

# GCSSD Coordinated School Health

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

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

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

Email: [richardsona1@gcssd.org](mailto:richardsona1@gcssd.org)

Telephone: 692-3969

---

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,

Welcome Back!

Evidence shows that the health of students is linked to their academic achievement, so by working together, we can ensure that young people are healthy and ready to learn.

Please see inside this month's newsletter for more information on this month's CSH events, health observances, Here 4 TN – Employee Assistance Program, and the Immunization program available to staff and students. Also, resources are included for Smart Snacks and Physical Activity in the Classroom.

Hope you all have a wonderful start to the new school year.

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

Thanks,

Amy Richardson  
GCSSD CSH Coordinator



---

## Important Dates

**August 9** – Second Harvest Backpack Food Pick Up

**August 12** – TTI Students recognized at GCSSD Board Meeting

**August 19** - CSH Regional Meeting

**August 20** – SGC SADD Meeting (if approved)

**August 26** – GC SADD Meeting

## CSH Highlights

### GCSSD Students Attend TTI Camp



Students from Gibson County joined close to 400 youth leaders from across the state at the Tennessee Teen Institute. TTI is a five-day youth leadership and prevention camp sponsored by the Jackson Area Council on Alcoholism and Drug Dependency (JACO). The program addresses teen issues such as bullying, violence, suicide, teen pregnancy, distracted driving, teen health, and substance abuse prevention through a five-day, peer-led prevention camp designed to provide teen participants with the skills and education necessary to develop and implement alcohol and drug abuse prevention programs in their own communities. This is a comprehensive program that trains, mobilizes, and empowers youth to prevent the illegal use of alcohol, tobacco, and other drugs and self-destructive behaviors in themselves and their peers. TTI prepares students to not only make positive changes, but to be proud advocates of those changes.

Mission statement for the Teen Institute Program is:

*"To empower Tennessee's youth to lead by example and take an active role in bringing about positive changes by giving them the skills, knowledge, and support they need make healthy choices, build positive relationships and live substance free lives."*

For more information about the Tennessee Teen Institute visit [www.tnteeninstitute.net](http://www.tnteeninstitute.net).

### GCSSD Mental Health Team & SADD Students Create Video on Dealing with School Stress

Does "back to school" overwhelm you? Make you feel like you are under a lot of pressure? Stress you out? Watch this video <https://youtu.be/xO46z8CFbYw> to see what your peers have to say about dealing with school stress!

This is sponsored by the Gibson County Mental Health Team. For questions or help contact Allicia Ladd at [ladda@gcssd.org](mailto:ladda@gcssd.org).

If immediate assistance is needed dial 911 or call the National Suicide Prevention Lifeline at 800-273-8255. You can also text TN to 741-741.

## CSH Highlights

### Backpack Program and GC Food Pantry



GCSSD CSH received a grant to feed 100 students this summer. This grant was funded by the "Enterprise Rent-A-Car Foundation" through Second Harvest. This food was sent home with identified students in the Summer Learning Camp and was available at Dyer School or SGCEs cafeteria with meal pick up. Food boxes were also available to be picked up the week of June 21st by any families who had a student enrolled within our school district.

This school year we will continue our Backpack Program in Dyer, Kenton, Rutherford, South Gibson Elementary, Spring Hill, and Yorkville. Through Second Harvest and community partners this program provides easy-to-prepare food for at-risk children on weekends and during school breaks. We will also provide food in the GC Food Pantry for any students needing this resource. Special thanks to area churches and community partners for their assistance with these programs.

### Red Sand Project

GCSSD School Counselors and grant personnel celebrated Red Sand week. The Red Sand project was created to bring awareness to Human Trafficking.

[#ItHasToStopTN](#) [#RedSandProject](#) [#humantraffickingawareness](#) [#humantraffickingprevention](#)



## August Health Observance

**August is National Immunization Awareness Month (NIAM).** This annual observance highlights the importance of getting recommended vaccines throughout your life. You have the power to protect yourself and your family against serious diseases through on-time vaccination.



