

Charleston Middle School receives Health Champion Award and Wii Fit System

400 students filled the bleachers at Charleston Middle School Thursday for a presentation by Rep. Tommy Reynolds on behalf of the Tallahatchie County Community Health Council. The school was recognized as a Health Champion for making the campus a healthier environment.

Reynolds, an alumnus of Charleston Middle School himself, reminded the youth that good health is priceless and that students at CMS did not have to take a back seat to anyone if they take good care of themselves and pay attention to their studies. Principal Sammy Armstrong, a good role model who has lost more than 100 pounds over the past two years, accepted the award on behalf of the school.

District School Nurse, Stephanie Coker, praised the School Wellness Council which includes school staff, students and area residents for their hard work which was evidenced by signs around the gym reminding kids to eat smart and move more!

A game of tennis on the Wii system between popular 5th grade teacher, Stephanie Townes and 8th grader, Jay Moore, brought cheers from the crowd. Tyler Whitten and Dimitri Brock along with CJH football team members and cheerleaders lead the student body and staff members in an exercise routine that got their heart's pumping.

The awards ceremony and celebration for the CMS Tigers kicked off further efforts to make the school a model for others as they work on achieving recognition at the Bronze level through the Alliance for a Healthier Generation during the coming year.

Tallahatchie County Community Health Council members present to honor the school included Valeria Hawkins - council co-chair and Relationship Manager for the Alliance for a Healthier Generation, Nedra Jackson – Director of the Charleston Boys and Girls Club, District Nurse Stephanie Coker and Judy Belue, Regional Health Director for Get A Life! an initiative of the Community Foundation of NW MS to prevent childhood obesity.