

## Jackson County School District

### Annual Health & Wellness Report, 2016-2017

The District Health Council meeting was held on February 3, 2017. Nutri Slice was introduced. During the meeting Health & Wellness reports were presented for all sites. Grant opportunities were discussed with district council.

**East Central Lower Elementary** We are wrapping up our Biggest Loser contest among the staff. We had 22 to participate. We have lost a total of 146.25 pounds to date. Our final weigh in is Feb. 10, 2017.

We had Coach Calhoun from Move to Learn with us last Wednesday. The kids and staff all had a great time. He was very entertaining. The kids are still talking about him.

We will have our Little Heroes Blood Drive this Friday. So if you have time come support us at the lower and help save a life.

We kicked off our Jump Rope for Heart drive Thursday.

We are doing the handwashing program with our kindergartens. This will be coordinated between the nurse and PE teacher.

We also have the staff from Dr. Parker's dental clinic coming this month to do a dental presentation.

Our marketing tool this year was RAT.

**East Central Upper Elementary** Indoor Exercise for Rainy Days

Physical Education - 50 Minutes Per Week (Basketball, Kickball, Hoola Hoops, Jump Ropes, etc...)

Strength & Balance Playground Equipment

Team Building Exercises (Kickball Tournaments, Field Day, etc...)

Running Track- Students start each P.E. Session by running four laps on the track. The PE Coach marks their time each class and helps students work toward improving their time and distance.

Healthy Lunches with Healthy Food Choices

Health Lessons are incorporated into every science classroom each week.

Round Plate Posters

Nutrition Bulletin Boards in Nurse's Office

Board Games that Teach About the Human Body and Nutrition

Body Measurements in Science Lab

The Five Senses Art Project

Learning the Bones of the Body

Food Pyramid

Experiments with Different types of liquids, sugar, and milk

Career Day- Involved Presenters from the Community

Red Ribbon Week- Activities including Drug Dog, Drug Awareness

Character Counts Lessons by Counselor to all classes monthly

Walking track- Some staff members walk after school each day.

Hygiene Lesson- Every classroom was given a hygiene lesson.

Hand washing posters posted all around the school to encourage cleanliness throughout the day.

Germ Awareness- Used a black light and glow powder to show how germs are on your hands and how they are transferred to other surfaces.

Move to Learn Live- Move to Learn did a live presentation with our students. They went over how moving to get the blood flowing improves learning. They also went over bullying and how to avoid it. The kids loved it!

Move to Learn- Teachers do this in their classrooms to help improve students learning.

Citizenship Lessons that include not spending too much time using technology and making time to be active.

Students have been taught the “Oxygen Song” that teaches them how to breathe deeply and move to help with stress relief.

Students have been taught the “Skeleton Song” that teaches about the bones in the body.

10 Character Traits using drums, rhythm, dance and rap-Fairness, Caring, Responsibility, Respect, Self-Control, Citizenship, Courage, Trustworthiness, Perseverance, and Integrity.

Smart Goals lessons-How to make and achieve goals.

Science Projects on Medicine and Health

Jump Rope Rhythms in Music Class

Parachute Activities in Music Class

### **East Central Middle**

Singing River Electric Co-Op – Safe City presentations for 6th grade on electricity safety

Mississippi Tobacco Coalition-comes 1 day/month and does an activity with 6th and 7<sup>th</sup> during PE.

Singing River Health Services - Come during health lessons for 6th and 7th grades and conducts a 6 week unit on alcohol and drugs, using the comic books Slick Tracy.

Created a fitness room for students – PE classes use 1 day/week as a fitness day when Student's get to use various types of equipment to get and keep heart rate up. (elliptical, exercise bikes, Pilates machine)

The fitness room is open to faculty and staff after school for their use.

PE classes have heart rate monitors for use by students to track target heart rates during fitness lessons.

