

# 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 New Year! 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

**Carey Counseling Teletherapy for approved students with parental permission & signed paperwork**

January 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup>

**Second Harvest Backpack Pickup**

January 9<sup>th</sup>

**Handle with Care Meeting**

January 9<sup>th</sup>

**Narcan/Hidden in Plain Sight Trainings**

January 9<sup>th</sup> @ GC 5:00pm

January 12<sup>th</sup> @ SGCMS 5:00pm

**SHAC Meetings**

January 12<sup>th</sup> @ GC

January 13<sup>th</sup> @ SGCHS

**NW Regional Coordinated School Health Meeting**

January 19<sup>th</sup>

**LeBonheur**

January 12<sup>th</sup> @ Rutherford

January 19<sup>th</sup> @ Spring Hill

February 1<sup>st</sup> @ Kenton

**Skills-Based Movement as Medicine Training for CSH Coordinators**

January 30<sup>th</sup>

## December Highlights

GC SHAC students educated Rutherford 7<sup>th</sup> & 8<sup>th</sup> graders on the dangers of vaping.



## Upcoming Events

### Narcan/Hidden in Plain Sight 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](mailto:melesa@martinhousing.org)

RSVP requested  
Please email Tammie Floersh, RN  
[floersht@gcscsd.org](mailto:floersht@gcscsd.org)  
This will ensure enough materials  
available for all attendants.

**FREE RESOURCES**

**TN** Department of Health & Senior Services

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

January 9<sup>th</sup> @ GC 5:00pm  
January 12<sup>th</sup> @ SGCMS 5:00pm

## Health Observances

### The Great Kindness Challenge



<https://thegreatkindnesschallenge.com/about>

The GKC initiative, presented by Kids for Peace, is a global campaign that promotes kindness in kindergarten through 12<sup>th</sup> grade. It is a positive, action-based bullying-prevention initiative that creates a school culture of kindness, compassion, unity, and respect.

The GKC offers a free **classroom edition kindness checklist**

[https://www.greatkindnesschallengetools.org/files/ugd/f7cf3c\\_0f43ccbb9b3041beac3fd1850df735d0.pdf](https://www.greatkindnesschallengetools.org/files/ugd/f7cf3c_0f43ccbb9b3041beac3fd1850df735d0.pdf) to use during GKC week, which is the last week of January. This challenge week gives every educator and student an opportunity to model and focus on kindness practices that engage the entire school community in the social-emotional learning (SEL) process. SEL is the process of developing self-awareness, self-control, and interpersonal skills that are vital for school, work, and life success.

The GKC also offers a free **family edition kindness checklist** so that families may be involved as well. <https://thegreatkindnesschallenge.com/familychecklist>

# Action for Happiness Calendar: Happier January 2023

Happier January 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Find three things to look forward to this year	2 Make time today to do something kind for yourself	3 Do a kind act for someone else to help brighten their day	4 Write a list of things you feel grateful for and why	5 Look for the good in others and notice their strengths	6 Take five minutes to sit still and just breathe	7 Learn something new and share it with others
8 Say positive things to the people you meet today	9 Get moving. Do something active (ideally outdoors)	10 Thank someone you're grateful to and tell them why	11 Switch off all your tech at least an hour before bedtime	12 Connect with someone near you - share a smile or chat	13 Take a different route today and see what you notice	14 Eat healthy food which really nourishes you today
15 Get outside and notice five things that are beautiful	16 Contribute positively to your local community	17 Be gentle with yourself when you make mistakes	18 Get back in contact with an old friend	19 Focus on what's good, even if today feels tough	20 Go to bed in good time and allow yourself to recharge	21 Try out something new to get out of your comfort zone
22 Plan something fun and invite others to join you	23 Put away digital devices and focus on being in the moment	24 Take a small step towards an important goal	25 Decide to lift people up rather than put them down	26 Choose one of your strengths and find a way to use it today	27 Challenge your negative thoughts and look for the upside	28 Ask other people about things they've enjoyed recently
29 Say hello to a neighbour and get to know them better	30 See how many people you can smile at today	31 Write down your hopes or plans for the future				

ACTION FOR HAPPINESS

Happier · Kinder · Together

<https://actionforhappiness.org/sites/default/files/Jan%202023.jpg>

## 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](mailto:richardsona1@gcssd.org).

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

## Self-Care Month

“

”

**IT'S OKAY TO TAKE TIME FOR YOURSELF. WE GIVE SO MUCH OF OURSELVES TO OTHERS, AND WE NEED TO BE FUELED BOTH PHYSICALLY AND MENTALLY. IF WE ARE IN BALANCE, IT HELPS US IN ALL OUR INTERACTIONS.**

– FAITH HILL

Self-care means taking the time to do things that help you live well and improve both your physical health and mental health. When it comes to your mental health, self-care can help you manage stress, lower your risk of illness, and increase your energy. Even small acts of self-care in your daily life can have a big impact.

