

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, Nutrition, Physical Activity and SHAC.

UT Nursing department has asked for parents to complete a brief survey about Immunizations. More information can be found on page 9 in this newsletter. The link for this is

https://sworps.qualtrics.com/jfe/form/SV_3qQ4K3sK1WFxjKK?jfe=new

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

Thanks,
Amy Richardson
GCSSD CSH Coordinator



Important Dates

10/31 – Nutrition Education at GC

11/4 - Nutrition Education at SGC

11/3 - CSH Regional PD

11/8 - Drowsy Driving Prevention and SHAC @ SGC

11/9 - Drowsy Driving Prevention @ GC

11/9 & 11/30 – LeBonheur at Dyer

11/9 - Handle with Care meeting

11/10 - Restorative Practices Training

11/14 – Second Harvest Backpack Pickup

Immunization Clinics for preregistered staff and students

11/15 – SGCES, SGCMS, SGCHS

11/16 – GC, GCSSD, Dyer, Kenton, Rutherford, Yorkville, Spring Hill

11/17 – Info for Parents Night at GC (will be @ SGC 12/6)

11/14 – Vaping Education @ GCHS

11/18 – Vaping Education @ SGCHS

CSH Highlights

Walk to School Day at Spring Hill

We had a great morning at the Spring Hill Walk to School Day! Thank you to Cindy Smith who organized the event and all Spring Hill staff for their help! There were lots of participants including students and their families. GCSSD CSH provided bananas, water, and CSH health information. Hope we can make this an annual tradition.



CSH Highlights

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.

We completed our annual health screenings this month!



Pack the Bus Food Drive



GCHS SHAC students recently volunteered their time to help collect food for our backpack program. The donated items will be given to students who need food at night or on the weekends. Special thanks to Dyer Food Rite for allowing us to host this event and to the community for their overwhelming support.

November Health Observances

Drowsy Driving Prevention Week November 7 - 11, 2022



According to the National Sleep Foundation:

- 37 percent or 103 million drivers admit falling asleep at the wheel.
- Sixty percent of drivers say they've driven while drowsy.
- Driver fatigue accounts for an estimated 368,000 crashes each year.

Drowsy Driving Warning Signs

- Difficulty focusing, frequent blinking, or heavy eyelids.
- Daydreaming; wandering/disconnected thoughts.
- Trouble remembering the last few miles driven.
- Missing exits or traffic sign.
- Yawning repeatedly or rubbing your eyes.
- Trouble keeping your head up.
- Drifting from your lane, tailgating, or hitting a shoulder rumble strip.
- Feeling restless and irritable.

Drowsy Driving Prevention

- Get off the road as soon as safely possible if you experience any warning signs.
- Get out of the car to get blood and oxygen flowing.
- Find a safe, well-lit location and drink a caffeinated beverage and take a 30-minute nap. Then you'll be better prepared to make good decisions about your driving ability.
- Drive with a friend. A passenger needs to remain awake to watch for signs of fatigue and take a turn driving.

Students in Wellness Classes will participate in drowsy driving prevention education.

National Diabetes Month



Diabetes is one of the most common chronic conditions in school-age youth in the United States, affecting about 193,000 youth under 20 years old. Regardless of their age, sometimes youth who have diabetes need support with their diabetes care. That's why it's important to help your child or teen develop a plan to manage diabetes, and work with their health care team to adjust the diabetes self-care plan as needed.

NATIONAL DIABETES MONTH 2022

NIH National Institute of Diabetes and Digestive and Kidney Diseases

DIABETES MANAGEMENT
IT TAKES A TEAM

Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. It can lead to health problems related to your eyes, kidneys, nerves, and heart, and is linked to some types of cancer.

Working with health care professionals can help you get the diabetes care you need to improve your health. But while it takes a team to manage diabetes, remember that **you are the most important participant in your diabetes care.**

Here are some tips to help you manage diabetes and build your diabetes health care team.

