

PURPOSE: For MSMS students to receive wellness credit from working out in the mornings.

INTRODUCED BY: Ainsley Dew

BE IT RESOLVED BY THE MISSISSIPPI SCHOOL FOR MATHEMATICS AND SCIENCE

SECTION ONE (DEFINITIONS):

Wellness hours: A designated period of time during which students engage in activities that promote physical, mental, and emotional well-being.

SECTION TWO (REASONING):

Many students who attend the Mississippi School for Mathematics and Science have very busy afternoons filled with studying and club meetings. It's hard for one to find time after school for wellness hours. While back at home, however, these students would typically use their mornings for their workouts. Many students do this at MSMS, yet do not receive wellness because the time they go to the gym is before the front desk opens.

Measures should be put into place for students to receive wellness credit in the mornings. If our students are allowed to use the gym from 6:00 a.m., why should they not also get wellness? However, there also needs to be a system that prevents students from cheating as well.

SECTION THREE (SPECIFIC CHANGE):

On page 113 of the Student Handbook (PDF page 119) under the section "Wellness" the following would be changed to:

Wellness

USE OF MUW RECREATIONAL FACILITIES

MSMS students are responsible for knowing and abiding by MUW Campus Recreation policies and procedures. Failure to abide by policies and procedures or follow direction from Campus Recreation staff may result in access privileges being revoked. Participation in Campus Recreation activities and use of facilities is voluntary. Students using the facility assume all risks associated with participation and use of MUW facilities. MUW is not liable for any injury (including death), disability, property damage or property theft that may occur during a student's use of facilities. Parents who allow students to use MUW Campus Recreation facilities release and discharge MUW and its directors, officers, employees, representatives and agents from all liability, whether caused by negligence or otherwise, that results from their child's participation or use of MUW facilities.

Students are allowed to utilize the Stark Recreation Center during the times indicated below. Please note that the times are dependent on the privilege plan of students. If students use the Stark Recreation Center before the residential hall's front office opens, they are required to leave their wellness card on front desk. For verification, the student is required to get the signature of a sStark employee ~~worker show the person at the front desk a picture of the recreational center to get the wellness card signed.~~

- Monday – Thursday: 6:00 a.m. – 8:00 a.m.; 2:00 p.m. – 10:00 p.m. (closes at 8:00 p.m. on Fridays)
- Saturday: 10:00 a.m. – 6:00 p.m.
- Sunday: 1:00 p.m. – 10:00 p.m.