GCSSD is pleased to announce that we will have Immunization Clinics at school again this year. Immunizations will be offered through West Tennessee Healthcare for students and staff.

### All Students

- Students in grades PreK-3 will be offered the Influenza (flu) shot vaccine.
- Students in grades 4-12 will be offered the Influenza (flu) shot vaccine, Hepatitis A, HPV (Gardasil vaccine), Tdap (Tetanus, Diphtheria, Pertussis), and MCV4 (Meningitis).

*Students must have parental consent and completed registration packet to participate.*

### School Staff

Adults employed by GCSSD and their spouses will be offered the Influenza (flu) shot vaccine, Hepatitis A, Hepatitis B, Twinrix, HPV (Gardasil vaccine), Tdap (Tetanus, Diphtheria, Pertussis), MCV4 (Meningitis), MMR (Measles, Mumps, Rubella), PPV (Pneumococcal Polysaccharide Vaccine), Zostavax (Shingles), and Varicella (Chickenpox shot).

Any charges will be billed to your insurance via West Tennessee Healthcare staff. Please be prepared to list insurance information when you register for immunizations with the intention of predetermining charges and co-pays (if any) prior to the scheduled date of the immunization clinic.

For more information or to access the Registration paperwork please visit the GCSSD CSH Immunization page at <https://www.gcssd.org/page/immunization-program>

You may also contact us at (731) 692-3969.



## August Children's Eye Health and Safety Month



### Back-to-school vision tips

With school just around the corner, be sure to make your child's annual eye exam a priority. Good vision is one of the most important factors in learning and development. Nearly 80% of a child's learning is acquired through his or her visual system, making it the cornerstone for a successful school year.

#### Stay proactive

Studies show that one in four children has a vision problem. Stay proactive in your child's development, and remember that one of the most important tools for success in school is healthy eyesight!

#### Your child's first eye exam

A child should have their first eye exam when they are three years old. Take notice if your child is squinting and blinking frequently, as it could be a signal that something is wrong. Even a small deviation in prescription can cause headaches and eye fatigue.

#### 20/20/20 rule

Doctors recommend that children take frequent breaks while using electronic devices. Set a timer, and have the child stop looking at the screen every 20 minutes and focus on an object 20 feet away for 20 seconds.

#### Pick the right lenses

If your child wears glasses, look into scratch-resistant, anti-reflective coatings and polycarbonate lenses when making a purchase. These lenses will help prevent breakage and unnecessary wear.



#### Regular eye exams are important

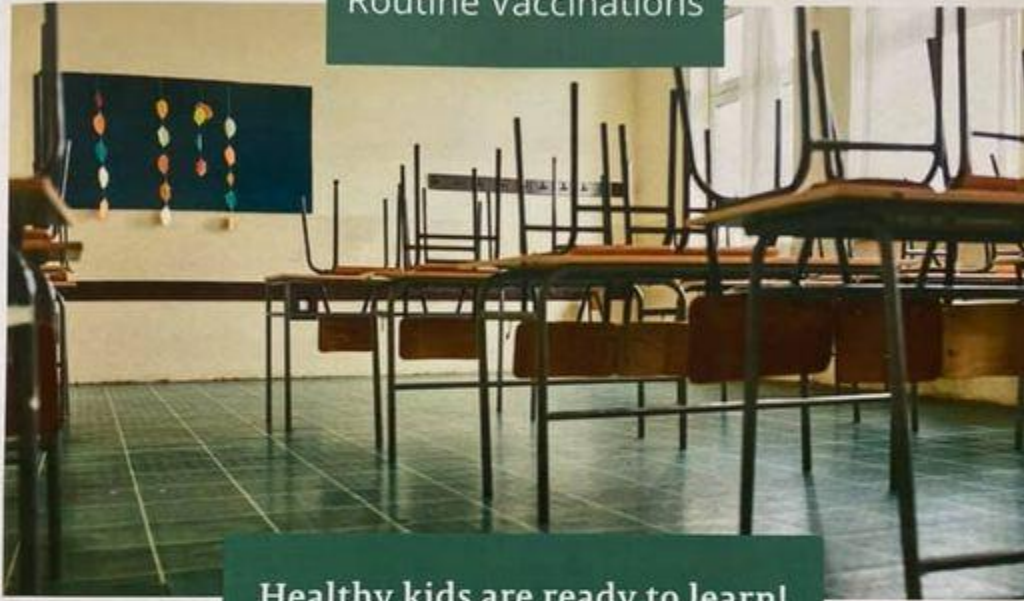
Eye exams aren't just for correcting vision issues. They are also key in the early detection of systemic diseases like diabetes and hypertension. Your eye exam is one of the most important preventative care services available to you.

