

GCSSD Coordinated School Health

Website: <https://www.gcssd.org/page/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 Classroom Brain Breaks, Test Taking Tips, 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

LeBonheur

April 11th at Kenton

Mock Crash at GCHS

April 12th (Rain date April 13th)

Selected GCSSD Students will help @ Mock Crash at Milan

April 14th (Rain date April 17th)

@ Mock Crash at Bradford

April 21st

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

April 6th

April 13th

April 20th

April 27th

SHAC Meetings

April 13th at GC

April 28th at SGC

Second Harvest Backpack Pickup

April 10th

ACT- Mental Health Coalition

April 18th

Handle with Care State Meeting

April 27th

March Highlights

SGCHS Hosts Mock Crash for Seniors Before Prom



GCSSD Celebrated National Drug and Alcohol Facts Week March 21-25



GCHS and SGCHS students celebrated National Drug and Alcohol Facts Week by giving information about these dangerous substances to their peers.



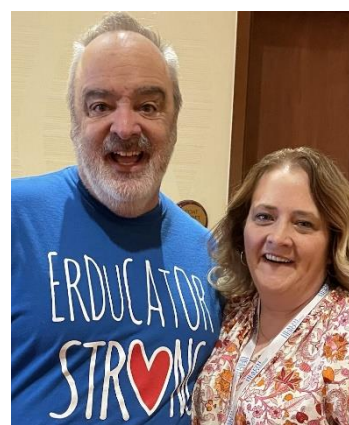
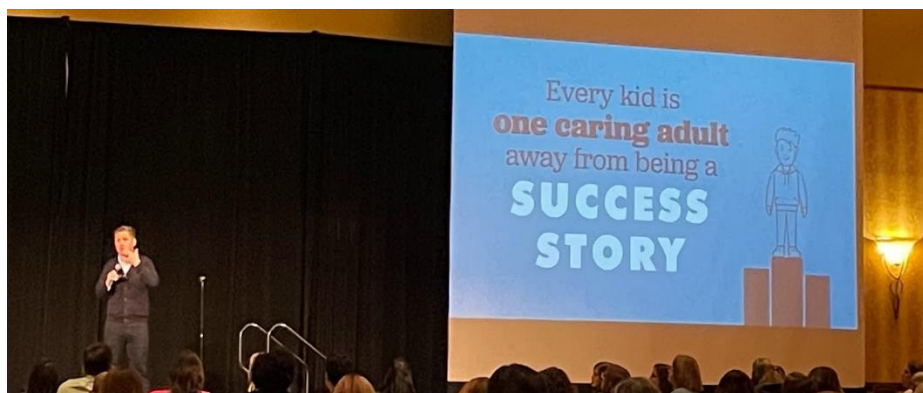


TENNESSEE DEPARTMENT OF EDUCATION PRESENTS

2023 COORDINATED SCHOOL HEALTH INSTITUTE

MARCH 27-29, 2023 | MURFREESBORO, TN

The CSH Institute, held March 27th 29th, was a time to reconnect with other coordinators from all over the state as well as meet new people that all share the same goal of helping others. We heard from two dynamic guest speakers, Josh Shipp <https://joshshipp.com/> and Gerry Brooks <https://www.gerrybrooksprin.com/>, who inspired us and sent us forward to continue the mission of helping students, school staff, and the community be the healthiest they can be and reach their full potential. We even saw some of our TTI friends.



April Health Observances

**Every Kid Healthy™ Week:
April 24-28, 2023**



EVERY KID HEALTHY WEEK

Help celebrate Every Kid Healthy Week by promoting emotional wellness, good nutrition, and physical activity with your own family – healthy habits start at home. Anyone (students, parents/caregivers/families, educators, community members, businesses) can participate by following the daily themes or building your own activities based on your needs or schedule.

