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The Blue Cross & Blue Shield of Mississippi Foundation Hosts Physical Education Conferences Across the State

Mississippi elementary and middle schools are building cultures of health and wellness with support from the Blue Cross & Blue Shield of Mississippi Foundation. This fall, the Foundation funded physical education conferences across the state to include conferences in Indianola in the Delta, Olive Branch in north Mississippi, Pearl in central Mississippi and Gulfport on the Gulf Coast.

The four conferences brought together 60 physical education teachers from across Mississippi, including Candi Quartaro from Saltillo Elementary School. Teachers participated in energetic educational sessions and shared best practices for engaging students and making P.E. classes both exciting and effective.

“Physical education in schools is so important for students. Students not only learn how to be physically active, they learn how to live an overall healthy lifestyle through a variety of fun activities. Project Fit America and Blue Cross Blues Shield helps make that possible by providing P.E. conferences for educators to ensure they are trained and aware of new information and trends that can help each child to the best of their ability. I am so grateful to both Project Fit America and Blue Cross Blue Shield for providing such an amazing opportunity to partake in a regional conference and provide our school with fresh and new ideas as well as new equipment for our school.”
Candi Quartaro, PE teacher, Saltillo Elementary School

Blue Cross & Blue Shield of Mississippi Foundation grant funds provided participants with hands-on classroom instruction by Project Fit America, indoor physical fitness equipment and curricula to enhance their schools’ P.E. programs. The physical fitness equipment included weighted hoops, stability balls, heavy ropes and more along with corresponding curricula designed to help teachers find imaginative and innovative ways to get students moving.

“Research shows that children who are active are better students. Physical education is an integral part of educating the whole child. Blue Cross Blue Shield and Project Fit America helps to ensure that our physical education program is provided with a high-quality curriculum and equipment to increase physical competence, health-related fitness, motivation and enjoyment of physical activity for all which leads to better performing students in the classroom.” Belinda McKinion, Saltillo Elementary Principal

“The Blue Cross & Blue Shield of Mississippi Foundation is proud to partner with K-8 schools as they implement and sustain structured physical education programs,” said Eugenia King, Director of the Blue Cross & Blue Shield of Mississippi Foundation. “We applaud these teachers for demonstrating outstanding leadership as healthy role models and providing exemplary P.E. programs to increase students’ fitness levels.”

The Blue Cross & Blue Shield of Mississippi Foundation has a vision for a healthy Mississippi and provides leadership and targeted grant funding for sustainable initiatives and programs to improve the overall health and well-being of Mississippians. Learn more about the Foundation and its partnerships at www.healthiermississippi.org.



Cutline for Above Image:

Blue Cross & Blue Shield of Mississippi Foundation Director, Eugenia King (front row and far left) stands with Project Fit America trainers Pam Stroupe, Ken Chambliss and Kim Berg (front row and second, third and fourth from left, respectively) and P.E. teachers participating in the North Region Physical Education Conference held at Overpark Elementary School in Olive Branch, including Candi Quartaro from Saltillo Elementary