, health services, and nutrition program. The school wellness policy and the vending machine guidelines were reviewed at the health council meetings. Changes were made with all vending machines in the district to allow only healthy snacks and drinks to be sold. Plans were discussed for the next school year on how to inform parents about the new snack guidelines and to encourage them to send healthy foods for lunches and/or parties. The School Health Nurse provided health services to the students and staff at three schools in the district. Documentation was kept on the number of clinic visits, health screenings, referrals and teen pregnancy interventions. Health Fairs were held at all schools in the district and the Body Walk was held at South Forrest Attendance Center. The program focused on nutrition and exercise. The school was given a health kit that included curriculum materials for teaching nutrition and promoting physical activity, videos, and two organ wise dolls.

Tell us HOW you were able to make these changes.

The grant allowed us to pay for substitute teachers for the School Health Index Coordinator to visit all schools, do presentations, conduct the school health index assessment, insure that all school health councils were established and meeting on a regular basis discussing health related issues in the school community and making plans for improvement. During the meetings discussions were brought up about BMI testing on students and how we plan to put this in play for the next school year. Suggestions were given on how to incorporate physical activity in the classroom with academics. Staff Wellness activities were planned and conducted at each school such as after school exercise classes, weight loss challenges amongst staff members, a treadmill was placed in the teachers lounge, and blood pressure checks were done by the school nurse. We were able to incorporate the “Just Wait” curriculum with the help of our abstinence educator that was already in place. The grant money also allowed our school district to send health council members to the Physical Education Frameworks workshop that was held in Hattiesburg, Ms.

Please check the areas in which you made successful changes:

Yes - Physical Education

Yes - Comprehensive Health Education

Yes - Nutrition (Vending Machines)

Parental Involvement

Yes - Staff Wellness

Yes - School Health Council

Outdoor Safety

School Safety

Psychological Services

School Nurse Program (Need More)

Yes - Disease Prevention

Yes - HIV Prevention

Asthma Awareness

Memo of understanding with other agency(s)

Community Health Council

Other _____

Please indicate at which level these changes were made.

Yes - Entire District

School Building

Please explain what grants you have received in the past, are currently receiving or have recently applied for:

HIV/AIDS Disease Prevention Grant, School Nurse Tobacco Grant, Abstinence Grant, School Fruit Grant, Drug Free Grant, Drug Testing Grant, others.

Please attach any additional information (newspaper article, pictures, etc.) The more information that you are able to share the better we can help others to make successful changes in their schools.

**Please send to:
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