

2019 Equity Conference

Healthy Schools

Office of Healthy Schools

September 18, 2019



Ensuring a bright future for every child

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Office Director II

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VISION

To create a world-class educational system that gives students the knowledge and skills to be successful in college and the workforce, and to flourish as parents and citizens

MISSION

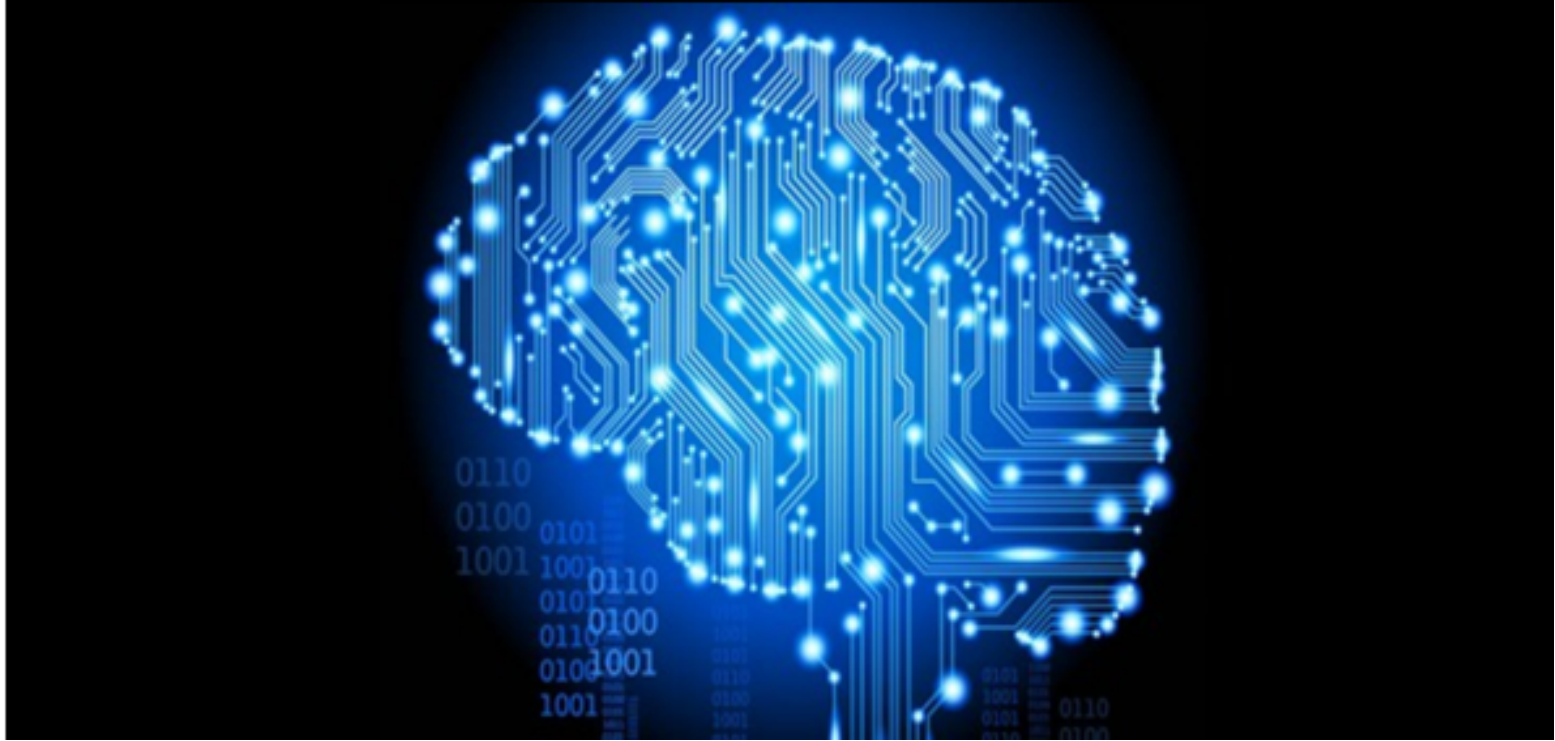
To provide leadership through the development of policy and accountability systems so that all students are prepared to compete in the global community

