



25-26 ANNUAL HEALTH & WELLNESS REPORT



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Child Nutrition Director

District Health & Wellness Coordinator

1. Regulatory Framework & Accountability

- The annual Health & Wellness report is a compliance requirement mandated by the **Mississippi Public Schools Accountability Standards**.
- **Annual Enforcement:** Guidelines are strictly enforced each year by school administrators across all JCSD campuses.
- **Core Philosophy:** The health and safety of students, staff, and the community are treated as paramount priorities. The district operates on the principle that robust health programs directly support and drive student academic achievement.

2. Local School Site Leadership

- Every school campus within the Jackson County School District is staffed with a **School Health Coordinator**.
- These coordinators commit extra time and effort to lead local **School Health Councils**.
- The councils are responsible for assessing the specific health and wellness needs of their unique campus sites and implementing targeted programs throughout the school year to directly address those identified needs.

3. Key Milestone in 25-26: District-Wide Hope Squads

- A premier highlight of the district's mental health and wellness strategy is the successful formation of **Hope Squads** across **all JCSD middle and high schools**.
- **Community Synergy:** This achievement was made possible through dedicated partnerships and funding collaborations across Jackson County.
- **Impact:** Hope Squads utilize a peer-to-peer model where students are nominated by their classmates as trustworthy peers. They are trained to recognize signs of distress, reduce mental health stigma, and safely connect struggling students with trusted adult sub-coordinators or counselors.

4. Employee Wellness Initiatives

- District wellness extends beyond the student body to encompass faculty and staff health. JCSD has maintained a highly productive, ongoing partnership with **Active Health**.
- **Support System:** This partnership drives employee health initiatives by offering comprehensive onsite and virtual training programs to promote proactive health management among district staff.

5. Direct Clinical Access: Coastal Health MOU

- To ensure equitable access to healthcare, JCSD maintains a vital **Memorandum of Understanding (MOU) with Coastal Family Health Center**.
- **All-Campus Presence:** Under this agreement, fully operational health clinics are established **on all campuses** across the district.
- **Comprehensive Care:** This partnership provides immediate, on-site medical attention, preventative care, and health management for both **students and staff members**, minimizing time lost from the classroom or workplace.

Note: Individual campus data and specific site accomplishments are detailed in the subsequent "Health & Wellness Report for Each Site" sections below.

**East Central Lower Elementary
School Health Council Coordinator – Noelle Mann**

- Hand Washing Demonstration - Students used special soap to determine how well they washed their hands, Enrichment teachers/August
- Bus Safety - All enrichment teachers covered and reviewed bus safety with the students in the fall.
- Staff Flu Vaccines - 23 Staff received flu shots in September from Coastal Family Health.
- Hearing and Vision Tests - September (kindergarten and second grade)
- Breast Cancer Awareness - Staff wore pink for Breast Cancer awareness October 1.
- Jackson County Fire Department- Students learned fire safety and viewed the fire truck, October.
- Red Ribbon Week - October 27-31
- Diabetes Awareness Day- all staff and students wore blue Nov 14th
- MHS Mobile Dental - Students received 71 dental cleanings on campus January
- Water Bottle Fillers – Students refill water bottles at the stations - over 13,000 bottles have been saved to date
- Internet Safety for Students - Mrs. Green's computer class
- Vision Screener - January
- National Wear Red Day - Awareness of women's cardiovascular health-
- Food Drive for Backpack Buddies - February 23-25
- Blood Drive - February - 71 units donated; Goal was 40 units/teamed up with the high school
- A1C Check - March - Vigilant Health, Checked half of the staff's A1C
- Active Health - March - BMI Checks for teachers, weight loss consultations
- Active Health - Monthly Emails and virtual trainings
- Active Health- Activities tables set up during lunch
- Head Checks - 1st Friday of every month
- Backpack Buddies - Weekly throughout the entire year
- First Tee Challenge - Golf, used throughout the year in P.E.
- Net Generation- Tennis, used throughout the year in P.E.
- Coastal Family Health Services- Clinic @ high school available to students and staff
- Hand Sanitation Stations- placed throughout school, in hallway, and each classroom
- No-Touch thermometer in every classroom
- Fitness room for staff use
- Mileage Club in PE (all students get opportunity to walk/run laps during PE once a month to meet their own personal goal
- ECLE Field Day- March 20th
- Character Ed class throughout year with counselor

East Central Upper Elementary**School Health Council Coordinator – Brittany Mayfield**

