

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,

Coordinated School Health will continue this month to work within the schools by coordinating with community partners to provide health services. West TN Health Care will provide immunizations to those who preregistered. Also, LeBonheur will provide EPSDT screenings for students who have submitted paperwork and have parent permission. We will work with Second Harvest and community partners to obtain food for the backpack program and send this home with students who need this. Finally, we will host our last SADD virtual meetings for the year.

Please see inside this month's newsletter for more information on this month's CSH events, health observances, Here 4 TN – Employee Assistance Program, Nutrition and Physical activity.

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

Thanks,
Amy Richardson
GCSSD CSH Coordinator



Important Dates

4/9 - SADD Virtual Meetings

4/12 – Second Harvest Backpack Food Pick Up

4/26 – Immunizations @ SGCES, SGCMS, & SGCHS

4/27 – Immunizations @ GCHS, Dyer, Rutherford, Yorkville, & Spring Hill

4/28- LeBonheur Mobile Health @ South Gibson County Elementary

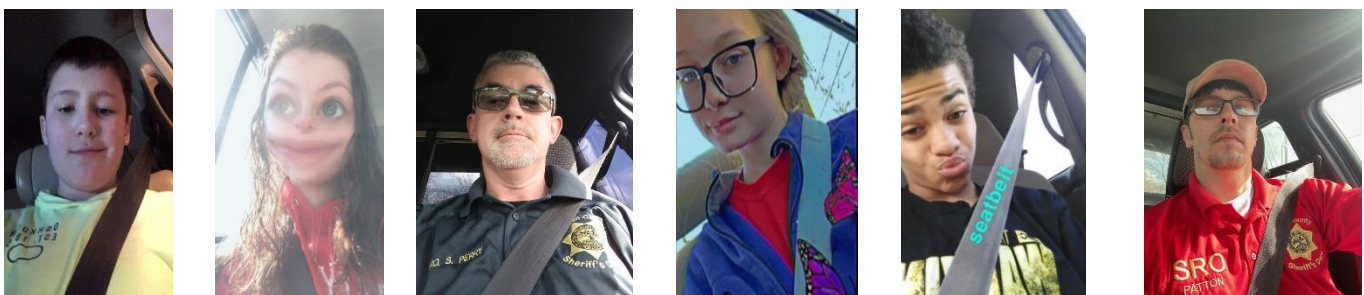
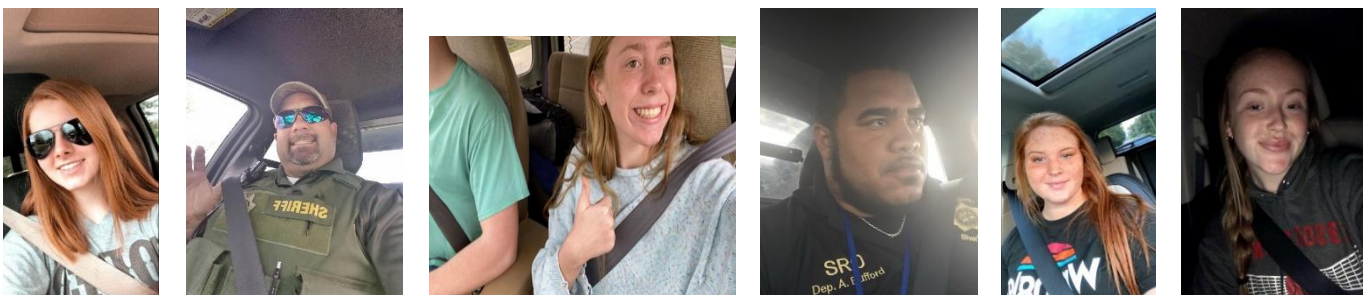
4/29 LeBonheur Mobile Health @ Dyer School

4/30 – SADD Virtual Meetings

March Highlights

GCSSD Celebrated Seat Belt Selfie Week March 29-April 2

GCSSD SADD students and local SROs took pictures of themselves wearing their seat belts to encourage others to buckle up. GCSSD CSH then shared these pictures on social media and encouraged others to participate.