Red Ribbon Week-Drug Awareness October 24 Kick Off Rally

Fitness for 40 -teachers will track food intake and physical activity for 40 days leading up to Thanksgiving. Teachers can earn 2 stickers/day for good diet and exercise habits. Once a teacher earns

10 stickers their name goes into a drawing for a gift card every week. At the conclusion everyone who earned 10 stickers will go into a drawing for a cash prize.

Try and Care, we came up with this program to recognize students for outstanding effort and helpfulness. Teachers are given wooden nickels and as they observe students "trying their best or caring for one another" they give a wooden nickel to that student. Every 2 weeks student's area asked to come to the office and bring their Try and Care nickel.

Their name is put into a drawing for prizes and the end of the 9 weeks. *(This has improved student behavior, cooperation, and work ethic in class and around the school)*

Wellness Fair – January 20th (health and public service professional will be on hand to talk to and answer questions) Students will be able to visit booths that interest them, from blood pressure, audiology, to physical therapy or nutrition.

Field Day – Class competition with events that promote physical fitness and teamwork, held in the spring.

### **East Central High**

ECHS Professional Development on Verbal Judo

ECHS Staff Walking Group

Anatomy and Physiology

Research Concussions

Compare human muscle tissue other tissue types such as chicken

Health & Nutrition

Calculating calories for fast food meals

Research and present on lifestyle diseases

Research, present, and prepare different cultural cuisine

CPR training using kit from MS Healthcare Alliance and American Heart Association

Sex Education taught in Health, Child Development, and Family Dynamics

Physical Science discusses the mechanics and safety of carnival rides when the fair comes to Jackson County.

Environmental Science students calculate their carbon footprint to see if they are living sustainably or not and discuss simple changes to reduce their footprint.

Spanish students learn how to express vocabulary related to health, daily hygiene, emotions, and stress management.

English III studies "The Crucible" and is involved in intensive discussions about truth and honesty in society, how false information is harmful and long lasting, and how truth is the best plan even if it means consequences to ourselves for the moment. Life skills class covers hygiene, proper etiquette and conversation skills, job interviewing, how to handle emergencies, and how to do laundry.

Biology I -Studies the macromolecules- carbs, lipids, proteins, and nucleic acids and how it impacts digestions and cellular development. Students make models of glucose, fructose, and sucrose using play-dough and toothpicks in class.

Medical - Flight Care Helicopter presentation, including safe driving tips without drinking, texting, and speeding, and being sure to wear a seatbelt. Various elective classes were invited to attend American Lung Association presentation for anti-smoking

Medical 2 class was certified in CPR for Healthcare Provider will attend HOSA

District Conference in February.

U.S. History - Hershey chocolate tasting, noting the texture, flavor, aroma etc. of various types. oResearch

different cultural dining practices

Sociology - Conducts research on various cultures and how they live, including meal preparation and food sampling from that culture, as well as examples of clothing, artifacts and crafts.

Southern Regional Education Board Class

Conversions with medication units and figuring out what a patient would need o Averaging heart rates

Baseball booster club provides protein twice a day for players during

### **School-wide Wellness**

Jeans days as a reward for school attendance,

School Pink Out Activities for Breast Cancer Awareness

Red Ribbon Week (Door contest and ribbons)

Operation Christmas Child

International Foods Festival

Veteran's Day Program

Angel Tree

Toy Drive

Blood Drive

Collection for William Carey tornado victims

Hat, Scarf, and Glove Drive

### **St. Martin High**

Reward trips include physical activity—bowling and trampoline park

Teen Parent Support Group—meet with teen parents to make sure they are getting all resources Walk Away the Pounds—teacher walking group that meets after school to improve health by walking

SMHS Team in the Making Strides 5K and Ari 5K

School Nurse creates a bulletin board with health updates and information

Students Help with the Buddy Walk and Special Olympics

Counselors Referral to Mental Health Resources in Jackson and Harrison County

Lions Club provides eye glasses to needing students

American Cancer Society Relay for Life Team

Culinary Arts Program—Students complete Serv Safe Course

Green Team—classrooms and workrooms collect paper and plastic products for recycling

Recycle Fashion Show –class competition where dresses are made from recycled materials

ROTC—cadets have Physical Training every Friday. Marching for 30 minutes 3 times a week

Sex Education offered to all students

Medical Arts teacher is trained in CPR

Cafeteria posted the fruits/vegetables of the month

All classes that include a Lab must pass a safety test.