- Breakfasts and lunches (daily) meet health standards/criteria. Students are given choices each day to accommodate children's food preferences.
- ECUE has 38.8% of our students eat a breakfast provided by the cafeteria and 69.3% of our students eat lunch provided by the cafeteria
- Lunches include entrée choices (hot entrée, fruit/yogurt meal or salad), vegetable choices, fruit/juice choices
- Healthy Eating posters to promote good eating habit and school lunches
- Cafeteria décor was upgraded (prior to 2019-2020 school year) to make the cafeteria a more appealing environment for students
- Daily schedules for all ECUE students include 20 minutes of recess time with activities and various equipment provided for safe exercise.
- Classes are assigned to one of three playground choices
- Playgrounds include sandboxes, swings, monkey bars, climbing nets, etc.
- Indoor recess activities for rainy, extremely cold, or bad weather days
- Each class is assigned one 50-minute block for PE each week. Activities are organized and supervised by our PE Coach.
- PE includes a ¼-mile paved track, basketball court, kickball, jump ropes, hula hoops, etc.
- In lieu of school-organized athletics at the elementary level, our students are given the opportunity to participate in activities/athletics through the recreational department or private businesses. Students, parents, and other community members are informed of these opportunities and registration details through informational flyers that are sent home with all elementary-age students.
- Youth Football/Cheer
- Youth Soccer
- Youth Basketball
- Martial Arts
- Youth Baseball/Softball
- Dance and Gymnastics
- State mandated health curriculum standards are taught each week in Science.
- Lessons on proper hygiene are presented to each class.
- Sharon Jay, guidance counselor
- Hygiene kits (deodorant, toothbrush, and toothpaste) are distributed.
- The "Move to Learn" video series is used which allows students to move, stretch, and exercise during short breaks from classwork or instruction.
- ECUE has 1 school nurse on staff for students with specific medical needs or for those students that become ill or injured during the school day.
- Basic first-aid kits (thermometer and sleeves, Band-Aids, gloves, etc.) are in each classroom for minor cuts, scrapes, illnesses
- ECUE hosts an annual Field Day event where students compete by homeroom in their corresponding grade level.
- Events include running relays, sack race, three-legged race, etc.
- Science classes include lessons to stress the importance of healthy choices.
- Science experiments pertaining to bacteria growth, hand-washing, food groups, sugars, etc.
- Board games that teach about the human body and proper nutrition
- Videos that teach or guide with examples are presented
- Character Counts activities are provided by the guidance counselor to encourage self-esteem, peer relationships, etc.
- Red Ribbon Week is held each year to promote a drug-free lifestyle. A theme is created for each day of the week and students are encouraged to dress up.
- Backpack Buddies – Weekly throughout the entire year
- All certified staff are CPR certified

25-26 ANNUAL HEALTH & WELLNESS REPORT

- Fourth grade participated in MS Progressive Day that featured safety with electricity, poisonous snakes, safety around water, sun, farm equipment or ATVs.
- Water bottle fillers were added to hallway and cafeteria water fountains. Students may bring water bottles from home. Students are encouraged to drink water using the easily managed spout.
- Snacks are sold daily to students that choose to purchase these. Snack money is collected in the morning by each homeroom teacher. Snacks meet the guidelines for healthy choices.
- With the help of our community, ECUE participates in the Backpack Buddy program. Community members, local church groups, etc. donate items that are sent home with students that may not otherwise get healthy food/snacks when away from school for the weekends. Grocery bags are sent home on Friday afternoon for the students that request and qualify to be a part of the Backpack Buddy program.
- Flu/Covid vaccines are made available to staff members each year. Flu vaccines are brought and administered during the school day for staff that choose to receive the vaccine. Vaccines are free of charge
- A water bottle filler/attachment is mounted in the cafeteria for students to use at their convenience during lunch.
- Wall-mounted hand sanitizer stations are in all classrooms. Cleaning wipes were available along with cleaning solutions for tables/desks and other surfaces.
- During the last week of school each grade level participates in a kickball tournament.
- 5th grade teachers went to VMS to reward students who made 4s and 5s on MAAP with treats 12/15/26
- PTO provided inflatables for MAAP reward 12/15/25 (rescheduled for 2/27/26 due to weather)
- STEAM Night: 11/18/25 VUE partnered with various community organizations to provide STEAM presentations for families (Bellingrath Gardens, Esports, Audubon Center, etc)
- 4th grade Parent Thanksgiving Lunch: 11/11/25
- 4th grade had a nutritionist visit classes with a health presentation
- Audubon Visit: 11/7/25
- 2nd Term Success Rally: celebrated Perfect Attendance, AB Honor Roll, and A Honor Roll
- "Every Kid Healthy Week" April 20-24- Counselor led initiative with a week of healthy tips and tricks
- School Valentine Dance 2/6/26
- 3rd Term Success Rally: celebrated Perfect Attendance, AB Honor Roll, and A Honor Roll 3/27/26
- SOM the month recognition
- Golden Bulldog Recognition: A teacher that represents true bulldog spirit is selected by their peers each month
- Biggest Loser Competition: weight loss competition among staff
- Monthly attendance rewards for homeroom classes with 95% attendance or higher for the month
- Teacher Appreciation Week sponsored by PTO
- Kickball Tournament: 5th grade
- Field Day 4/2/26
- Awards Day 5/22/26

