

GCSSD Coordinated School Health

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Important Dates:

February 1-5 – National School Counseling Week

February 2, 3 - SGCMS Health Screenings

February 5 – National Wear Red Day for Women's Heart Health

February 5 – SADD Virtual Meetings

February 8- Second Harvest Backpack Food Pick Up

February 18 – LeBonheur

Students, Parents, Faculty, and Community,

In the month of February, GCSSD Coordinated School Health challenges everyone to learn, participate, and help others during the pandemic.

GCSSD CSH has provided substantial help to guide everyone throughout the pandemic to ensure safety and success for learning purposes.

Along with providing any extra help in the school year, GCSSD Coordinated School Health has worked tremendously hard to involve faculty and staff in health and wellness information and to create a way to balance the academic struggles with positive activities and healthy choices.

Such actives can vary of teaching students about the dangers and potential consequences of choosing to go the route of drinking, smoking, or any type of drug/alcohol use while under the legal age.

In addition, health educational activities can also include informing students, parents, and staff about monthly health-related challenges that could be beneficial to everyone, especially during the pandemic.



Contact GCSSD CSH:

Facebook: <https://www.facebook.com/gcssdcsh/>

Twitter: <https://twitter.com/RichardsonGCSSD>

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For more: GCSSD CSH Website

<https://www.gcssd.org/page/coordinated-school-health>

Important Dates- Health Observances Calendar

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*Students, Parents, and
Faculty and Staff can
all participate in any
of these days to
support and
acknowledge
awarenesses.*

February 3- National Women Physicians Day

This day celebrates Elizabeth Blackwell as being the first female doctor in the United States. Blackwell once said, "It is not easy to be a pioneer- but oh, it is fascinating! I would not trade one moment, even the worst moment, for all the riches in the world." (February 3, 1821- May 1910)



February 5- National Wear Red Day

This day is acknowledged to raise awareness among women about heart disease and strokes. Heart disease is the leading cause of death for women in the United States, about 1 in every 5 female deaths.



February 11- International Day of Women and Girls in Science

This day recognizes the gender equality and empowerment of women and girls, where there is a significant balance of acknowledgment of women and girls participating and succeeding in sciences.

February 14- National Organ Donor Day

This day is dedicated to spreading awareness and education about organ, eye and tissue donation. Fact: there is no age limit to organ donation. The oldest United States organ donor was 93.



Health Observances Calendar Continued

February 14-20- National Cardiac Rehabilitation Week

This day acknowledges the role of cardiac rehabilitation and the progress in reducing the potential dangers of effects from heart disease. Fact: cardiac rehabilitation programs typically lasts 3 months, but it can vary due to circumstances.



February 22- World Thinking Day

This day began to be celebrated in 1926 by the Girl Scouts program, and it is a day to appreciate girl guides and scouts around the world. It is a day full of friendships and an opportunity to speak out on issues that affect young women.



February 21-27- National Eating Disorder Awareness Week

This day is recognized as a day of educating the public about eating disorders and spreading a message of hope. According to John Hopkins All Children's Hospital, as many as 30 million people in the United States have an eating disorder. The National Eating Disorder Awareness Week shows acknowledgement about this disorder and provides guidance, help, and care to others.

Eating Disorders Awareness Week



Your weight is not your worth.

Train your mind to see the good in every situation.

More Important Dates:

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Nutrition and Wellness

Grains	Veggies	Fruits	Protein	Dairy	Fats and Sweets
					
oatmeal	broccoli	apple	tuna	milk	oil
					
bagel	carrots	berries	baked chicken	yogurt	avocado
					
crackers	celery	bananas	lean deli meats	string cheese	butter / margarine
					
muffin	cherry tomatoes	orange	hard boiled eggs	cottage cheese	cream cheese
					
popcorn	peppers	kiwi	nuts	ice cream	salad dressing
					
rice	squash	grapes	peanut butter	pudding	chocolate
					
pasta	green beans	peach	tofu	cheese	candy
					
bread mix whole and enriched	lettuce	watermelon	red meat	frozen yogurt	veggie dip

High-fiber combinations



Oatmeal with banana and almonds



Whole wheat toast with peanut butter and banana slices



Plain non-fat yoghurt with berries and passion fruit



Celery sticks and baby carrots with hummus

COFILAC

Did you know?