Heart Defibrillators located in the gym and front office

Umbrellas provided in courtyard to help prevent skin cancer

### **St. Martin Middle**

Cafeteria posted the fruits/vegetables of the month. The students are rewarded for getting caught doing something right. They get a “Traffic Ticket” card and get to put it in a bin for a weekly drawing. This works well, and the winners are chosen at random each week.

We took the whole 8<sup>th</sup> grade to the Job Expo at the Coliseum Convention Center in November. The students learned a lot about the different subjects that are incorporated with jobs, and we are confident that they will benefit from it again.

We have gone over infectious diseases and how to prevent the spread of illness in all classes. We have posted flyers on hand washing and how to cover your cough in class rooms and also in the hallways.

We had our annual Salvation Army Food Drive. We had our annual Reindeer Games. This took the place of field day, and the students LOVE it. They complete different challenges as a team, and the staff even gets involved. We had a fundraiser for our school to help those less fortunate for Christmas. We talked about the importance of sharing and caring. We talk to the students about the importance of sleep, and eating habits right around each testing time. An abstinence class is being held for our eighth grade students during elective time. We have also continued our food pantry for kids to be back-pack buddies. This helps our students that are not getting to eat over the weekend. Our counselors have set this up so that the students come in and leave their regular book bag and pick up the one with the food in it. The food is being supplied by faculty and staff.

Mrs. Moss has also started a running/walking club for staff and students after school. There are even a few students from SMUE that participate in this activity. The BETA Club has done several good deeds to help the community. They have done socks for the homeless, beach clean-up, cancer walk, and pet supplies for the humane society.

We are also participating in Relay for Life again this year as a staff. Our student leadership group and cheerleaders usually participate also.

### **St. Martin Upper**

Activities:

Daily

Recess-Students at SMUE receive daily recess for 20 minutes. Students who serve detention may choose to walk or jog for the assigned time.

Monday-Thursday: Teacher walk club after school

Recycle Program-bins in every hall

Water bottles are allowed in class

Weekly

PE-weekly, students are given 50 minutes of Physical education.

Science teachers incorporate Health lessons into their curriculum created by SMUE

## Monthly

Each class is visited once a month by our school counselor. For 45 minutes, she addresses character, health, hygiene, and bullying issues.

Food Drive- healthy snacks for book bag buddies

Behavior Awards-after school dances with healthy snacks

## Annually

Red Ribbon week-tobacco, drug awareness, drug dogs

Nature trail (science lesson)

Science teachers: 3 week unit on the human body

Field day each Spring

Relay for life

1<sup>st</sup> Annual Pink Out (Breast Cancer Awareness & Walk)

Flu shots sponsored by local pharmacy

## **St. Martin North**

### 1. Past Initiatives:

- a. Introduction of Dance, Dance Revolution into the PE curriculum
- b. Incorporated “Move To Learn” in the classrooms
- c. Move to Learn visit by Coach Calhoun
- d. Chinese Dragon Dance/Walking Parade
- e. Cruisin’ the Campus Walking Parade
- f. Field Trips-skating, Kangarooz
- g. Daily Recess
- h. Yoga
- i. Field Days
- j. Each student was given a water bottle.
- k. Spring Carnival
- l. Encouragement of healthy snacks (i.e. field day concessions)
- m. Students receive 50 minutes weekly of physical education
- n. Running of the Halls
- o. Relay for Life faculty team
- p. Olympics
- q. Dental Screenings

### 2. 2016/2017 Initiatives:

- a. Implementation of Health & Wellness portion of the JCDS website
  - i. Smart Snacks Product Calculator
- b. Installed hand sanitizer kiosks outside of cafeteria
- c. Completion of PE classroom (gym)

