

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 program. I hope you find this newsletter helpful.

GCSSD Faculty, Staff, Students, Parents, and Community,

Happy Holidays!

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, and LeBonheur. Also, resources are included for Staff Wellness, Smart Snacks, and Physical Activity.

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

Thanks,
Amy Richardson
GCSSD CSH Coordinator



Important Dates

Northwest Council on Children & Youth Meeting/Grant Writing Workshop

December 2nd

Parent Night for all schools

December 6th at 5:00pm at SGCHS

Gibson County Coordinated School Health Meeting

December 9th

Second Harvest Backpack Pickup

December 12th

LeBonheur

December 14th @ SGCEs

Vaping Prevention Education

December 15th @ Rutherford

CSH Mid-Year Report Due to the State

December 16th

Narcan Trainings

January 9th @ GC 5:00pm

January 12th @ SGCMS 5:00pm

November Highlights

Drowsy Driving Prevention



Kathi Wright from the Kyle Kiihnl Foundation presented information to students in Wellness classes at GCHS and SGCHS on the dangers of Drowsy Driving and the importance of sleep. Students were also asked to sign a pledge that they would not drive drowsy during a Lunch and Learn at both high schools.

Vaping Education

This month we continued teaching Vaping education in our high school Wellness classes. Research has shown that if we can get young people not to vape before the age of 21 then they are less likely to use any tobacco products.



GCHS SHAC Students Help with Dyer Station Giving Tree

GC Student Health Advisory Council (SHAC) students added wish list information (without names or identifying information) for students at Dyer School who need extra help to Christmas cards. These cards were then taken and placed on the trees at City Lumber and Food Rite so that individuals/groups in the area can help these students have a better Christmas.



Upcoming Events
Parent Night for all schools

Make plans to join us December 6th at 5:00pm at SGCHS for our Healthy Mind, Healthy Body – Ready to Learn parent education session. This will be right before the SGC vs GC basketball game.



Healthy Mind, Healthy Body – Ready to Learn

All parents are invited to come learn how to help your child be physically and emotionally healthy. Once students are healthy, they are more likely to succeed academically.

November 15 at 5:00 p.m. – 6:00 p.m. at the GCHS library
December 6 at 5:00 p.m.- 6: 00 p. m. at the SCGHS cafeteria

Narcan Training

Naloxone (or Narcan) is a proven tool in the battle against drug misuse and overdose death. It is not a dangerous medicine, but proper training is required by law.

Join us to learn more!

Training Opportunity

Two training opportunities:

January 9th, 2023 5pm - 7pm
Gibson County High School
130 Trenton Hwy
Dyer, TN

January 12th, 2023 5pm - 7pm
South Gibson Middle School
1300 Medina School Rd.
Medina, TN

Topics of Discussion

- Stigma Reduction
- Signs and Symptoms of an Overdose
- **Naloxone (Overdose reversal drug)**

SPEAKERS:
Melesa Lassiter BSN, RN
Regional Overdose Prevention Specialist
For more details, contact us:
(731) 819-7603
melesa@martinhousing.org

RSVP requested
Please email Tammie Floersh, RN
floersht@gcscsd.org
This will ensure enough materials
available for all attendants.

FREE RESOURCES

TN Tennessee Department of Mental Health and Substance Abuse Services

This project is funded under a grant contract with the State of Tennessee Department of Mental Health and Substance Abuse Services.

January 9th @ GC 5:00pm
January 12th @ SGCMS 5:00pm

Handle with Care



TENNESSEE HANDLE WITH CARE

PROTECT • HEAL • THRIVE

The program is very simple: Law enforcement officers at the scene of crime, violence and/or abuse are identifying children at the scene who have been exposed to trauma. The child's name, age and school are sent by Law Enforcement in a confidential notice to the child's school before the child starts school the next day. There is no information being given except for the child's name and these three words "handle with care". Schools are learning how to be trauma sensitive and identifying interventions that will mitigate the negative effects of trauma on the children. So, if the child acts out, the teacher has a heads up and might send the child to the counselor instead of the principal, give the child extra time to do a project or postpone a test.