March Highlights

GCSSD Celebrated National Drug and Alcohol Facts Week March 22-26



GCHS and SGCHS students completed the [2021 National Drug & Alcohol IQ Challenge](#) to learn more about these substances. A total of 94 students participated in this activity and students stated that they learned the following things:

- Drugs can be very addictive.
- Vaping is just as addictive as cigarettes.
- Marijuana is as dangerous as alcohol.
- There are many names for “bath salts,” such as glass cleaner, etc.
- In 2019, almost 30 people died per day because of drunk driving.
- Don’t do drugs and if you don’t, you won’t make stupid choices.
- Drugs are harmful to the mind and body.

Special thanks to Becky Ditto (GCHS) and Amanda Anderson (SGCHS) for their help with this activity.

April Health Observances

World Health Day
April 7, 2021
“Building a fairer, healthier world”



Since 1950, April 7 has been celebrated as World Health Day, a UN and World Health Organization (WHO) observance meant to raise awareness of the need to improve global health.

WHO is committed to ensuring that everyone, everywhere, can realize the right to good health.

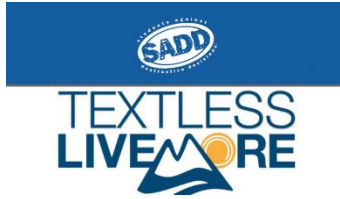
Every Kid Healthy™ Week: April 26-30, 2021

Activities will be shared daily on Social Media.



April Health Observances Cont.

NATIONAL DISTRACTED DRIVING AWARENESS MONTH



Every year, nearly 500,000 Americans are injured and 6,000 more are killed as a result of distracted drivers who lose control of their vehicles while texting, talking on cell phones, eating, programming their radios or engaging in other activities that distract from the task at hand.

Child Abuse Prevention Month



April is designated as Child Abuse Prevention Month to bring awareness to child abuse and neglect and to create opportunities to engage our communities in supporting families and keeping children safe and healthy.

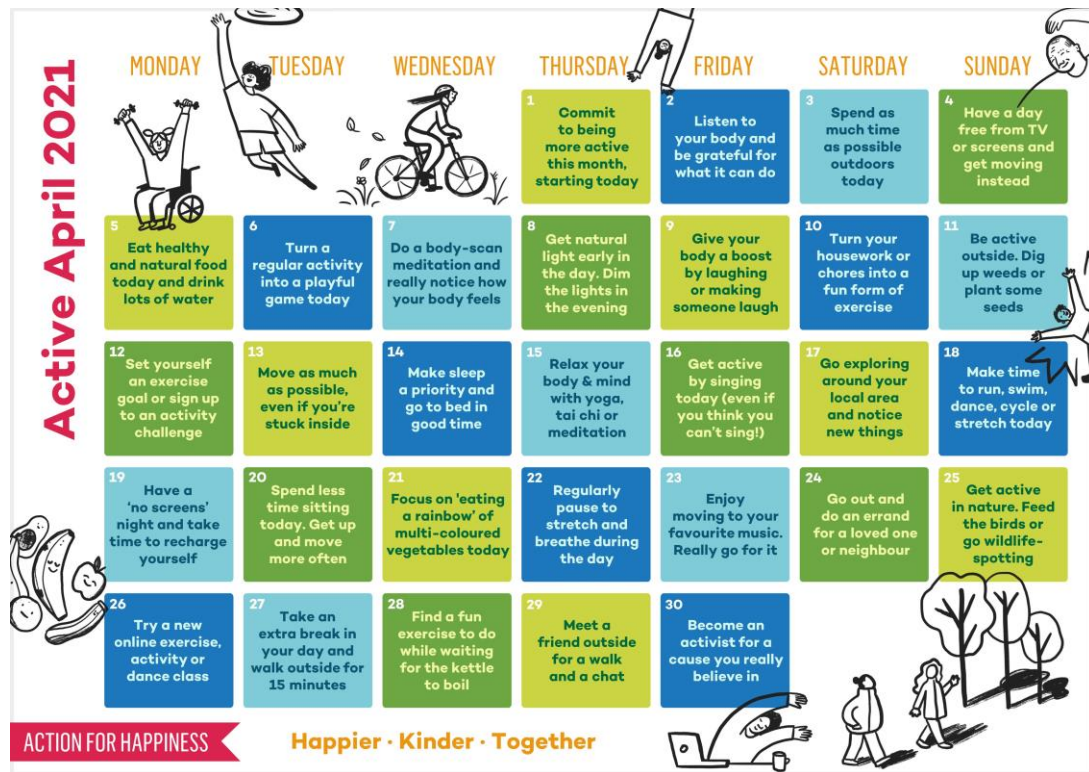
In 2018, there were almost 70,000 cases of child abuse and neglect in Tennessee.