The immune system defends all who threatens and tries to intrude. Therefore, the environment you choose to be in and the food that you select to eat needs to be balanced in a healthy aspect.

Happiness Chemicals

In this month of February, address the chemicals your brain is lacking. Whether you are in need of a mood booster or a feeling of reward, these four happiness chemicals can connect balance for yourself. Try some of these activities, and your chances of feeling better, happier, and healthier will increase more than you could imagine.

Dopamine- The reward chemical
This chemical can be induced by the following:

- Completing a task
- Doing self-care activities
- Eating food
- Celebrating little wins

Endorphin- The pain- reliever
This chemical can be induced by the following:

- Watching a good movie
- Exercising and being active
- Laughing out loud
- Volunteering and giving back

Serotonin- The mood stabilizer
This chemical can be induced by the following:

- Meditating
- Running
- Sun exposure
- Walk in nature
- Swimming

Oxytocin- The love chemical
This chemical can be induced by the following:

- Playing with a dog
- Playing with a baby
- Holding a hand
- Hugging your family
- Giving a compliment



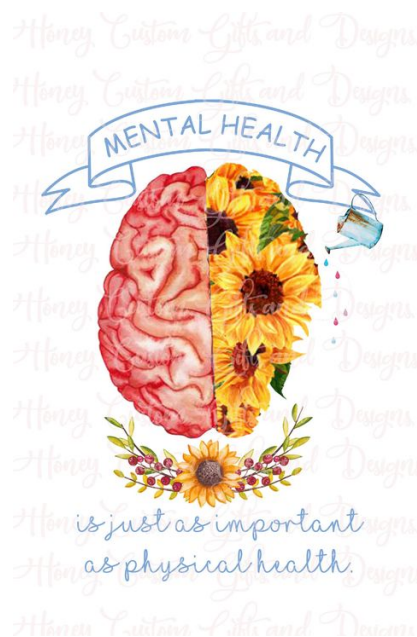
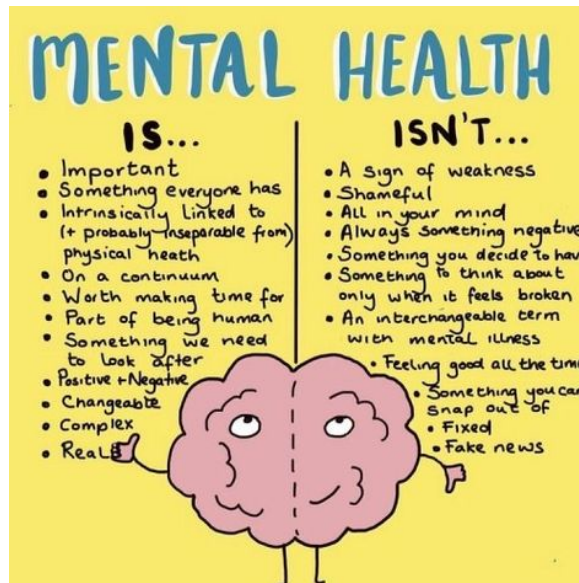
Mental Health

THREE IMPORTANT REMINDERS...