1. All Students Proficient and Showing Growth in All Assessed Areas
2. Every Student Graduates from High School and is Ready for College and Career
3. Every Child Has Access to a High-Quality Early Childhood Program
4. Every School Has Effective Teachers and Leaders
5. Every Community Effectively Uses a World-Class Data System to Improve Student Outcomes
6. Every School and District is Rated “C” or Higher



MOVETOLEARNMS.ORG

Brain Function



Physical Activity Affects Brain Function at a Molecular Level

- 86 billion neurons
- 100 trillion neural connections (synapses)



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Physical Activity Optimizes Neuroplasticity

- The ability of neurons to change
- Enables adaption to
 - changing conditions
 - learn new facts
 - develop new skills

Think of clay



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Physical Activity Optimizes Neurogenesis

- The ability to grow new neurons



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Physical Activity Increases Brain Derived Neurotropic Factor

- The protein that supports survival and growth of neurons
- This protein is active in the areas of the brain vital to learning, memory, and higher thinking



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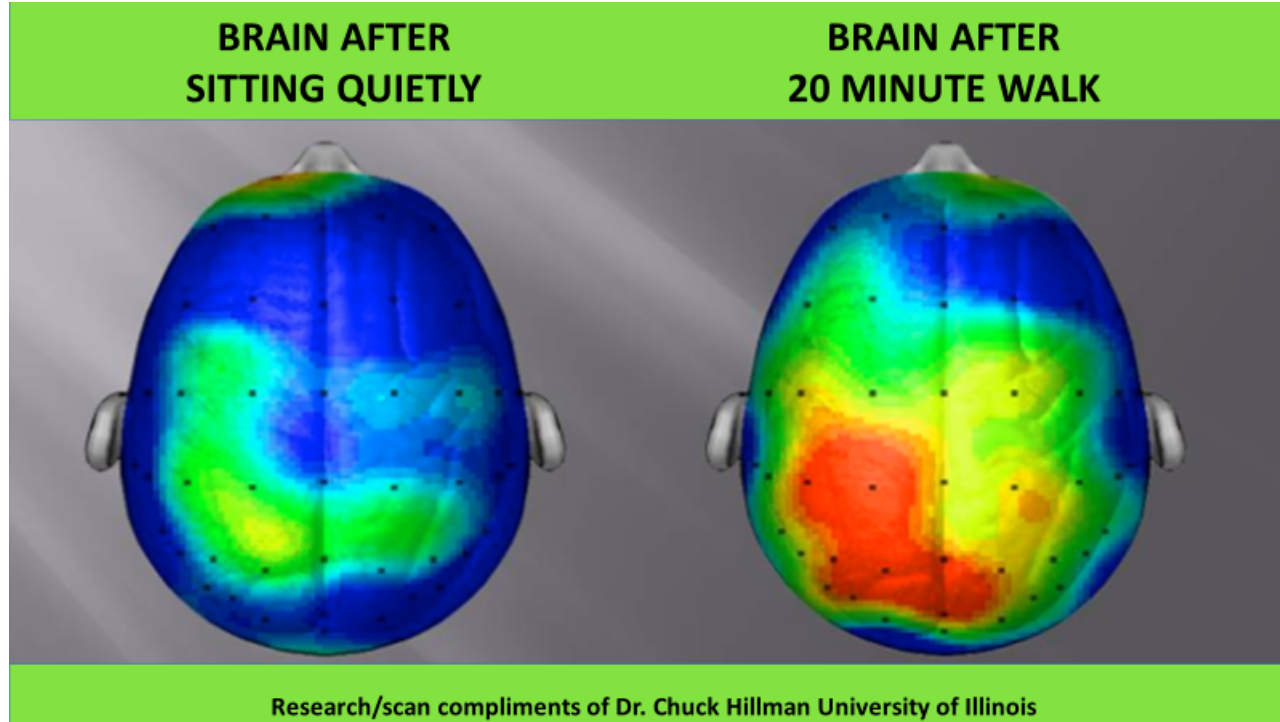
Complex Movement