GCSSD is currently in the planning stage of this program so that our students who are potentially exposed to traumatic events can receive care if needed at school. Local law enforcement will contact school designee(s) if they encounter a student during a call so that school staff will know to handle the student with care. No specific information will be shared with the school.

More information on this program will be shared in the near future.

Health Observances

National Handwashing Awareness Week December 5 – 11, 2022



WHY WE LOVE NATIONAL HANDWASHING AWARENESS WEEK

1. Healthy hands are happy hands

And happy hands make for happy and healthy homes.

2. It helps prevent the spread of germs

Think of how many different things we touch during the course of an average day. Now imagine how many of those things were touched by other people's hands. Yuck! Wash your hands to prevent the spread of dangerous microbes.

3. Let's shake on it

Finally, we love National Handwashing Awareness Week because it reminds everybody else — especially doctors and those who prepare the food we eat — to take cleanliness and hygiene seriously.

<https://nationaltoday.com/national-handwashing-awareness-week/#:~:text=National%20Handwashing%20Awareness%20Week%20%E2%80%93%20December%205%2D11%2C%202022>

Action for Happiness Calendar: Do Good December 2022

This month, we're encouraging you to carry out small acts of kindness.

Kindness is contagious and helping others has been proven to make us feel better too! Let's try to focus on being generous with our time and attention rather than money - it's free and better for everyone.

December Kindness 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 Spread kindness and share the December calendar with others	2 Contact someone you can't be with to see how they are	3 Offer to help someone who is facing difficulties at the moment	4 Support a charity, cause or campaign you really care about
5 Give a gift to someone who is homeless or feeling lonely	6 Leave a positive message for someone else to find	7 Give kind comments to as many people as possible today	8 Do something helpful for a friend or family member	9 Notice when you're hard on yourself or others and be kind instead	10 Listen wholeheartedly to others without judging them	11 Buy an extra item and donate it to a local food bank
12 Be generous. Feed someone with food, love or kindness today	13 See how many different people you can smile at today	14 Share a happy memory or inspiring thought with a loved one	15 Contact an elderly neighbour and brighten up their day	16 Look for something positive to say to everyone you speak to	17 Give thanks. List the kind things others have done for you	18 Ask for help and let someone else discover the joy of giving
19 Contact someone who may be alone or feeling isolated	20 Help others by giving away something that you don't need	21 Appreciate kindness and thank people who do things for you	22 Congratulate someone for an achievement that may go unnoticed	23 Choose to give or receive the gift of forgiveness	24 Bring joy to others. Share something which made you laugh	25 Treat everyone with kindness today, including yourself!
26 Get outside. Pick up litter or do something kind for nature	27 Call a relative who is far away to say hello and have a chat	28 Be kind to the planet. Eat less meat and use less energy	29 Turn off digital devices and really listen to people	30 Let someone know how much you appreciate them and why	31 Plan some new acts of kindness to do in 2023	



ACTION FOR HAPPINESS

Happier · Kinder · Together





<https://actionforhappiness.org/sites/default/files/Dec%202022.jpg>

Staff Wellness



Easy ways to reduce holiday stress



Easy ways to reduce holiday stress

The holidays can be a source of great joy with a mix of tradition, gifts, family, and food, but can also bring stress from family conflict, busy schedules and other demands. Stress can also build up when those holiday credit card charges arrive in January. There are ways to minimize stress and the harmful effects it can have on you. Try these simple ways to keep stress from overtaking the season.

Have a game plan. Prioritize what's important to you this holiday season, then get organized early to help save time later. If you know certain items will run out early, such as wrapping paper and ribbons, buy these items before the rush.

Set a budget. The demands on your wallet can be a big source of holiday stress. Rather than buying a gift for everyone, consider selecting a name from a hat and buying for that person. Set a budget and stick with it.

