Foundation Hosts 8th Annual Physical Education Conference

Elementary and Middle Schools Across Mississippi Receive New P. E. Equipment and Curricula

Supporting Mississippi’s schools, communities, colleges and universities in their efforts to make our state healthy is at the forefront of the mission and vision of the Blue Cross & Blue Shield of Mississippi Foundation.

The Blue Cross & Blue Shield of Mississippi Foundation hosted its 8th Annual Physical Education Conference bringing together 20 elementary and 20 middle school physical education teachers from around the state. The two-day conference was held in late 2016 for elementary teachers on day one and middle school teachers on day two.

The teachers participated in educational sessions and shared best practices for engaging students and making P.E. classes both exciting and effective. Participants also received indoor fitness equipment and curricula to enhance their schools’ P.E. programs.

“The conference provided a vast amount of resources and knowledge to not only make fitness and exercise fun, but to greatly improve the lives of our students,” said Stephanie Phillips of Guntown Middle School in Lee County. “Thank you to the Blue Cross & Blue Shield of Mississippi Foundation.”

Inaugural “Building Healthy Schools Grant” Presented

In the inaugural year of the Building Healthy Schools Grant Program, Bell Academy received a grant from the Blue Cross & Blue Shield of Mississippi Foundation for demonstrating its commitment to creating a healthy school environment.

The Building Healthy Schools Grant Program was developed for schools employing a certified physical education teacher or health education teacher who is a member of the Mississippi Association of Health, Physical Education, Recreation and Dance (MAHPERD). With grant dollars provided by the Foundation, the school’s physical education department is implementing new activities to improve students’ cardiovascular and flexibility fitness levels.

Above: Eugenia King, Health and Fitness Coordinator, Blue Cross & Blue Shield of Mississippi Foundation (right), presents the “Building Healthy Schools Grant” for 2016 to Joyce Aycock, P.E. Teacher at Bell Academy in Cleveland.
The University of Mississippi is a smoke-free campus and making plans to adopt a tobacco-free policy in the near future.

The Warrior Wellness initiative also includes new fitness equipment, upgrades to the existing wellness center, healthy nutrition and exercise education, and community events such as family fit days and a youth summer camp.

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The Blue Cross & Blue Shield of Mississippi Foundation is committed to supporting Mississippi’s universities and colleges in implementing healthy eating and exercise initiatives that extend from the campus to the local communities and schools. Learn more about the work of the Blue Cross & Blue Shield of Mississippi Foundation at www.healthiermississippi.org.

More information on the Warrior Walking Club and other Warrior Wellness initiatives can be found at www.eccc.edu/warrior-wellness.
The Blue Cross & Blue Shield of Mississippi Foundation is pleased to partner with the Mississippi Municipal League to promote community health through the Blue Cross & Blue Shield of Mississippi Foundation Healthy Hometown Awards.

At the 2017 Mississippi Municipal League Annual Conference to be held in Biloxi this summer, up to three municipalities will receive $25,000 in recognition of their success in being healthy communities. One municipality will be recognized as the Blue Cross & Blue Shield of Mississippi Foundation “Healthiest Hometown” and will receive a $50,000 award.

The application and criteria are available online at www.healthiermississippi.org. Applications are due to the Foundation by March 30, 2017.

North and South Mississippi K-5 Students “Get Ready to Run”

COMING SPRING 2017

Blue Cross & Blue Shield of Mississippi is excited to announce that the Get Ready to Run School Program is being offered for a third year to elementary schools in South Mississippi. The Program is also being offered for the inaugural year in North Mississippi.

The Get Ready to Run School Program teaches students about proper running form, nutrition, healthy goal setting and more during regularly scheduled P. E. classes. The Get Ready to Run lessons and activities were developed by health and wellness experts at Blue Cross & Blue Shield of Mississippi in cooperation with the Mississippi Department of Education to ensure the lessons fully support the Mississippi Framework for Physical Education and the National Association for Sport and Physical Education Standards.

Eligible students from participating schools in South Mississippi will have the opportunity to run in the Get Ready to Run Kids’ One-Mile Fun Run at The University of Southern Mississippi Gulf Park Campus on April 8, 2017, at no cost. The Get Ready to Run Kids’ One-Mile Fun Run for eligible students in North Mississippi is scheduled for April 22, 2017, at Mississippi State University, at no cost.

Get Ready to Run schools compete to win award money up to $2,000 for their physical education programs. More information is available at www.getreadytorunms.com.