**East Central Middle School
School Health Council Coordinator – Johnathan May**

July 23 rd	Our school implemented a program called the HOPE Squad. They organized differed activities throughout the year for students.
24 th	CRASE training – Active shooter training for teachers.
August 27 th	School took all students who showed exceptional growth or made a 5 on their state test on a field trip to Paradise Pier. 8 th grade teams collected canned foods for our backpack buddy program. They collected over 2500 food items.
October 1 st	Our staff participated in a weight loss challenge where Jodi Ryder came and weighed us at the end of each month until Christmas Break. We had monthly winners and then an overall winner.
27 th -31 st	Red Ribbon Week (Various activities during the week) November
19 th	P2P (pathways to possibilities) 8 th grade students got to experience different career clusters and jobs to help them choose a career path.
February 2 nd	Celebrated National School Counseling Week
April 13 th	5 th grade parent night, to welcome incoming 6 th graders for next year.
May 1 st	The 8 th grade History classes played Civil War Baseball in May, using primitive equipment
14 th	After state testing was over our school had a Kickball tournament by homeroom classes. Championship team plays teachers team
21 st	Safety Day for 6 th grade (Various vendors demonstrating safety for ATV, boats, farm equipment, firearms, bees, etc...)

- Each grade took field trips to colleges or museums to further expose students to new and different experiences.
- Per regulations our campus had numerous fire and tornado drills throughout the year.
- They counselor provided backpack buddy bags for needy students every Friday, so they would have food and snacks to eat over the weekend.
- Have reward days throughout the year for students who have good attendance and show improvement on assessments.
- Our school had a celebration each 9weeks for students with All A's and A-B by giving them 30 minutes at the end of a day to enjoy drinks and snacks outside or in the gym.
- Many teachers do a themed fitness break most days (short 3 min breaks in the middle of class)
- PE/Health classes had guest speakers come in once a month to talk to students about specific topics (tobacco, drugs and alcohol)

East Central High School
School Health Council Coordinator – Leesa Peterson

JULY

- Senior Sunrise Event
- Senior parking spot painting
- New Teacher Orientation
- Convocation
- Freshman Orientation

AUGUST:

- Hope Squad Resilience Motivation
- Campus Life
- Open House
- Safe Schools and Suicide Training for Staff
- Tailgate Social in Library

SEPTEMBER:

- Grandparents Day Dress Up and Lunch
- Kids First
- Hope Squad Suicide Awareness Month Activities: Spin the Wheel, Kahoot, Bingo
- Senior Breakfast
- Homecoming Festivities (Dress up days, Hall Decorations, Parade, Dance, Game)
- Bagels for teachers by Swarm
- Wellness Champion Conference
- Hispanic Heritage Month Recognition
- See You At the Pole

OCTOBER:

- Tattoo a Teacher
- Welcome to the Real World Budget Simulation
- Stomping Out Bullying
- Red Ribbon Week Door Decorating
- Crock-tober
- Senior Pep Rally
- College and Career Day
- Boo Bash No-Discipline / Attendance Party

NOVEMBER:

- Blood Drive
- Diabetes awareness with announcements and infographics sponsored by Medical students
- Riff Off Contest
- Gratitude Grams
- Staff Wellness Activity and Resources: Gratitude Jars
- Veteran's Day Breakfast and Program
- International Foods Festival Participation
- Reading to ECUE
- Teachers draw for Kris Kringle (Secret Santa) Ornament Exchange

DECEMBER:

- Bingo Night
- 10 Days of Christmas
- Door Decorating Contest
- Angel Tree Adoption
- Operation Christmas Child
- Annual Staff Christmas Brunch Days
- Teachers reveal to their Kris Kringle (Secret Santa)

25-26 ANNUAL HEALTH & WELLNESS REPORT

JANUARY:

- Get2College Event
 - JCSD Job Fair
 - Get2College Coaching (monthly through March)

FEBRUARY:

- National Wear Red Day for American Heart Health Observed
- Black History Month observed with morning announcements / class projects
- Mardi Gras Mambo
- Senior Mardi Gras Parade
- Hope Squad Celebration

MARCH:

- Trebulldawgs Performance
- EC's Got Talent
- Blood Drive
- Sock Day for World Down Syndrome Day
- ECHS Student Volunteers for Field Day
- Junior/Senior Prom
- P.R.O.M. Assembly (Please Return on Monday)
- Old Fashioned Day

APRIL:

- Easter Dinner
- Transition Day for incoming 9th graders
- Senior Decision Day
- Key Club hosted breakfast for first responders
- Field Day
- Senior Awards Ceremony

MAY:

- Teacher Appreciation
- Awards Day
- Fun Day
- Senior Sunset Event
- Senior Walk Through
- Baccalaureate
- Graduation
- Retirement Celebrations

ONGOING:

- Comfort/Clothes Closet
- Back Pack Buddies Program
- On-site Medical Instructor/Nurse available to staff to measure vital signs and provide education on illness prevention and improving wellness
- Positive Behavioral Interventions & Supports Team in place
- Principal-Teacher Advisory Committee
- Principal-Student Advisory Committee
- Staff Hospitality Committee to support fellow staff in times of need and celebration
- Student nominated teacher of the month awards
- Teacher nominated teacher of the year
- Teacher nominated student of the month awards
- Positive Behavioral Referrals for students
- Well wish boards for students on campus in various locations
- Various Mental health awareness bulletin boards and positive messages posted throughout the school by Medical students, HEROs club, English Department, FCA, and the SWARM
 - Wall of Fame /Brag boards with student success and acts of kindness
 - Social media coverage of student activities by Webmaster & Yearbook Staff

25-26 ANNUAL HEALTH & WELLNESS REPORT

- Brain breaks, stretching, wellness walks, and kinesthetic learning opportunities in classes
- Music played in classes during seatwork
- Second breakfast and grab-n-go breakfast
- Kona Ice and Coffee Trucks during selected break days
- English classes go outside to read in the courtyard
- Fitness Friday collaboration between Health, Nutrition and Wellness, P.E., and Marine Biology with emphasis on outdoor activities
- Sex Education provided to Health, Child Development, and Family Dynamics students
- Medical students receive CPR certification, AED training and site location, and practice handwashing and checking blood Pressure, pulse, and respirations, and check fire extinguishers throughout the campus for expiration dates
- Welcome to the Real World budget simulation experience in Family Dynamics and College and Career Readiness courses
- Agricultural Students raise quail, rabbits, and plant gardens
- Physical Science students receive safety lessons on fire and propellants, household chemicals, vehicles and seatbelts, and electricity.
- Earth Science students receive safety lessons on volcanoes, earthquakes, tsunamis, ocean tides and currents, and severe weather (lightning, thunderstorms, tornadoes, flooding, and hurricanes)
- Strength and conditioning for out of season athletes during 4th block

St. Martin East Elementary
School Health Council Coordinator – Joe Clark

School Wide Activities

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.
- All third graders go several times a year to the St. Martin Walking track to help promote fitness and a healthy lifestyle.
- Food Drive this year brought in so much food we had to deliver not only to our families but other needy in community.
- School bus safety
- Good behavior incentives, children on teams working together

Music Activities

- All students move to music everyday.
- 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".
- All grades danced to "The Twelve Powerful Words".
- K and 1st grade learned to march in time to music.
- 2nd and 3rd graders learned about the heart as they sang and moved to the song "More Than a Muscle".
- 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).
- 2nd and 3rd graders learned to breathe correctly, to sit and stand with good posture, and why those things are important for singing.
- A "zombie-style" dance was taught; this dance included a lot of cardio exercise.
- Marching in time to a rhythm was taught.

Kindergarten Activities

- Kindergarten implements daily use of GoNoodle and Move to Learn to give their classes brain breaks as well as get kids moving during instruction.
- 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 every day 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

- First graders also pick up litter weekly from the playground as a movement activity. A unit on sneezing into your elbow was also taught in first grade.
- First grade classes taught a germ spreading lesson with extra fine glitter on their hands during the hand shake in the morning and then had the kids see where all the glitter ended up.

Second Grade Activities

Second grade classes run/walk daily after lunch.

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 Farm Bureau Fire safety, Bus Safety, A presenter from Jackson County Sherriff Department, A presenter came from the D'iberville public library and did a presentation on Halloween safety. We had units on Fire Safety

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 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.

Our School offers:

- Water Bottle Fillers in each hallway
- Free vision screening for all kindergarteners
- Free hearing screening for all first graders
- We offer a citizenship award for students being positive role models
- We have a blood drive yearly
- We have a health fair yearly
- Teacher recipe swap of nutritious meals

St. Martin North Elementary School Health Council Coordinator – Linda Chastain

- Coastal Family Health Services – their clinic is available at SMNE on Mondays for students and staff. Services offered are sick visits, well visits, vaccinations, behavioral health services, physicals, and referrals.
- The School Nurse is present on campus daily for daily medications, nursing care required for students with medical needs, and responding to the staff and student injuries and emergencies. The school nurse is also responsible for staff medical needs such as blood pressure checks.
- Throughout the school year, Coach Myers started physical education classes with warm ups. Next during class, the students watched a health affiliated video and discussed what was watched, including the topics of hygiene, nutrition, muscles, heart, or bones. Exercise would follow including core workouts, jump roping, hula hooping, or walking/jogging laps. Finally, Coach Myers taught a skill or game that the students practiced or played.
- July 24th - Nurse Alex (Linda Chastain) provided the staff with first aid basics, including: Epi Pen administration, anaphylaxis s/s, seizure medication administration, seizure s/s, informed the staff where the AED is on campus (front office kitchen), inhalers' location, s/s of asthma attacks, s/s of choking, where the life vacs are kept (cafeteria, front office, nurse's office) and when to use them.
- September 11th - Vision Research conducted a free vision screening service for Kindergarten students.
- Kindergarten students also received a hearing screening during the first 45 days of school.
- November 4th - Mobile Dental Clinic visited our school and spoke to classrooms about their services. "According to the Academy of General Dentistry, more than 51 million school hours are lost each year due to dental-related illnesses. Despite these numbers, many children still do not visit the dentist. In addition, almost 50 percent of tooth decay remains untreated in low-income children, according to the Centers for Disease Control and Prevention (CDC)." – mhsmobiledental.com
- In the month of October staff members were offered the flu vaccine from Coastal Family health.
- October 28th- Wellness committee team member provided the staff with a listing of the students on campus with an allergy requiring an Epi Pen. Also, students with inhalers, seizure medications, etc. as preparation and a reminder for the upcoming fall festival.
- Red Ribbon Week: October 28- November 1. It is held annually to promote a drug-free lifestyle. Staff and students were encouraged to participate in the spirit dress up days throughout the week.
- The first 9 weeks incentive party was on October 30th. Which was for the students that met the following criteria: did not miss more than 3 days at school (excused and/or unexcused), no F's on their report card for the most recent term, and no discipline referrals (bus or school). They were rewarded with time in a bounce house/obstacle course.