- i. Rockwall climbing wall
- d. Perfect Attendance Party Train (dance party for students with perfect attendance for the week)
- e. Breast Cancer Awareness Month
- f. Red Ribbon Week BMX demonstration
- g. National School Bus Safety Week:
  - i. Poster contest
  - ii. Bus safety facts during morning announcements
- h. Good Fight Foundation 5K participation
- i. Relay for Life Foundation
- j. Healthy Organ program for Kindergarten
- k. Bippo the Hippo
- l. RAT Dance crew performed

3. Future Initiatives:

- a. Health & Wellness facts on the morning announcements
- b. National Walk to School Day event during school
- c. Teacher Running Team
- d. 5K

**St. Martin East**

Student performed activities:

School Wide Activities

Each year our school celebrates healthy living and saying no to drugs during our red ribbon week.. We had daily dress up themes, Bulletin board contests, and a video shown in the library to reinforce our week's message. Our PTO puts on a 5K road race called the Yellow Jacket Buzz. We had over 100 people from the community participate in our race this year. We do "Move to Learn" videos daily as brain breaks in class.

All students participate in Physical Education class weekly. Some of our special events include:

SME participates in Fitness Testing

SME has an annual field day celebration, showcasing several of the exercises that we perform during the school year in PE class.

Healthy heart week, where our students learned how to take their heart rates and discussed how healthy hearts affect their lives.

Our School sells summer skating passes to try and keep students active during the summer.

We have an outdoor block party as a reward.

Our school is a Bronze Medal School for our cafeteria program.

All third graders go several times a year to the St. Martin Walking track to help promote fitness and a healthy lifestyle.

Have implemented Healthy activities as rewards for reading incentives, like mullet hop trampoline park.

Food Drive this year brought in so much food we had to deliver not only to our families but other needy in community.

Raised money for local animal shelter to raise awareness.

Tobacco safety

School bus safety

Good behavior incentives, children on teams working together

- School 5k in April
- Had Rat Pack visit from Hattiesburg give presentation against Tobacco
- Coach Calhoun did school wide program on using movement in classroom to promote focus.
- Annual field day activity that all students participate in

The following are the healthy activities we have done in music.

1. All students move to music every day.
2. K and 1st grade sang a song about why it is important to cover our mouth when we cough, sneeze, or clear our throat called "Cover, Please".
3. All grades danced to "The Twelve Powerful Words".
4. K and 1st grade learned to march in time to music.
5. 2nd and 3rd graders learned about the heart as they sang and moved to the song "More Than a Muscle".
6. 2nd and 3rd graders ran in place and marched in place briskly to understand the difference between quarter notes (walking notes) and eighth notes (running notes).
7. 2nd and 3rd graders learned to breathe correctly, to sit and stand with good posture, and why those things are important for singing.
8. A "zombie-style" dance was taught; this dance included a lot of cardio exercise.
9. Marching in time to a rhythm was taught.

### Kindergarten Activities

Kindergarten does a lot of moving with Dr. Jean. She has DVD called Better Bodies and Brains with Dr. Jean

They take brain/physical breaks in between our rotations during academic instruction. They have balance contests regularly in class. Students create races against each other during recess. Free play on the playground everyday for 20-25 minutes where students are encouraged to climb, run and swing. Students are allowed to stand during work if they wish. We teach healthy habits on a daily basis-hand washing, bathroom etiquette/hygiene. Unit on proper nutrition, teeth health, good choices at lunch.

### First Grade Activities

The St. Martin East PTO provided all students a bottle of water during field day. First graders also pick up litter weekly from the playground as a movement activity.

First graders participated in weekly walk/races around the new car rider circle. These activities are a combination of walking, running, crab walking, and bear crawling movements.

A unit on sneezing into your elbow was also taught in first grade.

## Second Grade Activities

Second grade had Dr. Anderson DDS come and teach about dental health.

Our second graders all took part in a hand washing seminar presented by Ocean Springs Hospital system nurses.

Biloxi Regional visited a class to teach about germs and the proper way to wash their hands. Mr. Glo Germ showed students "fake germs" and how important hand washing is for a healthy body.