What Do We Know?
Complex Movement Uses More Brain Areas



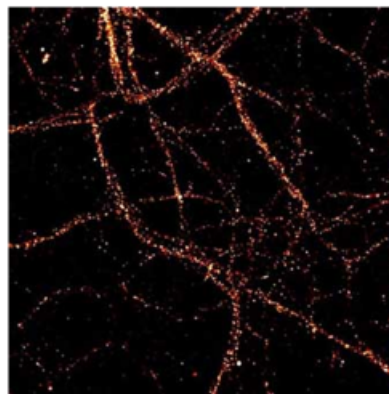
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MOVE to LEARN

Complex Movement

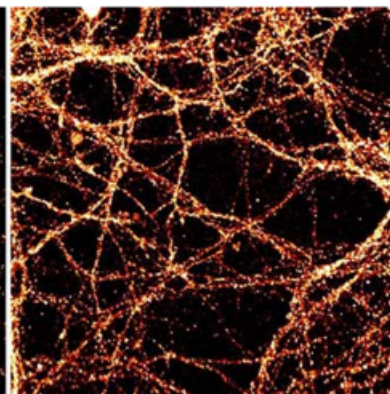


BRAIN CELL CONNECTIONS

Neurons in an
Unstimulated Brain



Neurons in a
Stimulated Brain

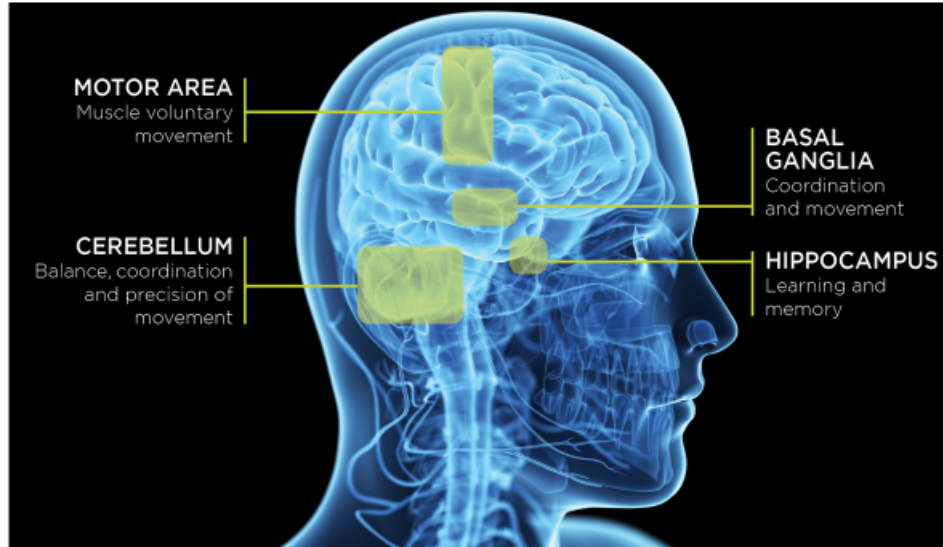


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Complex Movement

The more areas we use, the greater health and connectivity between brain regions. Hillman, 2010



Why Should We Use Physical Activity in the Classroom?

Because the current research tells us that physical activity in the classroom has an effect on the Executive Functioning of the brain that can lead to:

