

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,

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 Nutrition, 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

Mock Crash at SGCHS

March 1st

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

March 2nd, 9th, 16th, 23rd

SHAC Meetings

March 9th @ GC

March 10th @ SGCHS

Second Harvest Backpack Pickup

March 13th

Cinema Drive – Safe Driving Education

March 14th @ SGC

Handle with Care State Meeting

March 17th

Mock Crash Meeting

March 22nd @ GC

Vaping Flyers in Schools

March 20th

National Drug and Alcohol Facts Week education lunch & learns

March 20th @ SGC

March 22nd @ GC

CSH Institute

March 26th - 29th

February Highlights

Teen Dating Violence Awareness Month

Students at both high schools received information on Teen Dating Violence Awareness in February as part of a Lunch & Learn. Special thanks Wo/Men's Resource and Rape Assistance Program (WRAP) for coming and their donation of supplies.



Action for Happiness Calendar: Mindful March

Let's pause, breathe, and notice so we can respond more mindfully.

Mindful March 2023

MONDAY



6 If you find yourself rushing, make an effort to slow down

13 Pause to watch the sky or clouds for a few minutes today

20 Focus on what makes you and others happy today
dayofhappiness.net

27 Appreciate nature around you, wherever you are

TUESDAY



7 Take three calm breaths at regular intervals during your day

14 Find ways to enjoy any chores or tasks that you do

21 Listen to a piece of music without doing anything else

28 Notice when you're tired and take a break as soon as possible

WEDNESDAY

1 Set an intention to live with awareness and kindness

8 Eat mindfully. Appreciate the taste, texture and smell of your food

15 Stop. Breathe. Notice. Repeat regularly

22 Notice something that is going well, even if today feels difficult

29 Choose a different route today and see what you notice

THURSDAY

2 Notice three things you find beautiful in the outside world

9 Take a full breath in and out before you reply to others

16 Get really absorbed with an interesting or creative activity

23 Tune into your feelings, without judging or trying to change them

30 Mentally scan your body and notice what it is feeling

FRIDAY

3 Start today by appreciating your body and that you're alive

10 Get outside and notice how the weather feels on your face

17 Look around and spot three things you find unusual or pleasant

24 Appreciate your hands and all the things they enable you to do

31 Discover the joy in the simple things of life

SATURDAY

4 Notice how you speak to yourself and choose to use kind words

11 Stay fully present while drinking your cup of tea or coffee

18 Have a 'no plans' day and notice how that feels

25 Focus your attention on the good things you take for granted

SUNDAY

5 Bring to mind people you care about and send love to them

12 Listen deeply to someone and really hear what they are saying

19 Cultivate a feeling of loving-kindness towards others today

26 Choose to spend less time looking at screens today



ACTION FOR HAPPINESS

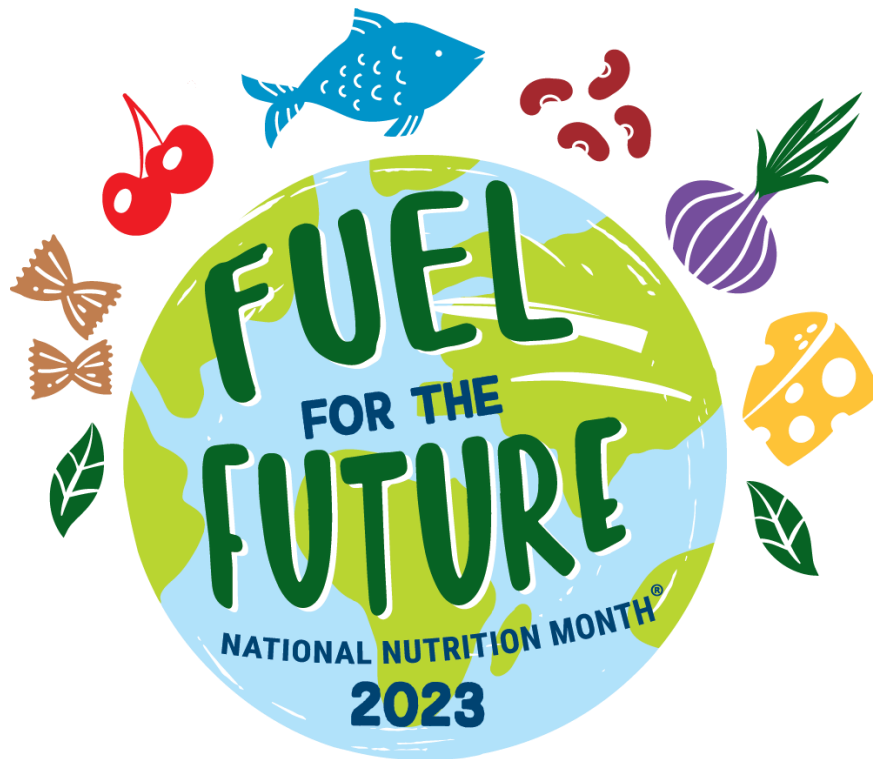
Happier · Kinder · Together



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

March Health Observances

Celebrate National Nutrition Month



National Nutrition Month® is an annual campaign created 50 years ago in 1973 by the **Academy of Nutrition and Dietetics (AND)**. During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits.

Ways to be Involved at Home

1. As a family, commit to trying a new fruit or vegetable each week during National Nutrition Month®.
2. Give family members a role in meal planning and let them pick out different recipes to try.
3. Plan to eat more meals together as a family during National Nutrition Month®.
4. Explore food recovery options in your community.
5. If you watch TV, take breaks during commercials to be physically active.
6. Practice mindful eating by limiting screen time at mealtime — including phones, computers, TV, and other devices.
7. Try more meatless meals — choices like beans, peas and lentils are versatile plant-based protein sources that work in a variety of dishes.
8. Let everyone help with food preparation — a skill for people of all ages. If you have kids, there are age-appropriate tasks they may enjoy learning how to do.
9. Bring out the flavors of food by trying new herbs, spices, or citrus fruit like lemon or lime.

National School Breakfast Week
March 6-10, 2023



National School Breakfast Week (NSBW) celebrates the importance of a nutritious school breakfast in fueling students for success.

Studies show that children who eat school breakfast are more likely to:

- Reach higher levels of achievement in reading and math
- Score higher on standardized tests
- Have better concentration and memory
- Be more alert and maintain a healthy weight

Special thanks to all GCSSD Cafeterias for making healthy breakfasts available for our students!

National Drug and Alcohol Facts Week
March 20-26, 2023



National Drug and Alcohol Facts Week® (NDAFW) connects teens with experts to SHATTER THE MYTHS® about drugs and alcohol. Information on the dangers of drugs and alcohol will be shared virtually during this annual health observance week.

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: Kenton –4/11

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



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/>

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

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.

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