Fitness presentation...Hunter Henley, Iron Man/Tri-Hard Sports, Christy Phillipoff, Germ presentation Instructor MGCCC, Stephanie Crocker Dental Health presentation

## Third Grade Activities

Our teachers in third grade teach a unit on playground safety.

Presenters:

We have had a number of safety presenters this year including the Mississippi Tobacco Free Coalition, Farm Bureau Fire safety, Bus Safety, A presenter from Jackson County Sherriff Department, and the drug dogs came to our school for a presentation. A presenter came from the D'iberville public library and did a presentation on Halloween safety. We had units on Fire Safety

## Special Education

These classes take walks on SME's nature trail, and do Math exercises using the whole body.

## Teacher Performed Activities

- The teachers at St. Martin East are a very active group. We strive to promote fitness and encourage nutrition in as many ways as possible. Our teachers are involved in many small groups.

Our School offers:

- Many of our teachers regularly take part in road races/running workouts
- T25 workout 3 times a week.
- Group swimming at the Biloxi Natatorium
- Group exercise at planet fitness
- Teacher recipe swap of nutritious meals
- Our entire faculty and staff have completed the Pre/Post test for food safety as a professional development presentation.
- Several teachers have completed the "Couch to 5K" running program and now participate in local races/fun runs.
- Our school has a weight loss challenge that many teachers participate in which promotes a healthy school atmosphere.
- We have a Relay for Life team, which helps raise cancer awareness.
- Our Physical Education teacher is the Vice President Elect for Recreation in the Mississippi Association of Physical Education, Health, Recreation, and Dance. And Also presented two fitness stacking seminars at the MSAPHERD state wide conference, which was viewed by professional educators from all over our state. He was also certified in the "Ropes Course" at the high school, which will become part of the Physical Education curriculum at our school.
- Our Physical Education teacher was chosen along with ten other professionals from around the state to rewrite the Mississippi Physical Curriculum for grades k-12, the curriculum developed is currently used state wide in all MS public schools.

## **Vanceleave Lower**

### School Wide Activities

VLE engaged in many activities this year to increase awareness in health and wellness. A few of the key activities include: Red Ribbon Week, Safety and Wellness Day.

All students participate in Physical Education class weekly. Some of our special events include:

Buster the Bus-Buster came to our school at the beginning of the year to discuss school bus safety

Reindeer Run-We were able to do our Reindeer Run in December. The Reindeer Run is a 1 mile fun run to get the students engaged in running.

Move to Learn-Students engage in Move to Learn in their classrooms to give them a break and get them up and moving.

Parker Dental-Parker Dental came to the school to discuss good oral hygiene and handed out toothbrushes to every student and teacher.

Get Ready to Run Fun Run-Several students from the school are registered to participate in a 1 mile fun run hosted by Blue Cross Blue Shield of Mississippi following a 4 week unit on proper running forms and techniques.

Ren Rally- We have a Ren Rally every nine weeks to celebrate student academic achievement. There are games and dancing that involves the students and teachers.

Billionmilerace.org- We log miles on the website weekly which puts in the hat to win prizes from New Balance and they also have grant opportunities.

Easter Run-We're working on putting together an Easter Fun Run

## **Vanceleave Upper**

The following list contains health and wellness activities that have been completed, are in progress, or have been planned for the 2016-2017 school year.

Classroom teachers are incorporating health lessons into their lesson plans.

P.E. students are learning the value of good sportsmanship and character education within the school setting and in everyday life.

Red Ribbon Week – Oct. 24 – 28. This Program was aimed at teaching the students the dangers of drugs.

Nov. 8 - Eddie the Eagle (Gun Safety Presentation) visited our school share the dangers of guns and what to do in situations involving guns.

Nov. 18 VUE Field Day was a huge success.

In January MS Power did a presentation on the dangers of electricity for our 4<sup>th</sup> Grade.

East Central's Bailey Anderson (Miss. Minnesota Collegiate) is currently doing bullying presentations for our 3<sup>rd</sup> Grade.