25-26 ANNUAL HEALTH & WELLNESS REPORT

- St. Martin North Elementary's fall festival was held October 31st . Activities included a station for students to move their bodies (playground equipment, bounce house, and active games). In addition, there was a dunking booth, a fire truck with firefighters on site, a K-9 unit, staff from the department of marine resources, and a biologist. Allergy free prize bags were distributed by the fall festival committee in order to accommodate students not able to have regular candy due to food allergies.
- January 30th - We had another incentive party, but this one included a short show with popcorn and a drink in the gym.
- February 13th - Our school hosted a Mardi Gras ball for the students to get active in the gym with Mardi Gras themed decorations, and then followed up with a Mardi Gras walking parade. The Kindergarteners walked around the school throwing beads while our other grades cheerfully participated in watching and catching from the sides.
- March 4-6th Mobile Dental Clinic visited our school to provide dental assessment, teeth cleaning, and referrals to each student with no out-of-pocket cost. They also provide sealants.
- March 27th - We had another incentive party that allowed select students to get outdoors and play in the bubbles.
- April 2nd - We had an Easter Egg hunt for the students, which encouraged physical activity and searching for eggs that were hidden outdoors.
- We are holding a student appreciation day on May 20th allowing students to play in bounce houses as well as a Schoolwide Science Day.
- May 21-22 We have our field days which include activities such as: 40-yard dash, tug of war, sack race, egg and spoon race, 3-legged race, sit and bounce race, and chopstick relay. The students get to demonstrate the activities they have been practicing in PE all year. There are also plenty of other outdoor activities and stations the students get to participate in.
- May 21-22nd Our final incentive party is at Big Play to give students free time to engage in arcade games and social interaction.
- May 26th - The third graders get to "run the halls" and then have a "Goodbye dance" since this will be their last year at SMNE.
- The school has water bottle refill stations in each hallway, promoting students to refill their reusable bottles and drink more water.
- Hand sanitization stations are in the hallways, school atrium, front office, nurse's office, classrooms, and the cafeteria to promote proper hand hygiene for staff and students throughout the day.

St. Martin Upper Elementary
School Health Council Coordinator – Lisa Broussard

- The students participate in physical activity during PE1, PE2, during Health class, and during their recess time. Both P.E. classes incorporate conditioning, stretching, and organized sports both inside the gym and outside. Health class incorporates stretching, yoga, & relaxation techniques. Recess includes the opportunity to walk, play basketball, as well as using the outdoor fitness equipment.
- SMUE participated in Red Ribbon Week in October 2025; Ms. River Woods, our counselor, along with Mrs. Broussard, our Health teacher, taught a character lesson on bullying that week that included our students sharing positive messages in chalk art around our school.
- SMUE held its annual *Hoops for Heart* event from November through March under the direction of Coach Letort & Coach Brune . This brings awareness of heart disease and how exercise benefits heart health to the attention of the students at our school.
- On cold & rainy days, many of our classes are using the gym for play rather than stay in the classrooms for indoor recess.
- SMUE has a designated Health class this year that has covered topics such as nutrition, exercise, hygiene, social emotional health, and has worked with the counselor on numerous character trait lessons.
- SMUE held its annual Field Day on April 2nd at the SMHS football field. We had many great events throughout the day's competition between classes.
- Our SMUE students participated in the Presidential Youth Fitness Program during PE1, PE2, & Health during the month of April, this included pushups, curlups (situps), V-reach, pullups, shuttle run, and a 1-mile run or walk.
- In January, we had a group of teachers that began walking one mile a day inside the building after our students left for the day. Many of those teachers have moved on to walking/running outdoors and working out together in various locations after school as well.

