

GCSSD Coordinated School Health

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This newsletter has been designed to give students, staff, parents, and the community important information and updates regarding the GCSSD Coordinated School Health Office. I hope you find this newsletter helpful.

GCSSD Faculty, Staff, Students, Parents, and Community,

Happy Holidays!

Tennessee Coordinated School Health connects physical, emotional and social health with education. This coordinated approach improves students' health and their capacity to learn through the support of families, communities and schools working together. Coordinated School Health works with many partners to address school health priorities.

Please see inside this month's newsletter for more information on this month's CSH events, health observance, Here 4 TN – Employee Assistance Program, LeBonheur, and SADD. Also, resources are included for Self-Care, Nutrition including Smart Snacks, and Physical Activity.

If I can ever be of assistance to you please let me know.

Thanks,
Amy Richardson
GCSSD CSH Coordinator



Important Dates

Health Screenings for 2nd, 4th, 6th, & 8th graders (tentative)

12/2 – 12/3 – SGCS

12/7-12/10 – SGCMS

Healthy School Team Meetings

12/4 – GCHS
Yorkville
Kenton

12/11 – Dyer
Rutherford
Spring Hill
SGCS
SGCMS
SGCHS

SADD Virtual Meetings –
December 4

Second Harvest Backpack Pickup –
December 14

LeBonheur – December 16

Health Observances



Observed: December 6-12

National Handwashing Week is observed the first week in December and is dedicated to helping people remain healthy one handwashing at a time. Practicing good hand hygiene is a simple yet effective way to prevent infections. Washing your hands regularly can prevent the spread of germs. Practicing the 4 Principles of Hand Awareness behaviors will ensure you "stay well". Imagine never having the flu again!

The power is in your hands to prevent COVID-19 and the Flu!

The 4 Principles of Hand Awareness:

1. WASH your hands when they are dirty and BEFORE eating.
2. DO NOT cough into your hands.
3. DO NOT sneeze into your hands.
4. Above all, DO NOT put your fingers into your eyes, nose, or mouth.

The 4 Principles of Hand Awareness have been endorsed by the AMA and AAFP.

More information can be found on the CDC website: [Handwashing for Children](#) | [Handwashing Fact Sheet](#)

Action for Happiness Calendar: Do Good December

2020 has been a difficult year in so many ways. We have suffered with uncertainty, anxiety, isolation and challenges with our financial situation, health or relationships. One thing that can hold us together and help us get through is kindness. Although we can't change our situation, we can choose to respond to others (and ourselves) with kindness. And when we're kind, everything goes better. We help others, we help ourselves and we encourage others to be kinder too.



KINDNESS CALENDAR: DECEMBER 2020

MONDAY


TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

- 1 Share the Kindness Calendar with others and spread kindness
- 2 Contact someone you can't be with to see how they are
- 3 Offer to help someone who is facing difficulties at the moment
- 4 Give kind comments to as many people as possible today
- 5 Make a gift for someone who is homeless or feeling lonely
- 6 Support a charity, cause or campaign you really care about
- 7 Leave a positive message for someone else to find
- 8 Do something helpful for a friend or family member
- 9 Notice when you're hard on yourself or others and be kind instead
- 10 Listen wholeheartedly to others without judging them
- 11 Be generous. Feed someone with food, love or kindness today
- 12 Buy an extra item and donate it to a local food bank
- 13 See how many different people you can smile at today
- 14 Share a happy memory or inspiring thought with a loved one
- 15 Contact an elderly neighbour and brighten up their day
- 16 Look for something positive to say to everyone you speak to
- 17 Practice gratitude. List the kind things others have done for you
- 18 Give away something that you have been holding on to
- 19 Buy locally and support independent shops near you
- 20 Contact someone who may be alone or feeling isolated
- 21 Appreciate kindness and thank people who do things for you
- 22 Congratulate someone for an achievement that may go unnoticed
- 23 Choose to give or receive the gift of forgiveness
- 24 Bring joy to others. Share something which made you laugh
- 25 Treat everyone with kindness today, including yourself
- 26 Get outside. Pick up litter or do something kind for nature
- 27 Call a relative who is far away to say hello and have a chat
- 28 Be kind to the planet. Eat less meat and use less energy
- 29 Turn off digital devices and really listen to people
- 30 Let someone know how much you appreciate them and why
- 31 Plan some new acts of kindness to do in 2021

Let's look beyond our differences and help each other. Every act of kindness matters

ACTION FOR HAPPINESS

#DoGoodDecember

www.actionforhappiness.org

Learn more about this month's theme at www.actionforhappiness.org/do-good-december

Keep Calm · Stay Wise · Be Kind

https://www.actionforhappiness.org/media/940632/december_2020.jpg

SELF-CARE (Information from TDOE CSH)



Virtual Calming Rooms

This information came from the TDOE CSH newsletter so I wanted to share it here.