Sources: All About Vision, AAO, AOA, Glaucoma.org, NIH.gov

Learn more at [versanthealth.com/blog](https://versanthealth.com/blog)

## Do you need insurance? Apply for TennCare or CoverKids

Well Child Checkups and Immunizations can be covered by health insurance. If you need free health insurance apply for TennCare or CoverKids online at [tenncareconnect.tn.gov](http://tenncareconnect.tn.gov) or by phone by calling 1-855-259-0701.



**TN** Department of Health

**PARENTS:**  
Don't forget about  
Routine Vaccinations

**Healthy kids are ready to learn!**



**NEED INSURANCE?**

Apply for TennCare or CoverKids  
It's FREE health insurance!  
Visit [www.tenncareconnect.tn.gov](http://www.tenncareconnect.tn.gov)  
or call 1-855-259-0701 to apply.

**FIND YOUR LOCAL  
HEALTH DEPARTMENT**



Department of Health, Authorization Number 101041, July 2015, 100 copies. This public document was privileged at a cost of \$0.00 per copy.

 @TNDeptofHealth  @TNDeptofHealth  @TNDeptofHealth

### GCSSD Wellness Plan

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.



## MyPlate Website and Resources Available!

Did you hear? The USDA and HHS just released the *Dietary Guidelines for Americans, 2020-2025* – our nation's leading nutrition advice to help all Americans lead healthier lives.

MyPlate is here to help you and your family put the *Dietary Guidelines* into action with new digital tools and resources available starting today! *Start Simple with MyPlate* offers free, personalized resources based on your eating needs and habits.

Follow these simple steps and get started with these MyPlate resources:

1. *Find your starting point:* Take the quick [MyPlate Quiz](#) to see how your eating habits stack up against the MyPlate recommendations. Based on your answers you'll receive tailored resources and a personal quiz results code to sync with the *Start Simple with MyPlate* app.
2. *Set simple goals based on your personal needs:* Use the [Start Simple with MyPlate app](#) to help you set daily meal- and snack-based goals to help you eat healthier. Sync your results from the MyPlate Quiz for a personalized experience. Join challenges, see progress, and earn badges to celebrate successes.
3. *Learn how much you should eat:* To find out what and how much to eat from each of the food groups, **get your own personalized [MyPlate Plan](#).**
4. *Put your plan into action:* **Discover recipes on [MyPlate Kitchen](#).** Check out hundreds of healthy, budget-friendly recipes that provide detailed nutrition and food group information to help you choose recipes that fit your needs.
5. *Save money and eat healthy:* Use [Healthy Eating on a Budget](#) to help you save money at the store by making a shopping plan, shopping smart, and preparing healthy meals to stretch food dollars.
6. *Keep up the good work!* One big change is that we've officially changed our website from ChooseMyPlate.gov to MyPlate.gov. **Explore [MyPlate's new website](#)** – MyPlate.gov – with streamlined information for you to find tips, tools, and recipes that will fit your healthy eating needs.