**St. Martin Middle School
School Health Council Coordinator – Jennifer Endt**

- Physical Education classes participated in the Presidential Physical Fitness Test; students were tested quarterly on their time to run a mile, how many pushups and sit-ups could be done in one minute, and how many pullups could be done.
- Pacer test is completed quarterly in PE in which students show growth throughout the year.
- Dental students from a local JUCO visited to discuss proper oral health habits with students.
- Cafeteria offers nutritional, balanced meals for students throughout the school week. They also have a summer program for students in need.
- SMMS has a HOPE squad which focuses on bullying prevention and awareness.
- Band Students presented concerts open to the public at various times per year.
- Robotics through Project Lead the Way and afterschool club partnerships provided a platform for students to build, code, and program robots and their components in local, state, regional, and national competitions.
- Dental screenings were provided to students.
- Flu shot vaccines were provided to the staff.
- Annual blood drive for staff and community members to donate.
- Partnership between Jackson County Schools provided Health Clinic services to students and faculty at two campuses in our attendance center.
- Partnered with local Health Clinic to provide vaccinations for students.
- The school competed within grade levels in a canned food drive. The items were donated to a local food bank.
- SMMS created a team to participate in the Making Strides Against Breast Cancer Walk.
- A “Share-Bin” program in the cafeteria was continued. Students donated milks, juices, and packaged foods they were going to be thrown away. Their donations were given to PE students upon vigorous workouts and class activities. Items were additionally quietly donated to students in need. While this limited wasted resources and the decreased physical strain on cafeteria workers in the weight of trash being lifted and thrown away, students ultimately benefitted from the additional sustenance that many would not have been privy to.
- SMMS participated in the national Red Ribbon Week activities to promote awareness and prevention of drugs and alcohol.
- 6th Grade outside field and fun day events included obstacle courses, ball throwing contests, and other physical activities.
- 7th Grade outside field and fun day included kick ball and other physical activities.
- 8th grade participated in a career day field trip “Pathways to Possibilities” to broaden their horizons of what kind of careers exist in an attempt to get the students to start thinking about their future if they have not already.
- 8th Grade Social provided at the end of the school year for students to dress up, dance, and enjoy their last Middle School activity together.
- Enrichment class during SuccessMaker for students 6-8.
- Incentives throughout school year for students who show growth on Benchmarks.
- Teacher Appreciation week during the second week of May was celebrated Staffulty with daily gifts and goodies.
- Students were recognized for positive behavior, grades, and attendance:
 - Positive Office Referrals
 - Student of the Month Awards
 - Attendance Rewards
 - Honor Roll Rewards
 - Annual Awards Day

**St. Martin High School
School Health Council Coordinator – Jamie Strayham**

- Water bottle fillers on each hallway
- Fitness room available for student/staff use
- Flu vaccines for staff provided by Coastal Family Health, at no charge beginning in October
- Free student sports physicals on campus provided by Coastal Family Health Clinic
- Behavioral Health services provided by district contracted personnel and Coastal Family Health
- Nurse provided training on diabetes, AED machines, Epi Pens, and seizures during teacher work days
- New Life Vac anti-choking devices were placed in the office and cafeteria
- Food drives
- Angel tree adoptions for less fortunate families at Christmas
- Tutoring/ACT workshops
- Brittini Marvin – career coach offered job shadowing opportunities for our students
- 8th grade tours guided by Sting Mentors
- Medical instructor/nurse on campus
- ACT Wall of Fame for students who score 30 or above. Also ACT Work Keys recognition banners
- Community Fall Festival held in October
- Homecoming parade and pep rally
- Frequent recognition of staff and students on school Facebook page
- Extended lunch time scheduled to allow for leisure/longer break
- Staff and student celebrations
- Reindeer games with student and staff participation
- Sex education provided to Health, Child Development, and Family Dynamics students
- Teacher Appreciation week
- Seniors walked the halls of the elementary schools
- Retirement celebrations
- ActiveHealth Walking Challenge for Staff in February
- Oatmeal bar provided for staff by Jodi Ryder, our ActiveHealth Coach
- Celebrated Go RED For Women to raise awareness for heart health
- Jodi Ryder from Active Health on campus a few times to answer questions and promote resources
- Blood Pressure screenings provided by medical class
- Weight and height scales available in nurse office
- Annual Make-A-Wish Fundraiser
- These efforts contribute to a well-rounded learning environment that prioritizes both student health and academic success.