Life can be a bit challenging sometimes especially during a global pandemic. Two Colorado School districts (Jeff Co Public Schools & Douglas County School District) created Virtual Calming Rooms for students, staff, and families to access tools and strategies to manage emotions and stress by integrating purposeful pauses throughout their day to calm both the brain and body. These interactive websites provide guided meditations, relaxation, sounds & music, space to color & create, visual relaxation, nature & animals, resources & apps, and yoga & stretching sections.

Website: [Douglas County School Virtual Calming Corner](#) | [Jeff Co Public Schools Virtual Calming Room](#)



Caring for the Education Community during COVID-19: Stress Management for Educators

It's a simple fact: we're better able to support children's well-being once we take time to nourish our own physical, social, and emotional health. Though change and uncertainty can magnify stress, knowing simple ways to mitigate these feelings can go a long way in fostering our own personal well-being. Presented in partnership by Kaiser Permanente, Sanford Harmony, and Healthier Generation, this 30-minute recorded webinar in the Caring for the Education Community Six-Part Series, will help you learn the impacts and response patterns associated with stress, along with practical tips to rise above and maintain your cool even in times of crisis. **Website:** Join the training [Here](#)

Positive Affirmations for Uncertain Times

Whatever happens
next will be an
adventure.

No matter what
tomorrow holds, I'll
make it through.

I'm choosing
to let go of the
things I can't
control.

I'm going to enjoy
each season of life
to the fullest.

I've survived 100%
of my worst days.

ATTRIBUTED TO: SIMPLYSOPHIEDESIGNS

 NATIONAL CENTER for
YOUTH ISSUES



Here 4 TN – Employee Assistance Program

Some days we can all use a little help. Wouldn't it be nice to have a personal assistant to help you with your busy life? Good news! You have one with Here4TN.

Your Employee Assistance Program (EAP) is here to help you, and your family, get the most out of life. We're ready to help with the small questions and the big problems, and everything in-between, such as:

- Managing stress
- Improving relationships at home or work
- Addressing legal and financial concerns
- Getting the most out of your career
- Finding child development, childcare or elder care resources
- Getting past emotional issues or grief
- Addressing depression, anxiety or substance use issues

This service is confidential and our EAP Specialists are available 24/7. They can provide you immediate help or direct you to one of our network for providers for a no-cost, face-to-face consultation.

Speak with the advisors at Here4TN privately, on the phone or online. They will search and verify services for you, giving you answers to questions big and small.

Call anytime, day or night

855-Here4TN

(855-437-3486)

<https://www.here4tn.com/>

Nutrition Tips for Students, Families, and Staff



<https://www.choosemyplate.gov/resources/seasonal/seasonal-winter>

You're never too old to have fun with your food! While the kids are home from school and family and friends gather together, find ways to make healthy foods fun and festive.

[MyPlate Kitchen](#) is a great resource for recipe inspiration. Get inspiration from other families' healthy eating habits by checking out [MyPlate, MyWins family videos](#).

10 Tips: Make Celebrations Fun, Healthy, and Active

Eating healthy and being physically active can be a fun part of parties and events. Great gatherings are easy to do when tasty, healthy foods from all the food groups are offered in a fun, active environment. Above all, focus on enjoying friends and family.

1. **Make healthy habits part of your celebrations** - Food and beverages are a part of an event, but they do not have to be the center of the occasion. Focus on activities to get people moving and enjoy being together.
2. **Make foods look festive** - Add a few eye-catching fruits to a favorite dish or a new recipe. For older children, add a sprinkle of almonds or green onions to make the dish pop. Decorate foods with nuts or seeds or use new shapes for vegetables.
3. **Offer thirst quenches that please** - Make fun ice cubes from 100% juice or add slices of fruit to make water more exciting. Create a "float" by adding a scoop of low-fat sorbet to seltzer water.
4. **Savor the flavor** - Take time to pay attention to the taste of each bite of food. Make small changes in your old recipes or try dishes from another culture to liven things up.
5. **Use ChooseMyPlate.gov to include foods from the food groups for your party** - Offer whole-grain crackers, serve a spicy bean dip and a veggie tray, make fruit kabobs, layer yogurt and fruit to create a sweet parfait. Use whole grains and veggies to make a savory, healthy salad.
6. **Make moving part of every event** - Being physically active makes everyone feel good. Dancing, moving, playing active games, wiggling, and giggling add fun to any gathering.
7. **Try out some healthier recipes** - Find ways to cut back on added sugars, salt, and saturated fat as you prepare your favorite recipes. Try out some of the recipes from the [MyPlate Kitchen](#).
8. **Keep it simple** - Have others participate by contributing a healthy prepared dish, helping with the clean up, or keeping the kids active and moving.
9. **Shop smart to eat smart** - Save money by offering foods that fit your budget. Buy in-season produce when it costs less and tastes better. Plan in advance and buy foods on sale.
10. **Be a cheerleader for healthy habits** - It's never too early for adults to set an example. Keep in mind that children follow what the adults around them do — even at parties.