1. YOU MATTER.

2. YOU ARE LOVED.

3. EVERYTHING WILL BE OKAY.



Action for Happiness Calendar:
<https://www.actionforhappiness.org/february>

Physical Health

7 DIMENSIONS OF WELLNESS

- Physical Wellness
- Emotional Wellness
- Social Wellness
- Spiritual Wellness
- Financial Wellness
- Intellectual Wellness
- Occupational Wellness



Physical Health Affirmations

I LISTEN TO MY BODY'S NEEDS AND HUNGER CALLINGS

I SHOW APPRECIATION TO MY BODY BY GIVING IT NUTRIENTS AND LOVE

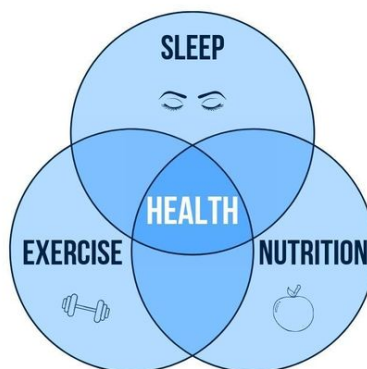
I LET GO OF RESTRICTIVE EATING WHICH ONLY PUNISHES MY BODY

MY BODY IS A VESSEL OF LIFE AND LOVE

EXERCISE IS AN ACT OF PAYING HOMAGE TO MY BODY

I AM A PERFECT REFLECTION OF A BEAUTIFUL SOUL

THE THREE PILLARS OF HEALTH



WWW.THEDEEPSLEEP.CO.COM

Fundamentals of living a Holistic Lifestyle

BODY	MIND	SPIRIT
<ul style="list-style-type: none"> ✓ Whole, organic food ✓ Daily movement or exercise ✓ Daily sunlight ✓ Plenty of sleep ✓ Natural remedies and healing modalities 	<ul style="list-style-type: none"> ✓ Minimize negative thoughts ✓ Heal emotional trauma ✓ Avoid stress ✓ Meditate regularly ✓ Expand your mind with new things 	<ul style="list-style-type: none"> ✓ Find your life purpose ✓ Connect to a higher power ✓ Expand your consciousness ✓ Connect to nature ✓ Explore enlightenment and awakening

www.HolisticLifestyleGuide.com

When you are:

Hungry? Healthy snack options can be affordable, while still being appealing and sufficient. Examples such as fresh fruits or vegetables can be eaten along with a meat for protein, creating a healthy balanced meal.

Feeling mentally down? Mental health is not something you can ignore. It can control and affect other daily activities. Examples such as meditation or doing small things to achieve tasks can help the mind be at peace and help you feel calm.

Physically struggling? Being unable to physically do something can bring your spirits down and feel helpless. Small actions daily will help you stay physically fit, and it can also be beneficial to the overall health.

Needing Motivation? Being motivated can lead to a productive day, so setting goals is very important and essential for either short-term or long-term effects.

Active students, Active Learners

Did you know?

- Only one in three children are physically active every day.
- 28.0% of Americans, or 80.2 million people, aged six and older are physically inactive.
- About 90% of Americans eat more sodium than is recommended for a healthy diet.
- Overweight adolescents have a 70% chance of becoming overweight or obese adults.

For more information, here are resources for statistics, guidance, e.t.c.,:

<https://www.hhs.gov/fitness/resource-center/facts-and-statistics/index.html>

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

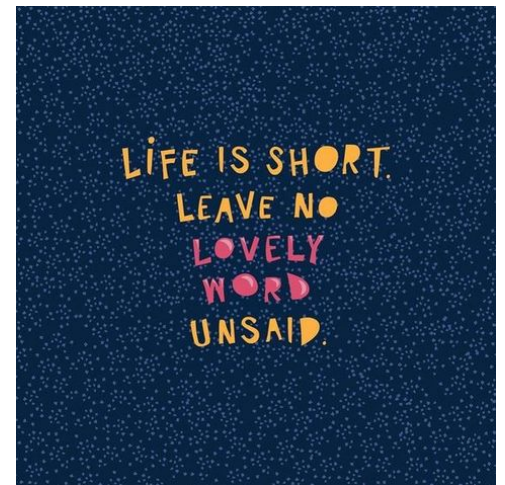
<https://www.gonoodle.com/>

<https://movetolearnms.org/>

*One kind word
can make
someone's day*



Positive words



Positive thinking



Positive Actions

Positive world