

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,

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 observances, Here 4 TN – Employee Assistance Program, LeBonheur, and SHAC. Also, resources are included for Self-Care, 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

10/3 – 10/7 – Fall Break

10/10 – Second Harvest Backpack Pickup

Immunization Clinics for preregistered staff and students

10/11 – SGCEs

10/12 – SGCMS, SGCHS

10/13 – GC, GCSSD, Dyer

10/14 – Kenton, Rutherford, Yorkville Spring Hill

Health Screenings (Other schools were completed in September.)

10/18-10/20 – SGCEs

10/19 – Unity Day

SHAC service-learning project

10/24 – 10/28 – Red Ribbon Week

10/24 – Vaping Education @ GCHS

10/27/22 - SHAC @ GC

10/28 – Vaping Education @ SGCHS and SHAC @ SGCHS

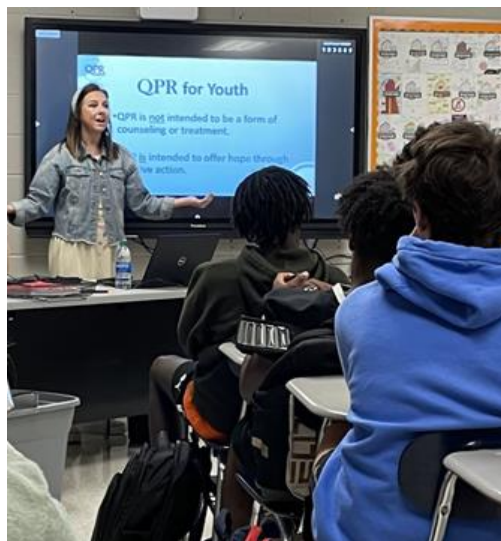
10/31 – Nutrition Education at GC

11/4 - Nutrition Education at SGC

CSH Highlights



September was National Suicide Prevention Month and GCSSD observed this by students receiving age appropriate materials provided by TN Suicide Prevention Network (TSPN).



CSH Highlights

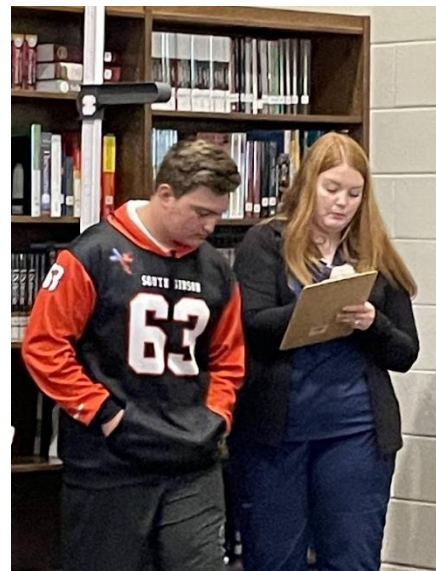
CSH Staff continue the Backpack Program in Schools Throughout Gibson County

Each month CSH staff and/or community volunteers pick up and deliver food from Second Harvest for students who do not have enough food on the weekends.



Health Screenings

CSH Staff partner with TCAT Nursing students to provide Health Screenings for students in Pre-K, K, 2nd, 4th, 6th, 8th, and 9th grades.



October Health Observances

Child Health Month 2022



What is Child Health Month?

Tennessee Child Health Month (CHM) is a call to all families, educators, health professionals, faith-based and community organizations and all levels of government to help ensure Tennessee's children are healthy. Tennessee invites all individuals, families, and organizations to positively impact the lives of children and their families by participating in Child Health Month activities each October.

The Tennessee Department of Health (TDH) is recognizing Child Health Month (CHM) throughout the month of October. This annual recognition is a time to celebrate and raise awareness around what Tennessee is doing to promote the health of our most important resource: Tennessee's Children.

The theme for CHM 2022 is New Beginnings. Tennesseans have faced many challenges over the last two years. Together, we can create New Beginnings by ensuring that parents, caregivers, teachers, and community members are equipped with the tools they need to promote health practices in Tennessee's children.

Families, educators, health professionals, and community organizations are invited to help ensure Tennessee's children are healthy. To positively impact the lives of children, adults and families, consider participating in CHM activities this October.