As an education professional, parent, grandparent, Sunday school teacher, choir director, youth leader, mentor or a community member, everyone has the responsibility to report their concerns when they believe a child is being abused or neglected.

Reports can be made to the Tennessee Department of Children's Services Child Abuse Hotline by calling 1-877-237-0004 or visiting <https://www.tn.gov/reportchildabuse>.

Action for Happiness Calendar: Active April

This month is all about getting active, getting outdoors, and taking care of your body! Let's reap the benefits of getting our bodies moving and breathing more deeply from exercising, laughing, and even singing! There are simple things we can all do to take care of our bodies including unplugging from technology, getting outside, and making sure we get enough sleep!



<https://www.actionforhappiness.org/active-april>

HEALTHY PARKS HEALTHY PERSON



It has been proven that time outdoors can improve a person's physical and mental health. This is important in Tennessee, a state who is chronically in the bottom of the national health ratings. **Healthy Parks Healthy Person TN** is simply a program aimed at getting people to go outside and enjoy the health benefits of nature. Begin earning points and rewards for getting outside and active in any park in Tennessee!

Introducing an app that rewards you for getting outside! Download the Healthy Parks Healthy Person TN app on your mobile device – available for iOS and Android! Download on the Apple App Store [HERE](#) or the Android Play Store [HERE](#).

Physical Activity Resources

Active Students, Active Learners



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

Move to Learn



<https://movetolearnms.org/for-the-classroom/>

Go Noodle



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

LeBonheur Mobile Unit

- Visits School District Monthly
- Typically parks at the high schools.
- Buses transport students from elementary and middle schools
- Students go to clinic for physicals and medical care as well as mental health.



Tentative Schedule

April 28 @ SGCES

April 29 @ Dyer

Dietary Guidelines for Americans, 2020-2025

<https://www.dietaryguidelines.gov/>



The *Dietary Guidelines for Americans, 2020-2025* provides advice on what to eat and drink to meet nutrient needs, promote health, and help prevent chronic disease. This edition of the *Dietary Guidelines* is the first to provide guidance for healthy dietary patterns by life stage, from birth through older adulthood.

Top 10 Things You Need to Know About the *Dietary Guidelines for Americans, 2020-2025*

1 The *Dietary Guidelines* is developed to help all Americans. The *Dietary Guidelines* is based on scientific evidence on health-promoting diets in people who represent the general U.S. population, including those who are healthy, those at risk for diet-related diseases, and those living with these diseases.

2 There are 4 overarching Guidelines in the 2020-2025 edition:

- Follow a healthy dietary pattern at every life stage.
- Customize and enjoy nutrient-dense food and beverage choices to reflect personal preferences, cultural traditions, and budgetary considerations.
- Focus on meeting food group needs with nutrient-dense foods and beverages, and stay within calorie limits.
- Limit foods and beverages higher in added sugars, saturated fat, and sodium, and limit alcoholic beverages.

3 There are Key Recommendations supporting the 4 Guidelines, including quantitative recommendations on limits that are based on the body of science reviewed. The Guidelines recommend:

- Limiting added sugars* to less than 10% of calories per day for ages 2 and older and to avoid added sugars for infants and toddlers;
- Limiting saturated fat to less than 10% of calories per day starting at age 2;
- Limiting sodium intake to less than 2,300mg per day (or even less if younger than 14);
- Limiting alcoholic beverages* (if consumed) to 2 drinks or less a day for men and 1 drink or less a day for women.

* The *Dietary Guidelines for Americans, 2020-2025* recommend limiting intakes of added sugars and alcoholic beverages, but do not include changes to quantitative recommendations from the 2015-2020 *Dietary Guidelines* for these two topics, because the new evidence reviewed since the 2015-2020 edition is [not substantial enough to support changes](#) to the quantitative recommendations for either added sugars or alcohol.

4 This is the first time the *Dietary Guidelines* has provided guidance by stage of life, from birth to older adulthood, including pregnancy and lactation. The *Dietary Guidelines for Americans, 2020-2025* provides guidance across all the life stages and is organized by chapters for each life stage. The edition also emphasizes that it is never too early or too late to eat healthy!