Here are some tips to help you get started with self-care:

- **Get regular exercise.** Just 30 minutes of walking every day can help boost your mood and improve your health. Small amounts of exercise add up, so don't be discouraged if you can't do 30 minutes at one time.
- **Eat healthy, regular meals and stay hydrated.** A balanced diet and plenty of water can improve your energy and focus throughout the day. Also, limit caffeinated beverages such as soft drinks or coffee.
- **Make sleep a priority.** Stick to a schedule, and make sure you're getting enough sleep. Blue light from devices and screens can make it harder to fall asleep, so reduce blue light exposure from your phone or computer before bedtime.
- **Try a relaxing activity.** Explore relaxation or wellness programs or apps, which may incorporate meditation, muscle relaxation, or breathing exercises. Schedule regular times for these and other healthy activities you enjoy such as journaling.
- **Set goals and priorities.** Decide what must get done now and what can wait. Learn to say “no” to new tasks if you start to feel like you're taking on too much. Try to be mindful of what you have accomplished at the end of the day, not what you have been unable to do.
- **Practice gratitude.** Remind yourself daily of things you are grateful for. Be specific. Write them down at night or replay them in your mind.
- **Focus on positivity.** Identify and challenge your negative and unhelpful thoughts.
- **Stay connected.** Reach out to your friends or family members who can provide emotional support and practical help.

<https://www.nimh.nih.gov/health/topics/caring-for-your-mental-health>



## Less media exposure, more self-care



### Stress-busting social media tips

With all that's going on in the world, you may find yourself distressed while scrolling through news reports and social media posts. Over time, taking in and trying to process so much information can contribute to stress, anxiety, and depression.

Be aware of how social and other media content influence your thoughts, feelings, and behaviors. Here are some tips for managing your media consumption.

**Set boundaries to limit your exposure.** Try allocating only a short amount of time to scan headlines and feeds. Use a timer so you know how long you spend online on social media. Have only one or two times a day that you go online and turn off alerts and notifications.

**Find ways to connect** with people in real life. Connection is vital and a key reason we go online. If you need more support, have an accountability friend who asks you about your online activity.

**Take a break** from social media and do other things, like go out in nature, go on a walk, or read a book.

**Consume mindfully.** It's important to be aware of what you're doing and why, and how it makes you feel. Do the social media posters you follow enrage you, make you feel sad or give you joy? Block sites and people whose content you find disturbing from your feeds.

Mindfully being your own news feed and social media manager can help you maintain perspective, without stressing yourself out.

For more ideas on how to manage stress call [855-Here4TN](tel:855-Here4TN) (855-437-3486) or visit [Here4TN.com](https://www.here4tn.com).

[https://enews.g-bro.net/eSoT/public.html?accessToken=93b1a6222217a63a928fe95a1c7f6b2d&month=December\\_2022](https://enews.g-bro.net/eSoT/public.html?accessToken=93b1a6222217a63a928fe95a1c7f6b2d&month=December_2022)

### 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](mailto: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 easy way 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**



## Nutrition Tips for Students, Families, and Staff

This year try making small changes and see the results add up.

### INSTEAD OF:

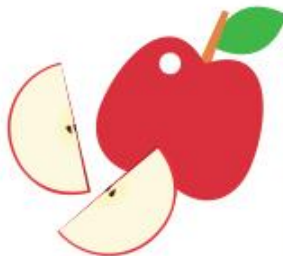


bag of fruit-flavored candy



12 oz cola

### CHOOSE:

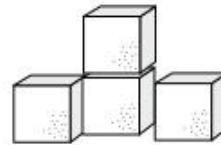


an apple

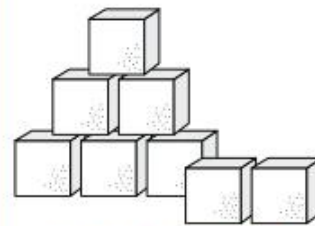


water

### AND YOU SAVE:



4 teaspoons of  
sugar (16 g)



8 teaspoons of  
sugar (32 g)

[https://fns-prod.azureedge.us/sites/default/files/resource-files/FMHL\\_7th\\_InfoText\\_Article1.pdf](https://fns-prod.azureedge.us/sites/default/files/resource-files/FMHL_7th_InfoText_Article1.pdf)

Follow MyPlate on [Twitter](#) and [Facebook](#) to learn more ways to eating healthier.

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