<https://www.tn.gov/health/health-program-areas/mch/child-health-month.html>

National Bullying Prevention Month



You Can STOMP Out Bullying™! REPORT IT!

Don't be afraid to tell an adult. Telling isn't tattling! You are helping someone.

Who should you tell? You could tell your parents, teacher, school counselor, school nurse, coach or any adult you trust. Be sure to tell exactly what happened ... who was bullied, who the bully was, where and when it happened. Even if you suspect a kid is being bullied, it's a good idea to report that, too. Most adults really do care about bullying and will be glad that you told them about it.

If you tell an adult and you don't think they are doing anything about the bullying or if the situation isn't improving, tell another adult. Keep telling adults until someone does something to help.

Be a friend to someone who is bullied. Just being supportive to a person who's been bullied is comforting. It shows that someone or many people care. When someone is down they need a friend. Be there for the person who is being bullied. Be a buddy on school grounds, get together after school, include them in activities, Walk home with them, sit with them on the bus. Being an understanding and supportive friend means so much. Show a kid who is being bullied that you care about them.

Stand up to the bully. If you feel safe and comfortable, tell the bully that what they are doing is mean and wrong. It's not cool and they should stop. Keep it simple. Do not bully them back. If you are not comfortable standing up to the bully, tell an adult.

The point:

Be Kind To One Another!

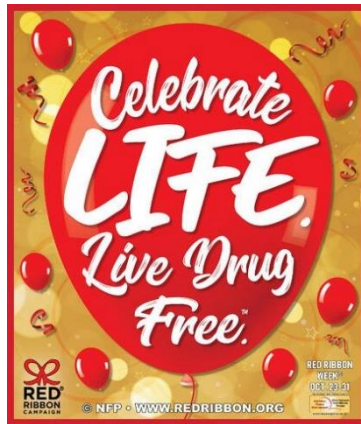
Give someone a compliment.

Be a Friend!

<https://www.pacer.org/bullying/>

<https://www.stompoutbullying.org/>

Red Ribbon Week 2022



Each year, National Red Ribbon Week is celebrated from October 23 - 31. Thousands of schools across the country use this time to engage youth in dialogues about the importance of making positive life choices and avoiding the temptation to use drugs and alcohol. Special thanks to School Counselors for their help to have several schools within GCSSD celebrate this by educating students on the dangers of drugs and alcohol.

<https://www.redribbon.org/>

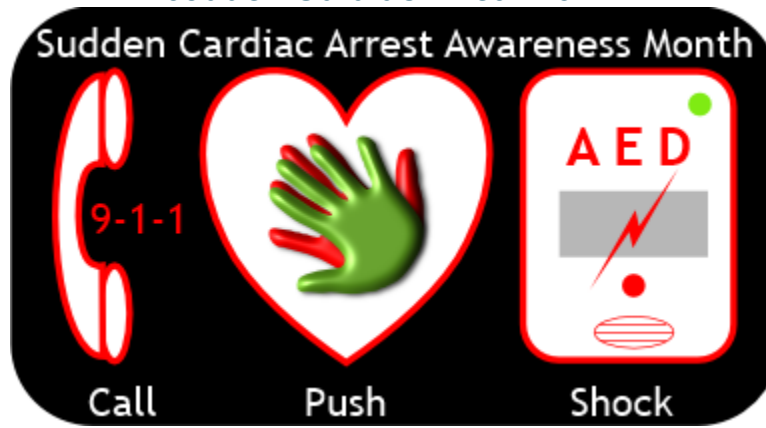
National Teen Driver Safety Week

October 16-22, 2022



This week and every week, parents should have conversations with their teens about the important rules they need to follow to stay safe behind the wheel of a passenger car, truck, or SUV. These rules address the greatest dangers for teen drivers: alcohol, inconsistent or no seat belt use, distracted and drowsy driving, speeding, and number of passengers.

Sudden Cardiac Arrest Month



October is Sudden Cardiac Arrest Awareness Month, which represents a critical initiative by the Heart Rhythm Society to raise awareness for Sudden Cardiac Arrest (SCA) and help the public become more familiar with what it is, how it affects people, and what can be done to help save lives. Approximately 350,000 sudden cardiac deaths occur in the U.S. each year, equal to almost 1,000 every day. At least 600 to 1,000 of these annual deaths occur in children and adolescents. Approximately 20 percent of a community is in its schools on any given day, including students, teachers, staff, and family members. A focused effort on cardiac arrest preparedness in schools is critical to protecting our children and others in the school community.

