

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,

Welcome Back!

Evidence shows that the health of students is linked to their academic achievement, so by working together, we can ensure that our students are healthy and ready to learn.

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 the Immunization program available to staff and students. Also, resources are included for Smart Snacks and Physical Activity in the Classroom.

Hope you all have a wonderful start to the new school year.

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

Thanks,

Amy Richardson
GCSSD CSH Coordinator



Important Dates

August 10 – TTI Students recognized at GCSSD Board Meeting

August 15 – Community Mental Health Meeting

August 17 – YAC at GC

August 18 – YAC at SGC

August 20 – YAC Gibson County Wide

August 24 - CSH Regional Meeting

August 25– Resilient TN Collaborative - Building Strong Brains

CSH Highlights

GCSSD Students Attend TTI Camp



Students from Gibson County joined over 500 youth leaders from across the state at the Tennessee Teen Institute. TTI is a five-day youth leadership and prevention camp sponsored by the Jackson Area Council on Alcoholism and Drug Dependency (JACO). The program addresses teen issues such as bullying, violence, suicide, teen pregnancy, distracted driving, teen health, and substance abuse prevention. This is accomplished through a peer-led prevention camp design to provide teen participants with the skills and education necessary to develop and implement alcohol and drug abuse prevention programs in their own communities. This is a comprehensive program that trains, mobilizes, and empowers youth to prevent the illegal use of alcohol, tobacco, and other drugs and self-destructive behaviors in themselves and their peers. TTI prepares students to not only make positive changes, but to be proud advocates of those changes.

Mission statement for the Teen Institute Program is:

"To empower Tennessee's youth to lead by example and take an active role in bringing about positive changes by giving them the skills, knowledge, and support they need make healthy choices, build positive relationships and live substance free lives."

For more information about the Tennessee Teen Institute visit www.tnteeninstitute.net.

CSH Highlights

Backpack Program and GC Food Pantry



This school year we will continue our Backpack Program in Dyer, Kenton, Rutherford, South Gibson Elementary, Spring Hill, Yorkville, and South Gibson County Middle School. Through Second Harvest and community partners this program provides easy-to-prepare food for at-risk children on weekends and during school breaks. We will also provide food in the GC Food Pantry for any students needing this resource. Special thanks to area churches and community partners for their assistance with these programs.

Headspace – Free for TN Educators!



Great tool for stress reduction. – Click on this link to sign up [Headspace for Educators](#)

Headspace offers free access to K-12 teachers and supporting staff in the US. Whether you're feeling inspired to connect more with your students or you're looking for a new way to bring calm to your classroom, Headspace can help students build healthy habits that last a lifetime. It is a mindfulness app that can help provide better focus, less stress, and happier thoughts. School staff members can use it to gain these benefits personally even if they don't utilize it in the classroom. It can be viewed on a desktop or there is an app for cell phones.

Red Sand Project

GCSSD CSH and grant personnel celebrated Red Sand week. The Red Sand project was created to bring awareness to Human Trafficking. [#ItHasToStopTN](#) [#RedSandProject](#) [#humantraffickingawareness](#) [#humantraffickingprevention](#)



August Health Observance

August is National Immunization Awareness Month (NIAM). This annual observance highlights the importance of getting recommended vaccines throughout your life. You have the power to protect yourself and your family against serious diseases through on-time vaccination.



GCSSD is pleased to announce that we will have Immunization Clinics at school again this year. Immunizations will be offered through West Tennessee Healthcare for students and staff.

All Students

- Students in grades PreK-3 will be offered the Influenza (flu) shot vaccine.
- Students in grades 4-12 will be offered the Influenza (flu) shot vaccine, Hepatitis A, HPV (Gardasil vaccine), Tdap (Tetanus, Diphtheria, Pertussis), and MCV4 (Meningitis).

Students must have parental consent and completed registration packet to participate.

School Staff

Adults employed by GCSSD and their spouses will be offered the Influenza (flu) shot vaccine, Hepatitis A, Hepatitis B, Twinrix, HPV (Gardasil vaccine), Tdap (Tetanus, Diphtheria, Pertussis), MCV4 (Meningitis), MMR (Measles, Mumps, Rubella), PPV (Pneumococcal Polysaccharide Vaccine), Zostavax (Shingles), and Varicella (Chickenpox shot).

Any charges will be billed to your insurance via West Tennessee Healthcare staff. Please be prepared to list insurance information when you register for immunizations with the intention of predetermining charges and co-pays (if any) prior to the scheduled date of the immunization clinic.

For more information or to access the Registration paperwork please visit the GCSSD CSH Immunization page at <https://www.gcssd.org/page/immunization-program>

You may also contact us at (731) 692-3969.

August Children's Eye Health and Safety Month



Back-to-school vision tips

With school just around the corner, be sure to make your child's annual eye exam a priority. Good vision is one of the most important factors in learning and development. Nearly 80% of a child's learning is acquired through his or her visual system, making it the cornerstone for a successful school year.

Stay proactive

Studies show that one in four children has a vision problem. Stay proactive in your child's development, and remember that one of the most important tools for success in school is healthy eyesight!

Your child's first eye exam

A child should have their first eye exam when they are three years old. Take notice if your child is squinting and blinking frequently, as it could be a signal that something is wrong. Even a small deviation in prescription can cause headaches and eye fatigue.

20/20/20 rule

Doctors recommend that children take frequent breaks while using electronic devices. Set a timer, and have the child stop looking at the screen every 20 minutes and focus on an object 20 feet away for 20 seconds.

Pick the right lenses

If your child wears glasses, look into scratch-resistant, anti-reflective coatings and polycarbonate lenses when making a purchase. These lenses will help prevent breakage and unnecessary wear.