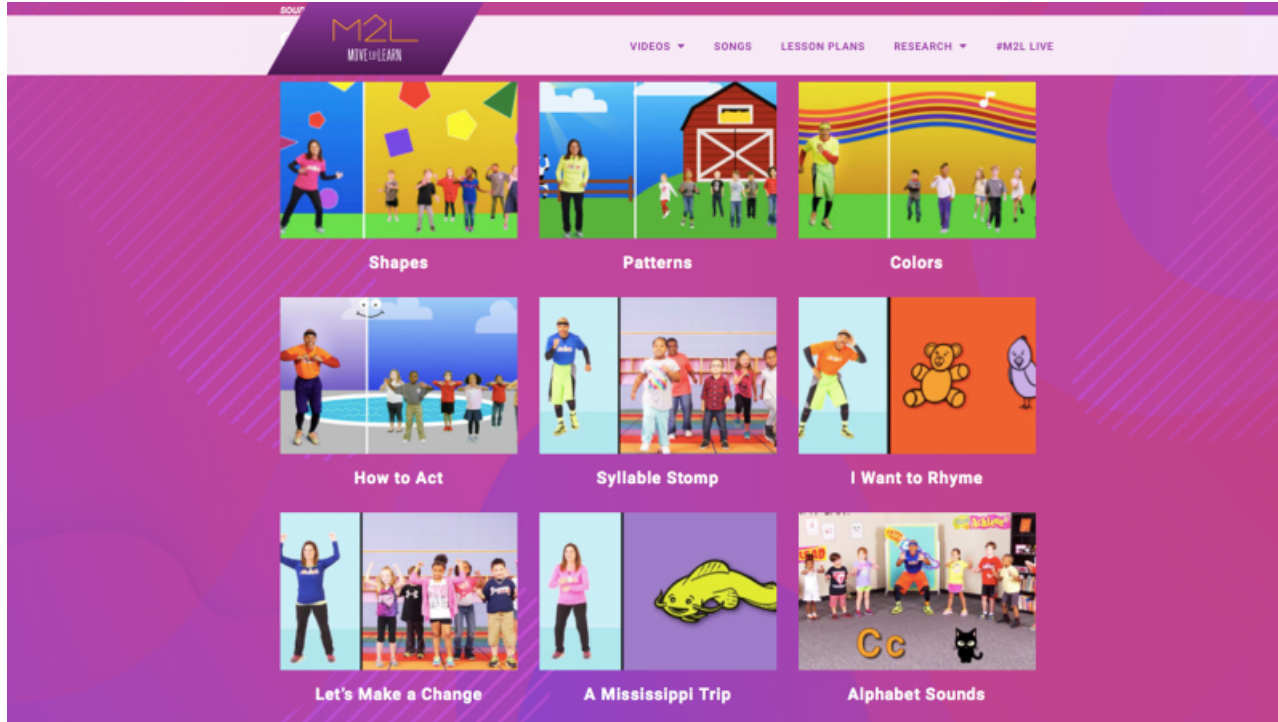
- Enhanced Cognition
- Improved Memory
- Balanced Mood
- Positive Social Interactions
- Improved Academic Performance



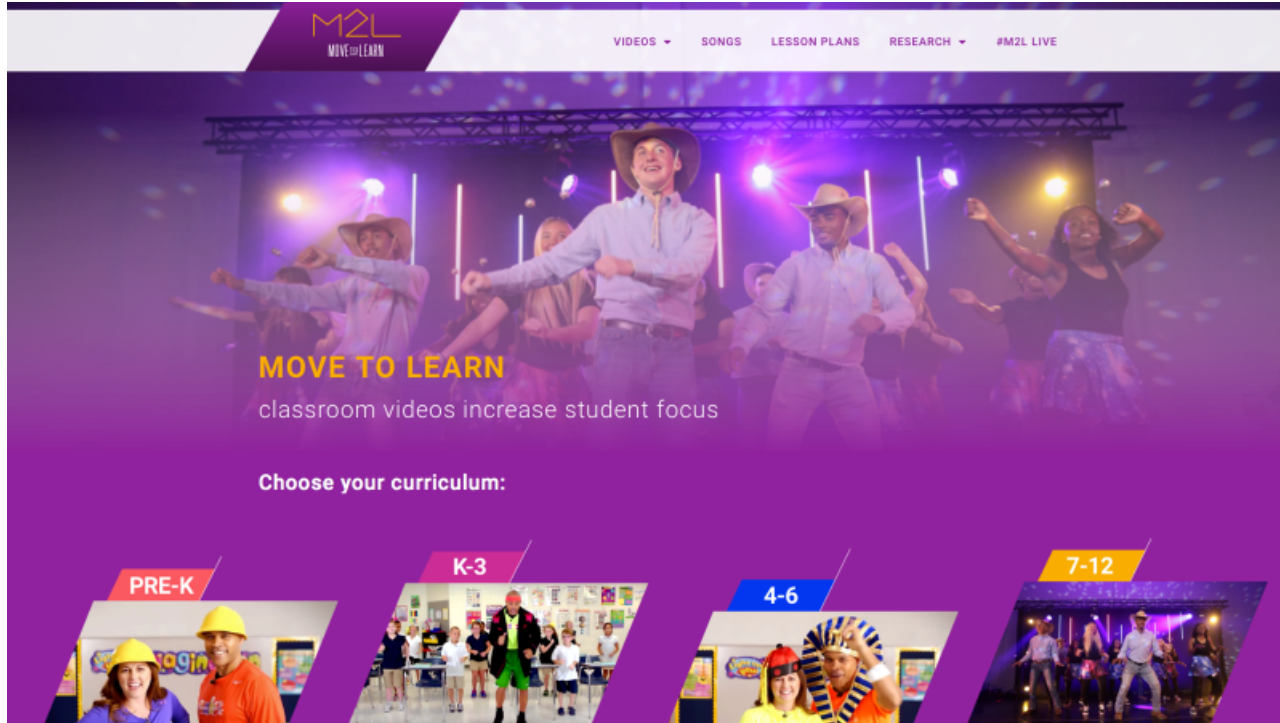
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Classroom videos