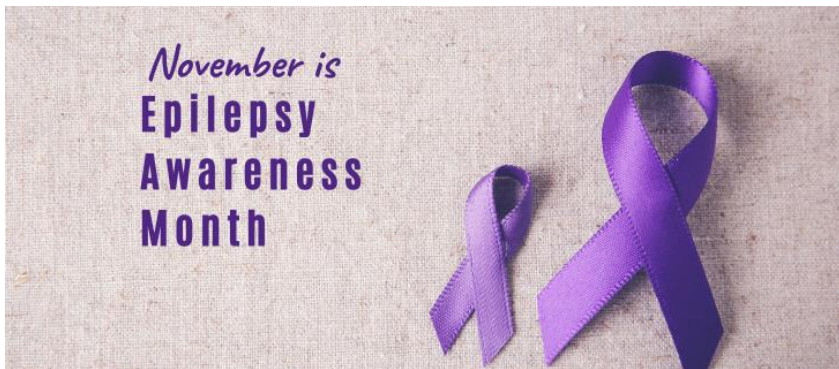
- MANAGE YOUR A1C, BLOOD PRESSURE, & CHOLESTEROL LEVELS**
Ask your health care team what your goals should be and how you can reach them.
- PREPARE FOR VISITS WITH YOUR TEAM**
Before your appointment, write down a list of questions, review your diabetes self-care plan, and record your blood glucose results.
- SEEK ADDITIONAL SUPPORT FOR YOUR SPECIFIC NEEDS**
A team of health-care professionals—such as an eye doctor or pharmacist—can help tailor your diabetes self-care routine.
- MAKE PHYSICAL ACTIVITY PART OF YOUR ROUTINE**
Set a fitness goal and encourage your family members to exercise with you.
- FOLLOW A DIABETES MEAL PLAN**
Choose fruits and vegetables, whole grains, lean meats, beans, nuts or seeds, and nonfat or low-fat milk and cheese.
- STAY ON TOP OF YOUR VACCINATIONS**
Ask your health care team about the vaccines you should get to reduce your risk of getting sick.

FOR MORE INFORMATION ON MANAGING DIABETES, VISIT [NIDDK.NIH.GOV](https://niddk.nih.gov).

[NIDDK.NIH.GOV](https://niddk.nih.gov) | HEALTHINFO@NIDDK.NIH.GOV | [f](https://www.facebook.com/niddk) [i](https://www.instagram.com/niddk) [y](https://www.youtube.com/niddk) [t](https://www.tiktok.com/niddk) [s](https://www.snapchat.com/niddk) [in](https://www.linkedin.com/company/niddk) [p](https://www.pinterest.com/niddk) [t](https://www.tumblr.com/niddk) [r](https://www.reddit.com/niddk) [tv](https://www.twitch.tv/niddk) [y](https://www.youtube.com/niddk) [t](https://www.tiktok.com/niddk) [s](https://www.snapchat.com/niddk) [in](https://www.linkedin.com/company/niddk) [p](https://www.pinterest.com/niddk) [t](https://www.tumblr.com/niddk) [r](https://www.reddit.com/niddk) [tv](https://www.twitch.tv/niddk)

Website: [National Diabetes Month Awareness](https://niddk.nih.gov)

National Epilepsy Awareness Month



There are
150,000
new cases of
epilepsy in the
U.S. every year

 Seizures vary
from one person
to another

Epilepsy is the
4th
most common
neurological disease



What Is Epilepsy?

Epilepsy is a brain condition that causes someone to have seizures. It affects children and adults of all demographics and is one of the most common disorders of the nervous system.

Seizures are the main symptom of epilepsy and are caused by an interruption in normal brain signals. The brain consists of nerve cells that communicate with each other through electrical activity. When one or more parts of the brain has a burst of abnormal electrical signals that interrupt normal brain signals, a seizure occurs. Anything that interrupts the normal connections between nerve cells in the brain can cause a seizure. This includes a high fever, high or low blood sugar or a brain concussion. When a child has two or more seizures with no known cause, it is diagnosed as epilepsy.