Benefits of Keeping your Family Active during COVID-19 and into the Holidays

Routine exercise is essential for everyone, no matter your age. Here are a few reasons why exercise is especially crucial for kids during the COVID-19 pandemic:

Physical activity reduces anxiety and stress. Just like adults, children may also be experiencing stress, anxiety, and sadness during these challenging times. Exercise and physical activity are proven mood-boosters and can help children reduce their stress levels and build emotional resilience.

Physical activity may prevent weight gain. During the pandemic, families have fewer opportunities for exercise and may be forced to change their eating habits. Exercise and physical activity can help kids burn calories and offset the effects of sedentary activities.

Physical activity boosts the immune system. Research shows that regular, moderate exercise has immune-boosting benefits that may help children and adults to fight off infections.

There are many ways you and your children can be active, even while practicing social distancing. The American Heart Association says kids should aim for 60 minutes of moderate or vigorous physical activity every day. Here are some ideas to get you and your family started;

Exercise as a family. Children will be more motivated to exercise if the entire family participates. Family walks, bike rides, dance parties, living-room yoga sessions, or backyard soccer games are just a few examples of how your household members can exercise together.

Turn house chores into a calorie burn! Chores like mowing the lawn, vacuuming, washing the car, or cleaning out the garage provide excellent opportunities for kids to build muscles and burn calories. Consider assigning your kids age-appropriate jobs that do double-duty by helping you accomplish household tasks.

Encourage outdoor adventures! Whenever possible, encourage your kids to get outside, even for a quick stroll around the block or a game of catch with a sibling. Several 10-minute outdoor exercise sessions can quickly add up to a full workout.

The holiday season has arrived and now is the perfect time to get into the habit of regular exercise and physical activity as we navigate into a new year with new COVID-19 challenges.

Physical Activity Resources



2020 PHYSICAL EDUCATION & PHYSICAL ACTIVITY SCHOOL REOPENING TOOLKIT: PHYSICAL EDUCATION & PHYSICAL ACTIVITY

https://www.tn.gov/content/dam/tn/education/health-&-safety/PE_PA%20Reopening%20Toolkit.pdf



Keeping students active and moving is a healthy way to stimulate their brains and their bodies.

Regular physical activity has been shown to improve memory and cognitive functions, boost focus, decrease stress and anxiety, and positively affect overall mood. Even with current social distancing recommendations, keeping active remains important for our overall health and immune systems.

Physical education supports safe, developmentally appropriate activities and gives students the confidence and skill to remain active on their own. The purpose of this document is to help teachers, school administrators, and district leaders think through opportunities to support the safety, health and growth of all students through physical education during the school re-entry process in response to COVID-19. This document also outlines important considerations for ongoing learning and engagement during potential extended closures, as well as planning for sustainability and continuity of physical education programs

Physical Activity Resources Cont.



Move to Learn is based on a simple concept: When kids get to move at school, schools get better.

Not only does student health improve, but academic performance improves, too. In fact, numerous scientific studies have confirmed that the more exercise a student gets, the better his or her grades are likely to be. And that's not all. In several studies more fitness was associated with better behavior and less absenteeism.

Move to Learn videos offer a fun and easy way to get your classroom back on task. Studies show that just five minutes of physical activity nearly doubles student engagement. The simple choreography helps students shake out nervous energy with minimal classroom disruption. Make Move to Learn part of your classroom routine or just pull up one of our free videos when you notice your students losing focus.

Move to Learn is designed to help teachers raise student fitness levels and, in turn, raise student achievement.