National Breast Cancer Awareness Month



**OCTOBER
BREAST
CANCER
AWARENESS
MONTH**



Breast cancer is the second most common kind of cancer in women. About 1 in 8 women born today in the United States will get breast cancer at some point. National Breast Cancer Awareness Month is a chance to raise awareness about the importance of early detection of breast cancer.

What can we do?

1. Encourage every woman you love to get a mammogram as soon as it is appropriate. Family history may dictate an earlier need for a baseline examination.
2. If you know someone with breast cancer, don't ask what you can do — just do it. Send a card. Cook a meal. Run an errand. Visit.
3. Remember the caregivers. Offer to take them to dinner, a movie, or for coffee. Create space for them to recharge.

Action for Happiness Calendar:

It's helpful to stay hopeful! Join us for [#OptimisticOctober](https://actionforhappiness.org/optimistic-october) and find positive ways to move forward towards your goals. Spread the word to help others too.

Optimistic October 2022

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Write down three things you can look forward to this month	2 Find something to be optimistic about (even if it's a difficult time)	3 Take a small step towards a goal that really matters to you	4 Start your day with the most important thing on your to-do list	5 Be a realistic optimist. See life as it is, but focus on what's good	6 Remind yourself that things can change for the better	7 Look for the good in people around you today
8 Make some progress on a project or task you have been avoiding	9 Share an important goal with someone you trust	10 Take time to reflect on what you have accomplished recently	11 Avoid blaming yourself or others. Find a helpful way forward	12 Look out for positive news and reasons to be cheerful today	13 Ask for help to overcome an obstacle you are facing	14 Do something constructive to improve a difficult situation
15 Thank yourself for achieving the things you often take for granted	16 Put down your to-do list and do something fun or uplifting	17 Take a small step towards a positive change you want to see in society	18 Set hopeful but realistic goals for the days ahead	19 Identify one of your positive qualities that will be helpful in the future	20 Find joy in tackling a task you've put off for some time	21 Let go of the expectations of others and focus on what matters to you
22 Share a hopeful quote, picture or video with a friend or colleague	23 Recognise that you have a choice about what to prioritise	24 Write down three specific things that have gone well recently	25 You can't do everything! What are your three priorities right now?	26 Find a new perspective on a problem you face	27 Be kind to yourself today. Remember, progress takes time	28 Ask yourself, will this still matter a year from now?
29 Plan a fun or exciting activity to look forward to	30 Identify three things that give you hope for the future	31 Set a goal that brings a sense of purpose for the coming month				

ACTION FOR HAPPINESS

Happier · Kinder · Together

<https://actionforhappiness.org/optimistic-october>

LeBonheur Mobile Unit

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



Forms are currently being collected for this program.

For more information please contact Amy Richardson by phone at (731)692-3969 or email at richardsona1@gcssd.org.



We now have SHAC Chapters at GC and SGC!

**ALL Students (Grades 9-12)
are invited to join SHAC
(Student Health Advisory Council)**

To join fill out the application for your school.

GC - <https://forms.gle/qZvyzapGJhPVPVA16>

SGC - <https://forms.gle/XyZWqTfgXt9ZCfUM9>

We invite any interested staff to attend as well.

Join us and make a difference!



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



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/>

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

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.

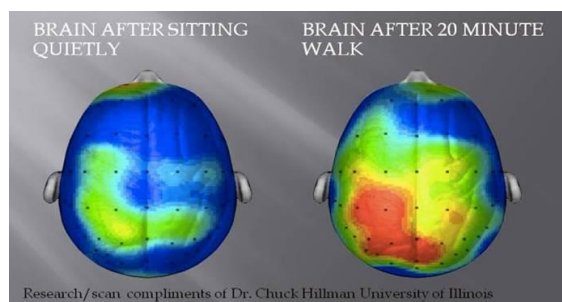
Website: Click [here](#)

Contact Information: 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.

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.