Symptoms of a seizure are different from person to person. These symptoms can include blank staring, jerking movements of the arms and legs, stiffening of the body, loss of consciousness, nodding head rhythmically (when associated with loss of awareness or consciousness), periods of rapid eye blinking and staring. During a seizure, a child's lips may become tinted blue and his or her breathing may not be normal. After the seizure, it's not uncommon for a child to be sleepy or confused.

If you encounter someone having a seizure, here are some things you can do to help:

- Help the person down in a safe position, turn them to their side, cushion their head and time the seizure.
- Never hold them down or force anything into their mouth.
- Comfort the person and speak calmly, and help others also remain calm.
- Check to see if the person is wearing a medical bracelet or has other visible emergency information and stay with them until they are awake and alert.
- If the seizure lasts longer than five minutes or the person doesn't return to their original state, call 911.
- If they're fine, offer to call or coordinate a ride to make sure the person gets home safely.

*First aid steps provided by the [Centers for Disease Control and Prevention](#)

Health Observances Cont.

World Kindness Day November 13



The purpose of
WORLD KINDNESS DAY
is to highlight good deeds in the community
because **KINDNESS** is the common thread
that unites us all. **NOVEMBER 13**
<http://theworldkindnessmovement.org/>

World Kindness Day is celebrated annually on November 13th. On this day, participants attempt to make the world a better place by celebrating and promoting good deeds and pledging acts of kindness.

The Great American Smokeout® November 17

Quitting is Okay



**THE GREAT
AMERICAN
SMOKEOUT**

On the 3rd Thursday in November,
It's Okay to Be a Quitter.

Quitting starts here. [START DAY ONE](#)

Action for Happiness Calendar: New Ways November

This month, we're encouraging you to try something new!

New Ways November 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 Make a list of new things you want to do this month	2 Respond to a difficult situation in a different way	3 Get outside and observe the changes in nature around you	4 Sign up to join a new course, activity or online community	5 Change your normal routine today and notice how you feel	6 Try out a new way of being physically active
7 Be creative. Cook, draw, write, paint, make or inspire	8 Plan a new activity or idea you want to try out this week	9 When you feel you can't do something, add the word "yet"	10 Be curious. Learn about a new topic or an inspiring idea	11 Choose a different route and see what you notice on the way	12 Find out something new about someone you care about	13 Do something playful outdoors - walk, run, explore, relax
14 Find a new way to help or support a cause you care about	15 Build on new ideas by thinking "Yes, and what if..."	16 Look at life through someone else's eyes and see their perspective	17 Try a new way to practice self-care and be kind to yourself	18 Connect with someone from a different generation	19 Broaden your perspective: read a different paper, magazine or site	20 Make a meal using a recipe or ingredient you've not tried before
21 Learn a new skill from a friend or share one of yours with them	22 Find a new way to tell someone you appreciate them	23 Set aside a regular time to pursue an activity you love	24 Share with a friend something helpful you learned recently	25 Use one of your strengths in a new or creative way	26 Try out a different radio station or new TV show	27 Join a friend doing their hobby and find out why they love it
28 Discover your artistic side. Design a friendly greeting card	29 Enjoy new music today. Play, sing, dance or listen	30 Look for new reasons to be hopeful, even in tough times				

