

PURPOSE: To eliminate the need of wellness seminars if sufficient wellness hours are achieved.

INTRODUCED BY: Katie Chung, Anya Rai, and Sonora Foster

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

SECTION ONE (REASONING):

Wellness requirements exist to ensure physical and mental health is maintained. However, MSMS students have incredibly packed schedules, and trying to fit wellness seminars can add more stress than improvement. Many seminars either take place during the weekends or directly after school. During this time, many students are either home or have other priorities such as sports practices. Additionally, if a student can achieve 20+ wellness hours, they already have a sufficient amount of physical activity, which is shown to improve mental health. Making wellness seminars optional creates flexibility in students' schedules that they can utilize elsewhere. It is unfair for students who have maintained their physical and mental health, but lack seminars, to be excluded from higher privilege plans. We consulted several peers, and they agree current seminars do not align with the mission of improving mental health. Achieving 20+ hours effectively demonstrates that a student is capable of balancing both physical and mental health along with schoolwork.

SECTION TWO (SPECIFIC CHANGE):

On pages 117-118 of the Student Handbook (PDF pages 122-123), the following would be changed to:

WELLNESS

The links among nutrition, physical activity, and learning are well-documented. MSMS is committed to providing a school environment that enhances learning and the development of lifelong wellness practices. To ensure that all MSMS students can develop the knowledge and skills necessary to make nutritious food choices and enjoyable physical activity a valuable part of daily life, they are required to participate in a wellness component as a requirement for graduation. The wellness program requirements include a combination of physical activity and/or well seminars. Wellness grades will have an impact on eligibility for privilege plans, and failure to maintain a satisfactory “S” grade in wellness will be a consideration when extending invitations to return. Please see the details below regarding the criteria and what is allowed or not allowed for Wellness.

The criteria for wellness will be as follows:

For an Outstanding (O):

- 20+ points + 0 seminars
- 12 points + 1 seminars
- 11points + 2 seminars
- 10 points + 3 seminars

For a Satisfactory (S):

- 11-10 points + 1 seminar
- 9 points + 2 seminars
- 8 points + 3 seminars

Any combination of physical hours (points) and/or seminars below these guidelines will cause the student to receive an Unsatisfactory (U) grade for the quarter.

Students may earn points from a myriad of activities. Please see handout at the beginning of the year for the full list of things students may or may not do to earn points. Additionally, students who experience injuries during the year that may prevent them from completing wellness requirements must speak with their Wellness Coordinator prior to grades being submitted for the current quarter.