The Blue Cross & Blue Shield of Mississippi Foundation announced Madison Station Elementary School as the winner of a Building Healthy Schools Grant. The school received a grant for its demonstrated commitment to creating a healthy school environment.

“The Blue Cross & Blue Shield of Mississippi Foundation is proud of the commitment Madison Station Elementary School has made to improve the health and wellness of its students,” said Sheila Grogan, executive director of the Blue Cross & Blue Shield of Mississippi Foundation. “We applaud their efforts in joining us to build a healthy Mississippi through creativity, encouragement, accessibility and inclusion for all students.”

Madison Station Elementary School is encouraging young women and teaching them the importance of physical activity through its “Girl Power - Jag Spirit” program. The school implemented this program to promote the physical, mental and social benefits of healthy choices.

“The Building Healthy Schools Grant will be a game-changer for our students,” said Kathy Shows, physical education teacher at Madison Station Elementary School. “Our program creates an environment where girls feel supported in sports and physical fitness, and we are excited to expand the opportunities through this grant funding.”

The 2019 Blue Cross & Blue Shield of Mississippi Foundation Building Healthy Schools Grant Application is available to all Mississippi K-12 schools from February 15 — March 31, 2019. If your school has demonstrated a commitment to creating a healthy school environment, it may be eligible to receive a Building Healthy Schools Grant from the Foundation. For additional details, or if you would like to request the 2019 Building Healthy Schools Grant application, please email the Foundation at Foundation@bcbsms.com.
West Point “Healthy Heroes” Increase Health Literacy in Children

The Blue Cross & Blue Shield of Mississippi Foundation is helping to educate elementary students on the importance of healthy eating and exercise, as well as improve the health and quality of life in communities across Mississippi through its Healthy Heroes Program. The City of West Point implemented the Program during the 2018-2019 school year, joining 21 other cities across the state that have the Healthy Heroes Program in place and an interest in making their communities healthy places to live and work.

West Point’s local heroes, including police officer Virginia Rich and firefighter Leon Kelly, visit students in grades K-5 to lead physical activities, teach healthy nutrition lessons and build positive relationships. For their willingness to devote time to educating students through the Healthy Heroes Program, the Foundation provided the city with grant funds to purchase and install outdoor fitness equipment at three city parks.

“We are proud of the police officers and firefighters who are investing in Mississippi’s future and empowering our youth with knowledge about what it means to be healthy,” said Sheila Grogan, executive director of the Blue Cross & Blue Shield of Mississippi Foundation. “We appreciate their dedication to the communities they serve and value their efforts in joining our mission to build a healthy Mississippi.”

Learn more about the Healthy Heroes Program and the work of the Blue Cross & Blue Shield of Mississippi Foundation by visiting www.healthiermississippi.org.
COMING SPRING 2019

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 Mississippi elementary schools in the Golden Triangle. The program is also being offered for the inaugural year in the North Mississippi area.

The 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 the Golden Triangle will have the opportunity to run in the Get Ready to Run Kids’ One-Mile Fun Run at Mississippi State University in Starkville on March 30, 2019, at no cost. The Fun Run for eligible students in the North Mississippi area is scheduled for April 13, 2019, at the University of Mississippi in Oxford, at no cost.

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

For additional information about the Blue Cross & Blue Shield of Mississippi Foundation, please visit our website at www.healthiermississippi.org.

Winter 2019 News
© Blue Cross & Blue Shield of Mississippi Foundation