**Vancleave Lower Elementary
School Health Council Coordinator – Delani**

- Keeping up w/ Sanitizing, work order for hand sanitizing station in each room.
- Various teachers incorporated healthy choices in decision making in many of their activities for students.
- School nurse meeting at the beginning of the year to discuss AED use, allergies, asthma, CPR, EPI pen use.
- Red Ribbon Week activities.
- Canned Food Drive for donations
- K-3rd grade field day- Teamwork
- Students received Positive Behavior Referrals
- Backpack Buddies Program
- Bus/Car safety procedures taught to students
- Dental Health - cleanings offered to students through Mobile Dental Clinic
- Vision Screenings provided by school nurse for Kindergarten
- Vision Screenings provided by Vision Research for Kindergarten
- Flu Vaccines were provided for staff
- Teacher Appreciation week of May 11th-15th 2026
- High School involvement - students mentored
- After school clubs including guest speakers, competitions, and student mentors
- STEAM night
- Book Fair
- Award ceremonies at the end of school year celebrations for students receiving various awards for academics and leadership (Planned)
- PE Classes- Healthy food talks daily as well as workout routine
- Move to learn daily
- Recess everyday
- Reindeer 1 mile run - Medals given out for 1st, 2nd and 3rd Boy and Girl
- Easter Egg Hunts K - 1st Grade, BINGO 2nd-3rd grade
- Incorporating Kinder Sight Words and math fluency into PE class
- Quarterly Success Rallies for academics
- Collaboration between Vancleave Schools
- Teachers took part in professional development dealing with active shooter and crisis management.
- Workout outdoor gym area put in for VLE - PE classes and Reg ed classes have access to the equipment
- K-3rd participated in the Kids Heart Challenge through the American Heart association.
- PTO snack cart based off of the Smart Calculator from Child Nutrition
- Color Run

**Vancleave Upper Elementary
School Health Council Coordinator – Matthew Eleuterius**

- School Health Index was completed 11/18/25. Results are located in the health/wellness binder (Score: 81.14%)
- Backpack Buddies- provides weekend meals for families; VUE canned food drive was a huge success with over 5,000 items collected this month
- Student Success Rallies- Quarterly celebrations for A/A-B/Perfect Attendance
- Student of the Month Rallies- Partnered with Keesler; signs provided; parents invited; SOM selections are based on monthly character traits that are taught in class by counselor
- Counselor pushes into classrooms to teach whole group lessons
- Monthly Teacher Drawings: partnered with various community businesses who provide door prizes for teacher drawings each month
- State Farm and Miley's Dance have sponsored teacher treats
- Quarterly birthday celebrations sponsored by community businesses
- Potlucks for fellowship
- Cafeteria incentives to promote eating in the cafeteria (monthly drawings)
- 4th Grade Parent Lunch 11/11/25, 5th grade will be in March
- Suicide Prevention training- completed annually
- CPI Training offered annually for staff; mandatory for special education teachers
- Behavior screener conducted 2x per year to help identify students in need
- ACES Training/CRAZE Training/Monthly Safety Drills
- JCSD is partnered with Coastal Family Health to service staff and students
- JCSD has a new online mental health service: supportline
- Parent University Night: 8/26/25 Partnered with different departments within JCSD to provide an informational night to families; Jackson County Public Library and Coastal Family Health were in attendance
- Safety Day: 11/12/25 Implemented by WINGS for all 4th grade students; community partnerships (Fire Dept.)
- Collaboration with different agencies, both in-district and out-of-district, to assist with students' mental health concerns
- Partnered with local agencies, such as Junior Auxiliary, to meet the immediate needs of students. (school supplies, uniforms, eyeglasses, etc.)
- BUDS Mentoring program with VHS students
- Wear orange World Kindness Day and Red, White, and Blue for Veteran's Day
- Provided Christmas gifts to VUE families in partnership with local church
- Perfect Score Parade: Honored students who made a perfect score on the MAAP with a parade and invited parents; VHS Band's drumline led the way

Vancleave Middle School
School Health Council Coordinator – John Cassidy

- Hope Squad – regular events
- Backpack Buddies- food drive for families in need; our local churches will sponsor this Year
- Vaping, Bullying, Bus Safety was covered in Health Class (Coach Cassidy)
- Staff Member of the month will be recognized monthly
- Students of the month will be recognized monthly
- Positive Office Referrals for students
- Coastal Family Health will be at VHS again this year
- Comments/Concerns: What can we do to bring back free lunches for all?
- We share a nurse with VUE and VLE
- KONA ICE is an approved fundraiser through healthy snacks.
- Sex Ed course was taught and completed in April (Cassidy-boys, Guillotte- girls).
- Students participate in push up's, sit up's, & squats daily in PE.
- Students complete presidential challenge in P.E.
- 7th & 8th grade football players have routine workout with Coach Gilbert in the High School Weight room facility.
- Health Class participates in Walk Wednesday.
- Hand Sanitation Stations- placed throughout school in cafeteria and classrooms
- Physical Education and Activities are taught throughout the year, including football throwing/catching and route running, dribbling, shooting, batting, kickball, frisbee golf, dodgeball, walking routine, baseball, softball, basketball etc.
- Water bottle fillers on each hallway
- Free student sports physicals on campus provided by Coastal Family Health
- Reindeer games with student and staff participation
- Teacher Appreciation week
- Retirement celebrations
- Daily announcements encourage eating a healthy breakfast and lunch
- Celebration of School Breakfast week and School Lunch week
- Smart Snacks policy can be located under the Health and Wellness tab on the JCSD website; please make sure all snacks including fundraising snacks meet the smart snacks requirement. Amazon and USDA both have lists of smart snacks. Use the smart snacks calculator for any other snacks.