ACTION FOR HAPPINESS

Happier · Kinder · Together

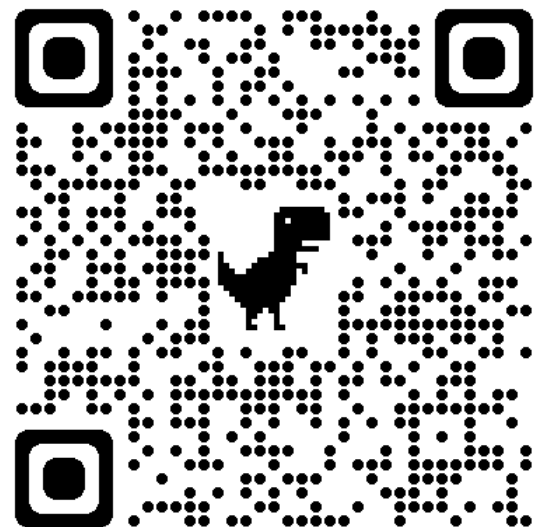
<https://actionforhappiness.org/new-ways-november>

Dear parent/guardian,

Routine immunization rates have gone down in the State of Tennessee since the start of COVID-19. These immunizations are for dangerous diseases like Polio, Tetanus, Diphtheria, Rotavirus, Influenza, Pneumonia, Meningitis, etc. We ask that you please help us understand the reasons for this drop in rates by taking a quick survey. Help us keep this great state safe for future generations.

Thank you for your participation!

LeBonheur Mobile



For more information on the project, please visit
<http://crnn.tennessee.edu>

Scan QR Code with device camera to take survey

Mobile Health Program



Le Bonheur's Mobile Health Program provides exceptional care beyond the hospital walls. We believe one way to serve children in West Tennessee is to provide well-child physicals, sports physicals and sick visits at their schools on a rotating basis. If your child already sees a provider, but your child visits the mobile unit, all information from the mobile health provider can be shared with your child's regular provider. It is our goal to connect children and families who do not have regular care to a pediatrician or primary care doctor in their community after their visit on our mobile medical unit. In addition, we can assist with referring children and families to specialty care as needed.

What you need to know:

- To be seen on the mobile medical unit, your child **must have a signed Le Bonheur consent form** on file. Participation in this program is voluntary.
- If your child gets sick while the mobile unit is at their school, the provider can see them if consent is on file.
- **Children are seen regardless of ability to pay.** Parents/caregivers should not be concerned about lack of insurance or costs of co-pays. We do bill TennCare insurances for patients who have it, but **parents should never receive a bill from us for services.**
- Parents/caregivers are welcome to come with their child on the mobile medical unit.
- Parents/caregivers will receive a visit summary with education material via mail and/or a phone call from Le Bonheur staff after the child's visit on the 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.

Tentative Dates: Dyer – 11/9 & 11/30 SGCE – 12/14 Rutherford – 1/12 Spring Hill – 1/19 Kenton – 2/1



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!



New Tool! Shop Simple with MyPlate

Save money while shopping for healthy food choices!

Shop Simple with MyPlate is an exciting new tool to help you find cost-saving opportunities in your area and discover new ways to prepare budget-friendly foods. Browse budget-friendly food suggestions from each of the MyPlate food groups, get tips for purchasing and storing the food, serving ideas, recipes, and nutrition info. Enter your zip code to find cost-saving opportunities in your local area, including stores that accept SNAP EBT, rewards for SNAP participants, and farmers markets.

To start saving today visit

[MyPlate.gov/ShopSimple](https://www.MyPlate.gov/ShopSimple)

Or

Scan this QR code to use Shop Simple on your phone





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.

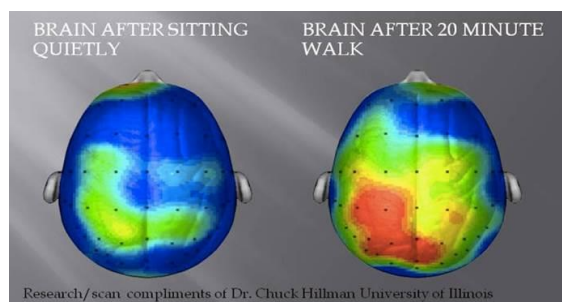
Website: Click [here](#)

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.