Regular eye exams are important

Eye exams aren't just for correcting vision issues. They are also key in the early detection of systemic diseases like diabetes and hypertension. Your eye exam is one of the most important preventative care services available to you.

Sources: All About Vision, AAO, AOA, Glaucoma.org, NIH.gov

Learn more at versanthealth.com/blog

TennCare Renewals

Everyone on TennCare must renew their coverage this year.

If it is your turn to renew, you may get a packet in the mail, an email, or text notification.

Not sure if it is your turn to renew? You can check your renewal date online or by calling TennCare Connect.







For more information on TennCare renewals, visit <https://tenncareconnect.tn.gov/> or <https://www.tn.gov/.../MemberGuideFindYourRenewalDate.pdf>



Action for Happiness Calendar: Altruistic August

As school starts let's all try to be more kind. It is something we can all do and will make a huge difference this year.

Altruistic August 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <p>1 Set an intention to be kind to others (and yourself) this month</p>	<p>2 Send an uplifting message to someone you can't be with</p>	<p>3 Be kind and supportive to everyone you interact with</p>	 <p>4 Ask someone how they feel and really listen to their reply</p>	<p>5 Spend time wishing for other people to be happy and well</p>	<p>6 Smile and be friendly to the people you see today</p>	
<p>7 Give time to help a project or cause you care about</p>	<p>8 Make some tasty food for someone who will appreciate it</p>	<p>9 Thank someone you're grateful to and tell them why</p>	<p>10 Check in with someone who may be lonely or feeling anxious</p>	<p>11 Share an encouraging news story to inspire others</p>	<p>12 Contact a friend to let them know you're thinking of them</p>	<p>13 No plans day! Be kind to yourself so you can be kind to others too</p>
<p>14 Take an action to be kind to nature and care for our planet</p>	<p>15 If someone annoys you, be kind. Imagine how they may be feeling</p>	<p>16 Make a thoughtful gift as a surprise for someone</p>	<p>17 Be kind online. Share positive and supportive comments</p>	<p>18 Today do something to make life easier for someone else</p>	<p>19 Be thankful for your food and the people who made it possible</p>	<p>20 Look for the good in everyone you meet today</p>
<p>21 Donate unused items, clothes or food to help a local charity</p>	<p>22 Give people the gift of your full attention</p>	<p>23 Share an article, book or podcast you found helpful</p>	<p>24 Forgive someone who hurt you in the past</p>	<p>25 Give your time, energy or attention to help someone in need</p>	<p>26 Find a way to 'pay it forward' or support a good cause</p>	<p>27 Notice when someone is down and try to brighten their day</p>
 <p>28 Have a friendly chat with someone you don't know very well</p>	<p>29 Do something kind to help in your local community</p>	<p>30 Give away something to help those who don't have as much as you</p>	<p>31 Share Action for Happiness with other people today</p>			

ACTION FOR HAPPINESS

Happier · Kinder · Together

<https://actionforhappiness.org/altruistic-august>

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.



MyPlate Website and Resources Available!

Did you hear? The USDA and HHS just released the *Dietary Guidelines for Americans, 2020-2025* – our nation's leading nutrition advice to help all Americans lead healthier lives.

MyPlate is here to help you and your family put the *Dietary Guidelines* into action with new digital tools and resources available starting today! *Start Simple with MyPlate* offers free, personalized resources based on your eating needs and habits.

Follow these simple steps and get started with these MyPlate resources:

1. *Find your starting point:* Take the quick [MyPlate Quiz](#) to see how your eating habits stack up against the MyPlate recommendations. Based on your answers you'll receive tailored resources and a personal quiz results code to sync with the *Start Simple with MyPlate* app.
2. *Set simple goals based on your personal needs:* Use the [Start Simple with MyPlate app](#) to help you set daily meal- and snack-based goals to help you eat healthier. Sync your results from the MyPlate Quiz for a personalized experience. Join challenges, see progress, and earn badges to celebrate successes.
3. *Learn how much you should eat:* To find out what and how much to eat from each of the food groups, **get your own personalized [MyPlate Plan](#).**
4. *Put your plan into action:* **Discover recipes on [MyPlate Kitchen](#).** Check out hundreds of healthy, budget-friendly recipes that provide detailed nutrition and food group information to help you choose recipes that fit your needs.
5. *Save money and eat healthy:* Use [Healthy Eating on a Budget](#) to help you save money at the store by making a shopping plan, shopping smart, and preparing healthy meals to stretch food dollars.
6. *Keep up the good work!* One big change is that we've officially changed our website from ChooseMyPlate.gov to MyPlate.gov. **Explore [MyPlate's new website](#)** – MyPlate.gov – with streamlined information for you to find tips, tools, and recipes that will fit your healthy eating needs.

The benefits of healthy eating add up over time, bite by bite. Small changes matter. [Start Simple with MyPlate.](#)

Get Started

Physical Activity Resources

Active Students, Active Learners

<https://www.tn.gov/education/districts/active-academics.html>



“Supported by the Tennessee Department of Education and the Tennessee Department of Health”

Move to Learn <https://movetolearnms.org/for-the-classroom/>



GoNoodle



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/>



YOUTH ADVISORY COUNCIL

We now have YAC Chapters at GC and SGC!

**ALL Students (Grades 9-12)
are invited to join YAC
(Youth Advisory Council)**

**To join fill out the application for your school.
GC - <https://forms.gle/WfsDMJVCvuDReQXu8>
SGC - <https://forms.gle/5csoiDjaAQ5SGMKV7>**

We invite any interested staff to attend as well.

Join us and make a difference!