Classroom videos



Classroom videos

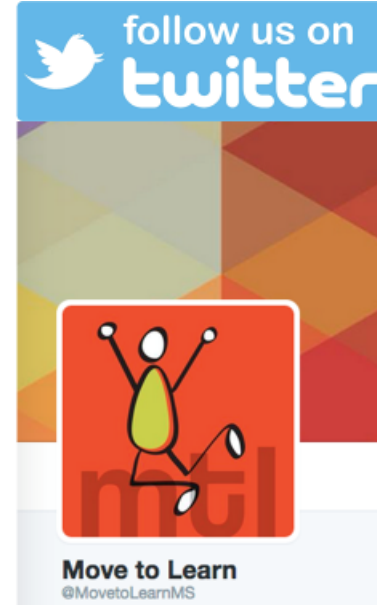
Move to Learn Classroom Videos

How Many? 55

How Long? 5 minutes



Social Media



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HOW MUCH DOES THIS COST???

It's FREE

www.movetolearnms.org



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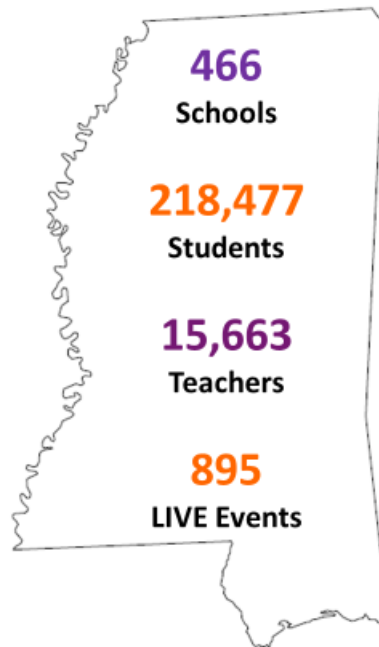
M2L.....Moving



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#M2L Live

January 2013 – June 2019



Mississippi Educator Conferences & Meetings

October 2012-June 2019

Conferences:

214

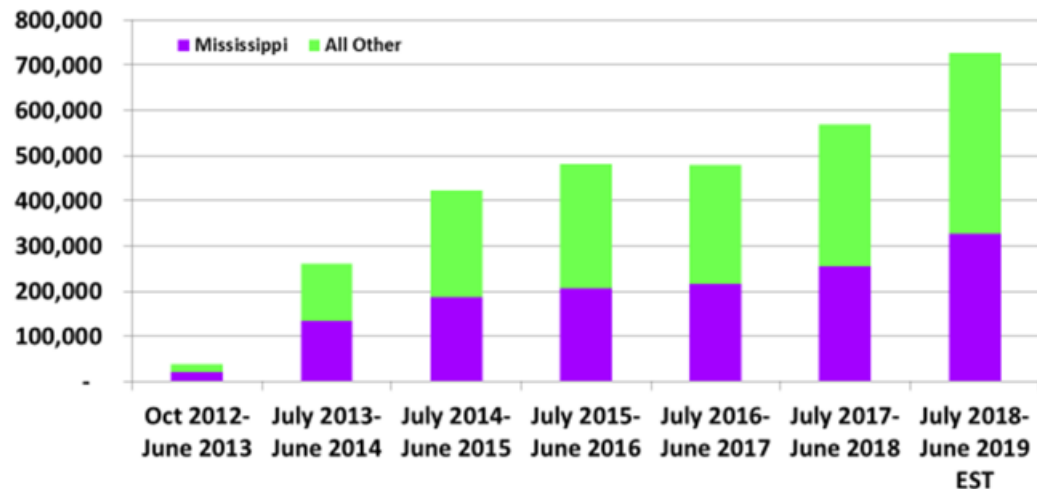
- MS Association of Superintendents
- Making Connections Conference
- MS School Board Association
- MS Early Childhood Education Conf.
- Millsaps Principals' Institute
- MS Assn. of School Administrators
- MS Professional Educators
- MS Reading Association Conference

