

## **What is the Office of Healthy Schools? (OHS)**

"The Office of Healthy Schools Is a division of the Mississippi Department of Education whose responsibility it is to provide programming that promotes health and wellness in schools across the state. Through strategies, programs, services and initiatives that are coordinated by the Office of Healthy Schools, the Mississippi Department of Education (MDE) continues to focus on the undeniable connection between healthy students and schools and academic achievement."

### **The Eight (8) Components of a Coordinated School Health Program are:**

Health Education

Physical Education

Health Services

Nutrition Services

Counseling, Psychological & Social Services

Healthy School Environment

Health Promotion for Staff

Family/Community Involvement

[www.mdek12.org](http://www.mdek12.org)

The OHS at Tupelo Middle School is composed of twenty (20) members who meet three times per school year. They will be presenting a Monthly Newsletter article.