In November, the training topic "Physical Activity and Nutrition" was reviewed with Petal, Oak Grove, Hattiesburg, and Long Beach High School and Bayou View Middle School. The discussion topics reviewed included the following:

- What Do Different Exercises Do for My Body?
- Zumba Aerobics (Zumba exercise video)
- Good Nutrition
- How Much Energy Does It Take?

The students were excited to take a break from academic work to try the new Zumba dances, playing kick ball, trying to hula hoop and jumping rope. They stated that the exercises provided enough energy to complete the rest of the school day!
**Art Education**

The students explored their “artistic” sides. The students painted miniature pumpkins sponsored by the Gulf Coast Institute for Disability Studies Learning Enhancement Center. The IDS Gulf Coast programs enhance the education, independence and quality of life of those with disabilities. Each program provides resources to persons with disabilities, their families, teachers, caregivers and education professionals through hands-on learning such as art education.

If you have information or news you would like included in the next newsletter, email information to jin.mcclendon@usm.edu by January 10.

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Tobacco Lesson: What Do Kids Think?

The students reviewed and discussed what they thought about smoking, including family members who smoke. According to KidsHealth.org, “Most kids have never tried cigarettes or chewing tobacco.”

- 85% of kids said they’ve never tried it.
- 10% of kids said they tried it once.
- 5% said they use tobacco once in a while or as often as every week

“Most kids have family members who have talked to them about the dangers of tobacco use.

- 15% of kids said a family member did this once a week.
- 10% said a family member did this once a month.
- 28% said a family member did this once or twice.
- 23% said no family member had ever brought up this subject.

Almost 40% of kids stated that someone smokes in their home regularly and expressed the need for their loved ones to stop smoking.

Monthly Tip

About 88% of the kids stated that they would not try smoking even if their best friends smoke. Smoking is uncool!
Members Serving Their Community

Left to right, Natasha, Jaz, and Jasmine volunteering for the Greater Hattiesburg Hunger Run, a hunger awareness event.

Left to right, Ashley, Nathan (behind), Sharita, Amber, Laiken (Front), Tatum (behind), Jameilia (Front), Tony (behind) and Zach. Members volunteered with the Life Support Cares organization that provides resources for the homeless.

Left to right, Regean, Tatum, Zack, Laiken, Max, Tony, Jasmine, Nathan, Amber and Natasha volunteering with OSEOLA community center planting fruits and vegetables.

Left to right, Tatum and Jasmine volunteered as the reading fair judges for Hawkins Elementary School.

Left to right, Jaz, Sharita and Audora volunteered for Salvation Army, putting up the angel tree and signing up individuals for an angel tree baby.