Here's a few ideas to get you started:

MINDFUL MONDAY [Breathe with Me: Mindful Breathing Exercises](#)

TASTY TUESDAY <https://cookingwithkids.org/> <https://www.myplate.gov/eat-healthy/what-is-myplate>
[Anti-Bribing Strategies for Picky Eaters](#)

WELLNESS WEDNESDAY [40 Tips for Active Families-ENG](#) [40 Tips for Active Families-SPAN](#)

THOUGHTFUL THURSDAY <https://www.actionforhealthykids.org/activity/exploring-empathy-with-physical-activity/>

FAMILY FRIDAY **Skip the Screen!** https://www.actionforhealthykids.org/wp-content/uploads/2019/07/GHT-Skip-Screen-ENG-SPAN_v2.pdf

WORLD HEALTH DAY – APRIL 7th



<https://www.who.int/campaigns/75-years-of-improving-public-health>

An annual day dedicated to promoting the benefits of good health and wellbeing worldwide. As a worldwide event, World Health Day has many wide-reaching aims and priorities. According to the World Health Organization website, they include:

- 'To improve understanding of universal health coverage and the importance of primary health care as its foundation'.
- 'To spur action from individuals, policy-makers and health-care workers to make universal health care a reality for everyone'.
- 'Everyone should have the information and services they need to take care of their own health and the health of their families'.
- 'Skilled health workers providing quality, people-centered care; and policy-makers committed to investing in primary health care'.

NATIONAL DISTRACTED DRIVING AWARENESS MONTH



Every year, nearly 500,000 Americans are injured and 6,000 more are killed because of distracted drivers who lose control of their vehicles while texting, talking on cell phones, eating, programming their radios or engaging in other activities that distract from the task at hand.

<https://textlesslivemore.org/distracted-driving>

Child Abuse Prevention

Community Partner - Exchange Club Carl Perkins Center for the Prevention of Child Abuse



April is Child Abuse Prevention Month where we recognize the importance of families and communities working together to prevent child abuse and neglect.

Did you know that a child is abused or neglected every 47 seconds in the U.S., and more than three million children are subjects of at least one child abuse case each year?

Here at the Center, it is our mission to provide support and services to families in preventing and dealing with child abuse in West Tennessee, to help both parents and children meet the practical needs of preserving and improving the quality of family life. Here at the Center is where troubles melt away like lemon drops, because there is "No place like a safe home."

Follow along with us on social media this month as we share facts, events, and ways to help/donate. <https://www.carlperkinscenter.org/>

To Report Child Abuse:

☎: 877-237-0004

- <https://apps.tn.gov/carat/>
- State of Tennessee MyTN App - mobile application providing personalized service delivery to Tennesseans through technology solutions. MyTN provides a single point of access to a growing list of services through a secure account - 24/7 access in the palm of your hand! <https://www.mytn.gov/>

Sexual Assault Awareness Month



Sexual Assault Awareness Month (SAAM) is an annual campaign that takes place in April to raise awareness about sexual assault and educate the public on how to prevent it. The purpose of SAAM is to encourage individuals, organizations, and communities to work together to prevent sexual violence and support survivors. SAAM aims to address sexual violence in all its forms, including rape, sexual assault, sexual harassment, and stalking. It emphasizes the importance of consent, bystander intervention, and survivor-centered approaches to addressing sexual violence. Sexual assault can happen to anyone, regardless of their gender.

Action for Happiness Calendar: Life is happier when we get outside, move more & stay active.

Active April 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Listen to your body and be grateful for what it can do	2 Eat healthy and natural food today and drink lots of water	3 Turn a regular activity into a playful game today	4 Do a body-scan meditation and really notice how your body feels	5 Get natural light early in the day. Dim the lights in the evening	6 Commit to being more active this month, starting today	7 Spend as much time as possible outdoors today
8 Have a day with less screen time and more movement	9 Set yourself an exercise goal or sign up to an activity challenge	10 Move as much as possible, even if you're stuck inside	11 Make sleep a priority and go to bed in good time	12 Relax your body & mind with yoga, tai chi or meditation	13 Get active by singing today (even if you think you can't sing!)	14 Go exploring around your local area and notice new things
15 Be active outside. Dig up weeds or plant some seeds	16 Try a new online exercise, activity or dance class	17 Spend less time sitting today. Get up and move more often	18 Focus on 'eating a rainbow' of multi-coloured vegetables today	19 Regularly pause to stretch and breathe during the day	20 Enjoy moving to your favourite music. Really go for it	21 Go out and do an errand for a loved one or neighbour
22 Get active in nature. Feed the birds or go wildlife-spotting	23 Have a 'no screens' night and take time to recharge yourself	24 Take an extra break in your day and walk outside for 15 minutes	25 Find a fun exercise to do while waiting for the kettle to boil	26 Meet a friend outside for a walk and a chat	27 Become an activist for a cause you really believe in	28 Make time to run, swim, dance, cycle or stretch today

ACTION FOR HAPPINESS **Happier · Kinder · Together**

<https://actionforhappiness.org/active-april>

CLASSROOM BRAIN BREAKS

Brain breaks are short mental breaks (which include physical activity) that normally last less than five minutes and are used to refocus and wake up your students. A few ideas to use are listed below.