Vancleave High School
School Health Council Coordinator – Kim Hammonds

- Hope Squad was formed and conducted many positive outreach efforts including:
 - Clipped students with positive affirmations and compliments
 - Greeted the upper and lower elementary school students before school
 - Hope Week where students were encouraged to show unity and uplift spirits
 - Water bottle challenge to promote lifting each other up
 - Positive affirmations with chalk to encourage students during state testing
- Key Club Members participated in the annual Pink Hearts run/walk
- Mental health flyers are placed in easily accessible places for students
- Students were rewarded with a picnic with pizza, volleyball, and various other outside games/activities for being an “A” rated school
- Coastal Family Health Clinic remains on campus with a counseling option for students and staff
- “Seasons of Success at VHS” school theme to promote a positive outlook on the school with positive bulletin boards with the school theme placed throughout the campus.
- Juniors received a pizza reward for their outstanding ACT average score.
- Breast Cancer awareness promotion with all staff and students allowed to wear pink
- Daily Birthday Announcements for students and teachers
- Teacher nominated teacher of the year, with a recognition assembly
- Sex Education provided to Health classes
- Staff flu vaccines provided on campus by Coastal Family
- The Student Council organized Fall and Spring blood drives which provided \$1,500 scholarships for 7 seniors. Their efforts exceed their goal, so they will begin next school year with a head start.
- Water Bottle Fillers are available to all students
- Vape sensors in student restrooms
- Key Club organized a Christmas toy drive
- 30+ Club banners are placed on the wall of the school entrance to celebrate the achievements of students scoring a 30 or higher on their ACT
- Platinum Club banners are placed on the wall by the break area to celebrate the achievements of students scoring a 7 on all sections of the ACT WorkKeys
- Thanksgiving boxes provided to families in need
- Christmas gift boxes provided to 20 students
- FREE on-site sports physicals for all students provided by Coastal Family with parental consent
- Tutoring sessions provided for ACT prep by highly-qualified teachers every morning, the week prior to testing
- Hand sanitizers available throughout school
- MS Highway Patrol conducted a presentation for juniors and seniors before prom to encourage safety and positive choices
- Nutrition and Wellness, Child Development, and Family Dynamics classes assisted the VLE cafeteria with hospitality and cleaning during their 5 celebration lunches

25-26 ANNUAL HEALTH & WELLNESS REPORT

- Personalized signs placed in front of the school entrance for graduating Seniors
- Beach Bash celebration for seniors
- CCR students assisted with VLE Field Day
- Decision Day to recognize seniors' future life plans
- Teacher Appreciation Lunches and goodies
- End of Year Teacher Appreciation Awards
- Athletic Team members, Cheer, Dance, and Band students put on pep rallies at VLE and VUE to encourage students before their state tests
- Yard signs are placed in front of the high school recognizing all seniors. The yard signs are distributed to the students before graduation to be placed in their own yard.

**Jackson County Technology Center
School Health Council Coordinator – Brieanna Bean**

Several initiatives were implemented throughout the school year to support the overall health and wellness of students enrolled in Career and Technical Education (CTE) programs at the Jackson County Technology Center. A strong emphasis is placed on both physical safety and the development of lifelong wellness habits that extend beyond the classroom.

Safety remains the highest priority across all CTE programs. Students are required to demonstrate 100% mastery on a safety assessment specific to their program before being permitted to participate in any shop, lab, or clinical setting. This ensures that students understand and can apply essential safety procedures to protect themselves and others. Safety instruction is the foundational unit in every CTE course, reinforcing expectations for proper behavior, use of equipment, and situational awareness in real-world environments.

In addition to safety, physical wellness is supported through the hands-on nature of CTE instruction. The majority of class time is active rather than sedentary, with students engaged in labs, simulations, and project-based learning. This structure promotes movement, reduces prolonged sitting, and supports both physical and mental engagement throughout the extended class periods.

Hydration has also been a focus of student wellness. The bottle-filling water fountain continues to be used daily, with increasing numbers of students bringing reusable water containers. Since its installation, the station has recorded over 29,500 bottle fills, indicating a positive shift toward healthier hydration habits and reduced reliance on sugary beverages.

CTE programs also promote workplace safety and health awareness through industry-recognized certifications. Many students complete the OSHA CareerSafe program, earning credentials they can carry into the workforce. Additionally, students in Medical Program II earn their Basic Life Support (BLS) certification as healthcare providers, preparing them to respond effectively in emergency situations and reinforcing the importance of health and safety in both professional and personal settings. Mental and social wellness are supported through collaborative learning environments where students work in teams, develop communication skills, and build confidence through real-world applications. Participation in student organizations, hands-on labs, and clinical experiences further enhances student engagement and sense of purpose. To celebrate student effort and promote physical activity, the end-of-year picnic provides opportunities for students to participate in outdoor games and recreational activities. This event encourages movement, teamwork, and positive social interaction as a reward for their hard work throughout the year.

Overall, the CTE programs at JCTC continue to support student wellness by integrating safety, physical activity, hydration, career readiness, and social engagement into daily instruction.