5 This edition has a call to action: “Make Every Bite Count with the *Dietary Guidelines*.” The *Dietary Guidelines, 2020-2025* focuses on choosing healthy foods and beverages rich in nutrients and staying within your calorie limit. Which is why the *Dietary Guidelines* calls on every American to Make Every Bite Count!

6 Making choices rich in nutrients should be the first choice. There is very little leeway for extra calories from added sugars, saturated fats, and if consumed, alcohol. Most of the calories a person eats each day (~85%) are needed for foods rich in nutrients that help the person meet food group recommendations. Only a small amount of calories (~15%) are left over for added sugars, saturated fat, and, (if consumed) alcohol.

7 It’s about the pattern of eating, not just healthy choices here and there. The *Dietary Guidelines* focuses on the combination of foods and beverages that make up an individual’s whole diet over time, and not single foods or eating occasions in isolation. Research shows that the ongoing pattern of an individual’s eating habits has the greatest impact on their health.

8 Most Americans still do not follow the *Dietary Guidelines*. The average American diet scores a 59 out of 100 on the Healthy Eating Index (HEI), which measures how closely a diet aligns with the *Dietary Guidelines*. Research shows that higher HEI scores can improve Americans health.

9 There are 3 Key Dietary Principles that can help people achieve the *Dietary Guidelines*. To help improve Americans’ eating patterns, the *Dietary Guidelines* suggests:

- Meet nutritional needs primarily from foods and beverages.
- Choose a variety of options from each food group.
- Pay attention to portion size.

10 The *Dietary Guidelines* is meant to be adaptable to personal preferences, cultural foodways and budgetary considerations. The *Dietary Guidelines* framework purposely provides recommendations by food groups and subgroups—not specific foods and beverages—to avoid being prescriptive. This framework approach ensures that people can “make it their own” by selecting healthy foods, beverages, meals, and snacks specific to their needs and preferences.

Staff Wellness



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/>

Staff Wellness Resource

COVID-19 Emotional Support Line Now Available for Tennessee Educators



If you are a Tennessee healthcare provider, medical worker, first responder, or educator, and you want to talk to someone about feelings of stress, anxiety, sadness, or depression related to your work, the COVID-19 Emotional Support Line is staffed by specially-trained volunteers who can help.*

Please call: 888-MHART-TN (888-642-7886)
Hours Available: 6 a.m. - 10 p.m. (CT)

- The Emotional Support Line provides free and confidential support, helping callers experiencing increased anxiety due to the coronavirus emergency.
- The Emotional Support Line is staffed by volunteer mental health professionals.
- Emotional Support Line volunteers provide short term, non-professional emotional support to the caller.
- This service does not provide clinical, medical, or therapeutic service.

This phone number provides immediate and live emotional support system for front-line health care workers in Tennessee impacted by COVID-19. Once you call in, you will hear an automated recording describing the service and will be connected to a live volunteer.

Please note that the Tennessee COVID-19 Emotional Support Line for Tennessee Healthcare Providers should not substitute for the Tennessee Crisis Line. If you are in immediate danger and have thoughts of self-harm, please contact the Tennessee Crisis Line at 1-855-274-7471.

A collaborative project among the Mental Health Active Response Team (MHART), the Tennessee Association of Alcohol, Drug, & other Addictions Services (TAADAS), National Association of Tennessee-TN Chapter (NASW-TN), and the Tennessee Department of Mental Health and Substance Abuse Services.

Click here for more information - https://www.tn.gov/education/news/2020/12/1/covid-19-emotional-support-line-now-available-for-tennessee-educators.html?mc_cid=da33facafe&mc_eid=01b3ab4c9f

GCSSD Wellness Plan Updated

The GCSSD Wellness Plan was recently updated and 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.

Also, we do not sell and ask you not to send any products containing nuts. Please check the labels on ALL foods (even the ones listed above). Manufacturing practices change, sometimes daily. If an item contains peanuts, peanut oil, nuts, or nut oil, or has a statement as "May contain traces of" or "Made on equipment that manufactures or processes" or "Made in a facility that manufactures it is not considered safe.

CELEBRATIONS AND PARTIES

For celebrations and parties to ensure 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.

Healthy School Teams have updated the Wellness Plan Assessments for each school. These can be found on the GCSSD website.

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



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.

**Virtual Meetings will be held for GC and SGC
April 9th & 30th**

Join us and make a difference!