We are currently doing a Pennies for Patients Drive to help people with different types of cancer treatment. Teachers are currently participating in the Biggest Loser contest, which promotes healthy choices for healthier living.

Students participate in a Safety Patrol program. This program consists of different groups of students helping other students to and from class in the mornings before school starts.

VUE will host The NED Show in the cafeteria for grades 3-5. The NED Show is a student-centered program that focuses on character education and encourages students to do what is right. NED is a cartoon character whose name is an acronym for Never give up, Encourage others, and Do your best.

## **Vanleave Middle**

Physical Education is offered for all students at VMS for 65 minutes, 5 days a week. Science classes did an outside lab that had them race walk, walk backwards, regular walk, and hop to get their speed. In our leadshi Cloases on campus the teachers continue to emphasize the importance of a healthy community, environment and student. Our cafeteria participates in the healthy promotions to increase student awareness. Healthy Snacks are sold during break for student and faculty. Many faculty members are participating in the biggest loser competition. Administrators understand and stress the importance of proper nutrition. They provide snacks or a meal for any extended meeting so that staff blood sugar levels remain stabilized. Many of our staff members are participating in the nutritional based weight loss programs. Sex education is offered to 8<sup>th</sup> graders. Weekly our campus offers Take a Hike to our special population students. Bottled water and crackers are provided to all students during state test in an attempt to maintain blood sugar levels. Quarterly Reward Program "bulldog Bash" include multiple opportunities for physical activity. Make It Matter Monday Rallies offer opportunities for student participants to compete in competitions requiring physical activity. Administration creates healthy minutes on the daily announcements and included the cafeteria menu.

## **Vanleave High**

The school sold hearts in memory of Natalie Hightower to raise money for childhood cancer research. Junior Civitan sold items to raise money for Breast Cancer Research and they did a beach cleanup to help the community environment. Health classes brought in food items to research the nutritional values. They also researched the dangers of tobacco usage. One of the science classes burned food to see how many calories it contained. Students celebrated Red Ribbon Week. Nutrition and Wellness classes researched fad diets and their dangers. Students participate in "Character Counts," a program that allows the students to wear jeans on Wed. if they have no discipline referrals and passing grades. The cafeteria has new tables, creating a more inviting dining experience. FCCLA is collecting soap for the Global Soap Project.

## **Jackson County Technology Center**

### **Safety**

Safety is the most important concept with work on at the Jackson County Technology Center. Our students deal with fire, electricity, and heavy equipment on a daily basis. Each year our students must pass a safety test with a 100% score before they are allowed to enter the shop area. Also, Personal Protective Equipment (PPE) is required for entrance to the shop areas. These PPE's include dressing out with safety glasses, boots, coveralls, gloves, long sleeves for welding, and ear plugs when needed. Signs are posted on areas where these PPE is required.

### **Weekly Safety Meetings**

Our Automotive, Construction, Instrumentation and Controls, and Welding classes have implemented a weekly safety meeting. These meetings will be a weekly refresher on safety steps for equipment that is used in the shop. Also, procedures and safety precautions are posted by the equipment as a visual reminder of safety. Also, this will prepare our students to expect these meetings in a real job atmosphere.

### **Monthly Safety Reports**

Employee incidents reported by the district are discussed at our faculty meeting. We discuss how these incidents could be avoided.

**Presentations** - Safety presentations are a part of our guest speakers every year.

**Jackson County Fire District** came out and worked on Fire Extinguisher use. Fire Extinguisher use is part of our curriculum. Students were given hands on experience with the fire extinguisher. They had to use the steps that include PASS- Press, Aim, Squeeze, and Sweep to put out an enclosed fire.

**Farm Bureau** presented for safety with electricity and power equipment. Students were given examples of safety incidents and a graphic display of a power point of what it looks like if you do not follow safety protocol.

**CPR Training-** Our 2<sup>nd</sup> year medical students were trained in Basic Life Support and earned a certification in CPR with Trey Pope from Farm Bureau.