Take care of yourself. Remember to get your flu shot ahead of the holidays and wash your hands often. Eat a well-balanced diet, get plenty of sleep and stay active.

Travel safely. Whether you're planning to drive to the grocery store or a holiday party, remember to check the weather beforehand and buckle up. If you drink alcohol at a holiday outing, do so in moderation. * If you do drink alcohol, **do not drive**. Instead, ask someone you trust to drive you home.

Enjoy. What's the real reason for the season? Remind yourself why you're celebrating and savor that thought. Since there are so many fun and meaningful holiday concerts, school performances, worship activities and other events, consider picking a couple to enjoy during this special time of year.

Seek help. Find support from friends and family. If you feel sad, anxious, hopeless, irritable or overwhelmed for an extended period, consider seeking professional help. Trained mental health counselors can help you figure out why you're stressed or depressed and teach you ways to cope.

If you or someone you know is having thoughts about suicide, seek help right away. **If you or someone you know is in immediate danger, call 911 or go to the closest emergency room.**

To reach a trained crisis counselor, call the 988 Suicide & Crisis Lifeline (previously known as the National Suicide Prevention Lifeline) at 988 or 1-800-273-TALK (1-800-273-8255). You may also text 988 or chat at 988.lifeline.org. The Lifeline provides 24/7 free and confidential support. The Lifeline provides live crisis center phone services in English and Spanish and uses Language Line Solutions to provide translation services in over 250 additional languages for people who call 988.

For more ideas on how to manage stress, over the holidays and every day, call [855-Here4TN](tel:855-Here4TN) (855-437-3486) or visit Here4TN.com.

*Moderate drinking means no more than one drink a day for women and no more than two for men. Some people should not use alcohol at all.

[Read more](#)

LeBonheur Mobile Health Unit

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

Benefits of School-Based Physical Activity

Regular physical activity in childhood and adolescence is important for promoting lifelong health and well-being and preventing a variety of health conditions. Schools are in a unique position, regardless of learning mode, to help students attain the recommended 60 minutes of moderate-to-vigorous physical activity daily.

A Comprehensive School Physical Activity Program (CSPAP) can increase physical activity opportunities before, during, and after school.



Increasing youth physical activity:

Before and After School

- Walking or biking to and from school
- Intramural sports and clubs
- Extended day programs

In Physical Education

- Standards-based curricula
- Motor skills development
- Physical fitness

During School

- Classroom physical activity breaks
- Active lessons
- Daily recess

Through Staff Involvement

- Role models for wellness
- Classroom participation
- Professional development programs

With Community Engagement

- Shared use of recreational facilities
- Opportunities for physical activity when school is out of session
- Environments for safe travel to and from school



Benefits everyone:

The Students

- Improved attention*
- Better mood and memory*
- Improved bone health
- Healthier weight
- Better heart health
- Lower risk of depression
- Better grades

The Teachers

- More students on task*
- Improved classroom behaviors*
- Students getting better grades
- Fewer absences

The Community

- Lower health care costs
- Expanded school partnerships
- More access to activity-friendly spaces

**Immediate benefit from a single physical activity session*

To learn more, visit: <https://www.cdc.gov/healthyschools/physicalactivity>



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/>



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

Nutrition Tips for Students, Families, and Staff



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



GCSSD Wellness Plan

The GCSSD Wellness Plan 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

Twizzlers

String cheese

Rice Krispie Treats

Raisins

Fruit gummies

Cubed cheese

Reduced Fat Chips

Fruit roll ups

Crackers

Go-Gurt yogurt

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.

Snacks may include but not limited to:



CELEBRATIONS AND PARTIES

For celebrations and parties in order to make sure 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.

Food Brought to School from Outside Vendors - Any food brought into schools from outside restaurants should be limited and in approved situations only.

https://core-docs.s3.amazonaws.com/documents/asset/uploaded_file/782375/GCSSD_Wellness_Plan_2017_2018_Signed_Document.pdf