Here's what you'll find here:

- Short exercise videos for your class <https://movetolearnms.org/for-the-classroom/>
 - Download age-specific exercise break videos led by Coach Calhoun and Coach Terry Leigh Clayton. These five-minute videos are designed for classroom use – with exercise routines that work in and around desks. They are a perfect way to reenergize and refocus your students during a long lesson.
 - Pre-K videos - <https://movetolearnms.org/for-the-classroom/fitness-videos-pre-k/>
 - K-3rd videos - <https://movetolearnms.org/for-the-classroom/fitness-videos/>
 - 4th -6th Videos - <https://movetolearnms.org/for-the-classroom/fitness-videos-4-6/>
 - 7th -12th Videos - <https://movetolearnms.org/for-the-classroom/7-12-videos/>
 - Relax and Focus Videos - <https://movetolearnms.org/for-the-classroom/relaxfocus/>
- Over 1,240 lesson plans <https://lessonplans.movetolearnms.org/Search.aspx>
 - Find easy-to-use lesson plans that incorporate important fitness and nutrition lessons

Physical Activity Resources Cont.

Active Students, Active Learners

<https://www.tn.gov/education/active-academics.html>

Incorporating movement before, during and after the school day has been proven to enhance the cognitive capacity of children. When students are active, they process and retain information more effectively, leading to increased academic performance. Active students also tend to have greater attention spans, better behavior, and can have better overall mental health. The Tennessee Departments of Education and Health are teaming to help bring tools, success stories, and evidence to education decision makers that illustrate the immense impacts of physical movement on the whole student, particularly academic performance. Taken together, movement and educational instruction will help our Tennessee children to be the best learners they can possibly be while creating lasting impacts on their physical and mental health.



**“Supported by the Tennessee Department of Education
and
the Tennessee Department of Health”**

Physical Activity Resources Cont.

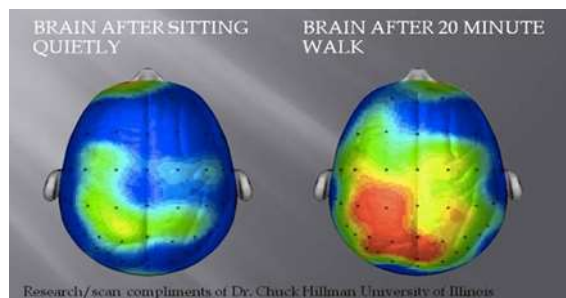


Fun New Video – “Wear a Mask” – emphasizes importance of wearing a mask, maintaining social distance, and washing your hands <https://family.gonoodle.com/activities/wear-a-mask>

SCHOOL is better with GoNoodle.

- Improves behavior and attention
- Betters academic performance
- Strengthens classroom cohesion

Healthy students are better learners so be sure to utilize Go Noodle!



*Studies showed a 23% greater improvement in reading, and 50% greater improvement in math compared to kids who didn't play GoNoodle, a separate study showed a 13% improvement in childhood normal weight (as measured by BMI); research conducted by the Center for Children's Health led by Cook Children's, Fort Worth, TX.

Access Go noodle at <https://www.gonoodle.com/>

GCSSD Wellness Plan Updated

GCSSD Wellness Plan

The GCSSD Wellness Plan contains pertinent information on the topics of nutrition and physical activity. It can be found on the GCSSD CSH website. As part of this we are asking students, families, and school staff to help in these areas.

SMART SNACK IDEAS

Fresh vegetables (sacks of carrot/celery sticks, broccoli, cauliflower)

Fresh fruits (sacks of apples, bananas, grapes, oranges, strawberries)

Apple sauce

Raisins

Fruit roll ups

Twizzlers

Fruit gummies

Crackers

String cheese

Cubed cheese

Go-Gurt yogurt

Rice Krispie Treats

Reduced Fat Chips

Jello or Pudding

All foods should meet the Smart Snacks guidelines and this can be verified using the Smart Snacks Calculator at <https://foodplanner.healthiergeneration.org/calculator/>

Please note most of our schools sell snacks and those that do make sure these snacks meet the health requirements.

Snacks may include but not limited to:



CELEBRATIONS AND PARTIES

For celebrations and parties in order to make sure that all foods served to children are safe and sanitary, all items served at school parties must be purchased rather than homemade and individually wrapped or from a secured sealed package with nutrition label included. Therefore, we will not accept cupcakes, donuts, etc. from Walmart and/or local bakeries.



We now have SADD Chapters at GC and SGC!

**ALL Students (Grades 9-12)
are invited to join SADD**

(Students Against Destructive Decisions)

We invite any interested staff to attend as well.

SADD Applications are now available

GCHS - <https://forms.gle/KZsHnkcFtrQbcm2w7>

SGCHS - <https://forms.gle/H4n8u7yLtfGp4m3c8>

Virtual Meetings will be held on 12/4 utilizing Microsoft Teams.

Join us and make a difference!

LeBonheur Mobile Unit

- Visits School District Monthly
- Students go to clinic for physicals and medical care as well as mental health.



Tentative Schedule:

December 16

January 27

February 18

March 10

April 13

May 12