Educators:

51,499



Move to Learn Video Streaming Views



All Other	17,262	127,964	237,181	274,543	263,954	314,575	399,108
Mississippi	20,264	133,188	186,357	207,111	216,289	255,602	327,610

The Centers for Disease Control and Prevention (CDC) announces the availability of Fiscal Year (FY) 2018 funds to implement CDC-RFA-PS18-1807, Promoting Adolescent Health through School-Based HIV Prevention

The purpose of PS18-1807 is to improve the health and well-being of our nation's youth by working with education and health agencies, and other organizations to reduce HIV, STD, teen pregnancy, and related risk behaviors among middle and high school students.

Youth Risk Behavior Survey Categories

- ✓ Behaviors that contribute to unintentional injuries and violence.
- ✓ Sexual behaviors related to unintended pregnancy and sexually transmitted infections, including HIV infection.
- ✓ Alcohol and other drug use.
- ✓ Tobacco use.
- ✓ Unhealthy dietary behaviors.
- ✓ Inadequate physical activity.

Youth Risk Behavior Survey Data

- ✓ Determine the prevalence of health behaviors.
- ✓ Assess whether health behaviors increase, decrease, or stay the same over time.
- ✓ Examine the co-occurrence of health behaviors.
- ✓ Provide comparable national, state, territorial, tribal, and local data.
- ✓ Provide comparable data among subpopulations of youth.
- ✓ Monitor progress toward achieving the Healthy People objectives and other program indicators.

School Health Profiles

- ✓ The School Health Profiles (Profiles) is a system of surveys assessing school health policies and practices in states, large urban school districts, and territories.
- ✓ Profiles surveys are conducted biennially by education and health agencies among middle and high school principals and lead health education teachers.

School Health Profiles Categories

- ✓ School health education requirements and content
- ✓ Physical education and physical activity
- ✓ Practices related to bullying and sexual harassment
- ✓ School health policies related to tobacco-use prevention and nutrition
- ✓ School-based health services
- ✓ Family engagement and community involvement
- ✓ School health coordination

School Based Administrative Claiming

The Medicaid School-Based Administrative Claiming (SBAC) program is a federally funded program administered by the Division of Medicaid in coordination with the Department of Education.

The program allows school districts to be reimbursed for some of their costs associated with school-based health and outreach activities which are not claimable under the Medicaid School Health-Related Services “fee for service” program or under other Medicaid “fee-for-service” programs.

School Nurse Program

The Health Services component of a Coordinated School Health Program includes services provided for students to appraise, protect, and promote health.

These services are designed to ensure access or referral to primary health care services, or both, and to foster appropriate use of primary health care services, prevent and control communicable disease and other health problems, provide emergency care for illness or injury, promote and provide optimum sanitary conditions for a safe school facility and school environment, and provide educational and counseling opportunities for promoting and maintaining individual, family, and community health.

Physical Education/Physical Activity

The Office of Healthy Schools understands the relationship between student health and academic achievement. Research supports that quality physical education programs improve student achievement by reducing disruptive behaviors and improving daily attendance.

Students who participate in a quality physical education programs also receive age-appropriate skills & social skills that encourage a healthy, active lifestyle. To support quality physical education programs, the Office of Healthy Schools provides online lesson plans through Health in Action, a Physical Education Framework, grant opportunities, and many other resources to schools.

Questions?



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