Dance Break

Put on some music, turn off the lights, and DANCE! These websites provide great access to brain break music and activities:

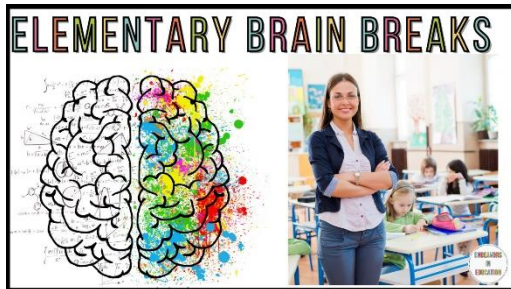
- <https://www.youtube.com/user/TheLearningStation>
- <http://blog.reallygoodstuff.com/67-kid-friendly-brain-break-songs-and-musicians-for-the-classroom/>

54 Educational Brain Breaks Your Students Will Love

Quick, easy activities to help kids re-energize, refocus, and give their brains a boost.

<https://www.weareteachers.com/brain-breaks-for-kids/>

BRAIN BREAKS BY GRADES

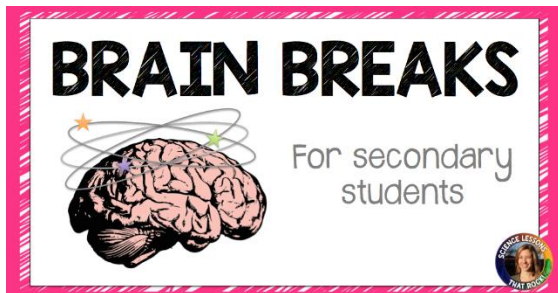


<https://endeavorsined.com/elementary-brain-breaks/>

MIDDLE SCHOOL BRAIN BREAKS



<https://www.theottoolbox.com/middle-school-brain-breaks/>



<https://sciencelessonsthatrock.com/brain-breaks-for-secondary-students-html/>

Test Taking Tips

ON OUR SLEEVES[®]

The Movement for Children's Mental Health

Tests can cause anxious feelings for students – and teachers.

But you can help calm those nerves.

Our *On Our Sleeves* mental health experts suggest talking about the test (and their feelings about it) ahead of time:

- Explain what the test will look like
- Tell them where they will take the test
- Give them details about how they will take the test (on paper, computer or tablet)
- Tell them about how long it will take

More information can help students feel prepared for what lies ahead. In addition, more exposure to fears (like a practice test) – in a safe, controlled environment – is a proven way to help students deal with their nervous feelings.

Thank you for helping students deal with these challenging feelings.

Want more ideas for helping students be mindful and relaxed? Our wellness tips have ideas that you can share with your class each day.

[Download Wellness Tips for Students](#)



TennCare & CoverKids **Alert**

Renewals are starting soon.

Don't risk a gap in your health coverage! Steps you can take to prepare for renewals:

- ✓ **Create a free, online TennCare Connect account** to manage your contact information, see renewal updates, and view benefits.
- ✓ **Verify your contact information** with TennCare by logging into TennCare Connect at TennCareConnect.TN.Gov or calling 855-259-0701.
- ✓ **Open and respond to all mail from TennCare.** If TennCare cannot auto-renew your coverage using existing data, you will receive a renewal packet in the mail or electronically, depending on the communication's preference you have selected.

Create your TennCare Connect account today by scanning the QR code and linking your TennCare account!



TennCare
Connect

Verify TennCare contact information:
TennCareConnect.TN.Gov or 855-259-0701

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, SGCES TBD

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/>

The Neighborhood Closet



Resource event for parents and teachers within the **Gibson Co.** area.

School supplies, school uniforms, and other items available at NO COST!

There will also be some agencies in attendance with pertinent information such as Amerigroup (TennCare), Carey Counseling, Milan Drug Prevention Coalition, and others.

The event will be held on July 29, 2023,
from 10am-2pm
at Peabody High School.

Pre-registration will be required! Official registration flyer coming soon!

Registration will be open for Teachers from May 1, 2023 - July 1, 2023

Registration will be open for Parents from May 15, 2023 - July 1, 2023

Parents: Child must attend a school within the Gibson Co. area

Teachers: Must teach at a school within the Gibson Co. area

Event being organized by Isha Wade

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