The benefits of healthy eating add up over time, bite by bite. Small changes matter. [Start Simple with MyPlate.](#)

Get Started



## Physical Activity Resources

### 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”**

### Move to Learn

Better grades. Better health. Studies have shown that physical activity increases children's ability to learn, and as fitness improves, test scores improve. That's why Move to Learn incorporates movement in the classroom through short exercise videos and healthy lesson plans.



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

## Physical Activity Resources Cont.



### **GoNoodle Plus**

GoNoodle inspires all kids to be active and mindful with a wide range of offerings that appeal to kids' different ages, interests, skills, and abilities. This interactive system fuels learning by getting kids focused and ready to learn by getting them up, moving and becoming more mindful.

GoNoodle Plus is now FREE for all educators and districts starting with the 2021 - 2022 school year.

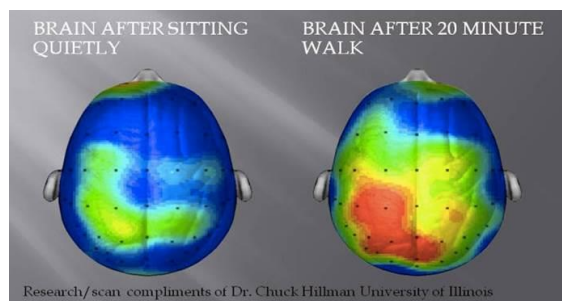
**Website:** Click [here](#)

**Contact Information:** [support@gonoodle.com](mailto:support@gonoodle.com)

**SCHOOL is better with GoNoodle.**

- Improves behavior and attention
- Better 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.

## **COVID-19 Emotional Support Line for Tennessee Educators**



Tennessee healthcare workers, first responders, and all Tennesseans working in education, including educators and district and school administrators and staff, dealing with feelings of stress, anxiety, sadness, or depression related to work can call or text the Emotional Support Line at 888-642-7886 from 6 a.m.- 10 p.m. CT daily.

Specially trained mental health professionals who answer calls or respond to texts through the line can provide emotional support through active listening, help identify and address basic needs, and reference tools for managing stress and planning for self-care.

“Throughout this pandemic, we’ve seen self-reported symptoms of anxiety and depression at double the rate we’d expect in normal times, and we know this crisis has been much harder on our essential workers. We’re hopeful that this new text message capability will remove some of the stigma of asking for help and encourage more people to reach out,” said Marie Williams, LCSW, Commissioner of the Tennessee Department of Mental Health and Substance Abuse Services.

“District and school leaders, staff, and educators continue to face significant challenges due to COVID-19, and this new feature provides the opportunity for easier access to much-needed mental health resources,” said Tennessee Education Commissioner Penny Schwinn. “We are grateful to our state partners for continuing this critical support and providing additional access to free and confidential mental health services for our front-line workers, including the classroom heroes who are educating our children.”

For more information on the Emotional Support Line for Pandemic Stress, visit this link on TN.gov: [TN.gov: TN.gov/behavioral-health/emotional-support](https://www.tn.gov/behavioral-health/emotional-support)



## 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/>



## SELF-CARE

Self-care is the practice of taking an active role in protecting one's own well-being and happiness, in particular during periods of stress. Self-care is everything that you deliberately do for your mental, physical, and emotional well-being.

### WHY IS SELF-CARE IMPORTANT?

We are all less able to handle the stresses that come our way when we're already depleted by physical and emotional exhaustion. Or, put in a more positive way, we are more resilient and more able to handle life's stress when we are feeling our best both physically and emotionally.

Self-care prevents “overload burnout”: We’ve all been there: you push yourself to the point that you can’t take anymore so you just give up. Self care helps you avoid getting to that point.

Self-care reduces the negative effects of stress: A small amount of stress can serve a purpose, but after a while, it just breaks down your mind and body. Taking care of yourself means keeping your stress from taking over so you can function at full capacity.

Self-care helps you refocus: When I was stuck on a complicated math problem in school, my teacher would suggest walking away and coming back—taking a break, basically. Breaks are the epitome of self care, and studies show they are great for helping you perform better.





**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.**

**Join us and make a difference!**