### Student Organizations and Competition

#### Skills USA and HOSA

Skills USA is a national organization serving teachers and high school and college students who are preparing for careers in technical, skilled and service occupations, including health occupations and for further education. Skills USA was formerly known as VICA (the Vocational Industrial Clubs of America).

Students will attend Skills USA Regional Competition at Jones County Junior College, Ellisville, MS on February 10, 2017. We will attend State competition on February 28 -March 2, 2017 and hope to finish strong with more medals.

HOSA is the only national student organization that exclusively serves secondary and post-secondary/collegiate students in pursuit of a career in the health professions.

HOSA students competed at Regional competition in Biloxi, MS on February 18, 2017 and HOSA state competition will be held March 29-30, 2017 in Jackson, MS.

#### Upcoming Field Day in April 28, 2017

This is a day we spend each class block at the baseball field in Vancleave to reward our students for a successful year and present awards for all of their accomplishments. We grill hamburgers and hotdogs for them following the presentation of the awards. Students play softball, volleyball, and kickball. This is one of the most exciting events of the year.

#### Career Fairs

On September 29, 2016 our school had a Career and Industry Fair for our students. We had military, college, community and industry vendors who participated in our event. This night involved the parents with our students talking to the colleges and industry about career choices that are available for their future. Students were given a punch card to take to all stations to ensure participation. Punch cards were drawn for door prizes that were donated by the community. We received 96 door prizes from the community for our students.

## Reality Fair

Mississippi State Extension office came to our center on January 11, 2017 to involve our students in a Reality Fair. The students were involved in a hands -on real life simulation designed to help young people learn about the financial obligations adults face on a daily basis. Each student was given a scenario containing an occupation, marital status, and number and ages of children. Then they received their monthly salary. Students proceeded through The REAL WORLD by paying taxes, daycare, and etc... Participants were able to reflect on how their career will determine their lifestyle.

## CPR Training and AED

Breanna Bean the medical teacher who is a Registered Nurse trained our staff on the AED (Automated External Defibrillator) is installed in our building. This is a device to check the heart rhythm and can send an electric shock to the heart to try to restore a normal rhythm if the need arises. Cathy Bloomfield is trained in this area and will be our contact person for this information and use of this device. Our faculty completed the on line training for the AED for the district in the past.

## Medical Class/Health Skills

### Parenting Skills

Students in the Medical Class were assigned a baby to take care of for a night. Students were educated on parenting skills with a baby. Each student received a mechanical baby to keep overnight. Students were graded on how well they took care of the baby overnight. The baby is linked to a computer program that Mrs. Bloomfield can read from a chip in the baby. This activity teaches valuable parenting skills.

### Health and Wellness Curriculum

The students in the Medical program have many units that are connected to Health and Wellness. Students learn about Infection Control, Diet and Exercise, and etc.

### College Visits

Our Teacher Academy classes went to South Alabama, William Carey University, and The University of Southern Mississippi to tour the Education department. Students toured the campuses and met with admissions for a question and answer session.

Our Medical classes will tour South Alabama on May 2017 to tour the Medical programs that USA has to offer our students in the future. We will attend a Health Symposium on the campus of William Carey's Traditions Campus on February 1, 2017 to explore careers in the Health field. They will expose the students to what classes they have to offer in the Healthcare field.

Our Automotive, Construction, Information, Technology, Instrumentation and Controls, and Welding classes will tour the Jefferson Davis/ Jackson County campuses in the spring to view the Career and Technical Classes available for them in the future.

### Job Shadowing/Career Pathway Experience

Our second year students are encouraged to job shadow every year. We have had many students' job shadow from Medical and Automotive. These experiences will help with the decision of choosing a

career to enter following high school.

Career Pathway Experience students are our third year students in our programs. These students are working in the field they chosen for a career. They will check in with the teacher during the week.

Maritime Academy- This involves Ingalls Shipbuilding and Gulf State Ship Builders. Students attend a yearlong class at the Haley Barbour Building at Ingalls during first block and be trained by Ingalls employees in basic Maritime skills. This year Jackson County School District was represented by 10 students in this class.