

PURPOSE: To allow practicing in the music room to count for wellness hours.

INTRODUCED BY: Senator Rhee

BE IT RESOLVED BY THE MISSISSIPPI SCHOOL FOR MATHEMATICS AND SCIENCE SENATE:

SECTION ONE (REASONING):

There are many students at MSMS who are musically inclined and love to practice their respective instruments. Music is a mental outlet which allows these students to relax from the pressures of school. Many students find it frustrating mental activities, in this case music, are not regarded as worthy to sign out for wellness since mental health is such an important need at a stressful residential high school. Practicing music gives a person feelings of relaxation, calmness, and just a time to get away from reality.

In the student handbook, the ability to get wellness hours is defined as anything “physical”. This is wrong because wellness hours were created for students to get out of the dorms and out of their studies so they can rest their mind. Wellness hours shouldn’t be defined as just anything “physical”. Moreover, practicing in the practice rooms should count as wellness hours even if it’s not necessarily physical activity.

SECTION TWO (PROPOSED ACTION):

To avoid abuse of this privilege, students who use the practice room multiple times a day can only sign out once a day for a limit of 1 hour. For this to count as wellness, this activity should be conducted only in the music room. In addition, students must continue to give their ID to RAs and keep the door open if a male resident is in the room with a female resident. **A maximum of two wellness points could be earned per nine weeks from practicing in the music room. This will apply to both the residence halls and shaddock.**

SECTION THREE (APPENDIX):

RESPONSE 1 (ANONYMOUS):

“I believe it is hurtful to not allow such a mentally rewarding activity such as practicing music to count for wellness hours. Also, this bill would allow for staff to see students honestly completing their wellness hour since it would be in the residence halls; there would be little room for abuse of this privilege. I see no reason why a rejuvenating activity should not count for wellness.”

RESPONSE 2 (ANONYMOUS):

“I think wellness shouldn’t be restricted to just “physical” activities and we should be allowed to do things such as practicing an instrument or doing art to get hours. Since it is called wellness hours, not physical hours, it should extend to more creative outlets too. When I practice my instrument, I feel a lot better than if I were to do something more physical. Since there is already an established sign in sheet for the music rooms, it would be easy to monitor.”

RESPONSE 3 (ANONYMOUS):

“I think wellness hours should count for practicing in the practice rooms. Wellness hours are meant for you to get out of the dorms not necessarily physical activity.”

RESPONSE 4 (ANONYMOUS):

“Since much of the MSMS student body are musically gifted, as a school we should incentivize these students to continue these talents. Giving students the opportunity to sign out for wellness would allow people to have benefits of doing something that we highly encourage at MSMS (creativity) while encouraging them to keep practicing their musical talents.”

RESPONSE 5 (ANONYMOUS):

“Despite possible backlash and criticism from administration, I think this is a good idea and you should go for it.”