

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 Office. I hope you find this newsletter helpful.

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

Happy November! Remember this Thanksgiving season that there is always something to be thankful for!

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, LeBonheur, and SADD. Also, resources are included for Self-Care, 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

Second Harvest Backpack Pickup

November 1

LeBonheur

November 4 @ SGCEs

November 8 @ Kenton

Drowsy Driving Guest Speaker

November 9 – GCHS

November 10 – SGCHS

SADD Meeting at SGC

November 10th or 19th

Health Dept Covid Vaccine Clinics for interested Staff Only

November 12 (tentative)

WTHC Immunization Clinics (for individuals who pre-registered)

November 16 – SGCMS,

SGCHS, SGCEs

November 17 – GCHS, GCSSD

Office, Dyer, Kenton,

Rutherford, Spring Hill, and

Yorkville

November 18 – Makeup Day

(if needed)

October Highlights

Pack the Bus Food Drive



GCHS SADD students recently volunteered their time to help collect food for our backpack program. The donated items will be given to students who need food at night or on the weekends. Special thanks to Dyer Food Rite for allowing us to host this event and to the community for their overwhelming support.

Immunization Clinics



Immunization Clinics were held at all schools in October with over 230 individuals receiving at least 1 vaccination. We will continue these clinics November 16 & 17 for individuals who pre-registered earlier this year.

Bullying Prevention Month



Students at GCHS were asked to sign a pledge that they will be kind and accepting to others during Bullying Prevention Month. This was celebrated across GCSSD as students in all schools were given age appropriate bookmarks for education and prevention of bullying.

National Teen Driver Safety Week



Speed awareness materials were provided for GCHS and SGCHS by the Tennessee Highway Safety Office and the Department of Safety. Students Against Destructive Decisions (SADD) placed these signs at the school exits to remind our drivers about the dangers related to driving too fast. We also have signs reminding students and the community to buckle up and not drive distracted or while drowsy.

Health Observances

Drowsy Driving Prevention Week November 8 - 12, 2021



According to the National Sleep Foundation:

- 37 percent or 103 million drivers admit falling asleep at the wheel.
- Sixty percent of drivers say they've driven while drowsy.
- Driver fatigue accounts for an estimated 368,000 crashes each year.

Drowsy Driving Warning Signs

- Difficulty focusing, frequent blinking, or heavy eyelids.
- Daydreaming; wandering/disconnected thoughts.
- Trouble remembering the last few miles driven.
- Missing exits or traffic sign.
- Yawning repeatedly or rubbing your eyes.
- Trouble keeping your head up.
- Drifting from your lane, tailgating, or hitting a shoulder rumble strip.
- Feeling restless and irritable.

Drowsy Driving Prevention

- Get off the road as soon as safely possible if you experience any warning signs.
- Get out of the car to get blood and oxygen flowing.
- Find a safe, well-lit location and drink a caffeinated beverage and take a 30 minute nap. Then you'll be better prepared to make good decisions about your driving ability.
- Drive with a friend. A passenger needs to remain awake to watch for signs of fatigue and take a turn driving.

National Diabetes Month



November is National Diabetes Month, a time when communities across the country team up to bring attention to diabetes.

Diabetes is one of the most common chronic conditions in school-age youth in the United States, affecting about 193,000 youth under 20 years old. Regardless of their age, sometimes youth who have diabetes need support with their diabetes care. That’s why it’s important to help your child or teen develop a plan to manage diabetes, and work with their health care team to adjust the diabetes self-care plan as needed.

Here are some tips to consider for your youth’s diabetes self-care plan.

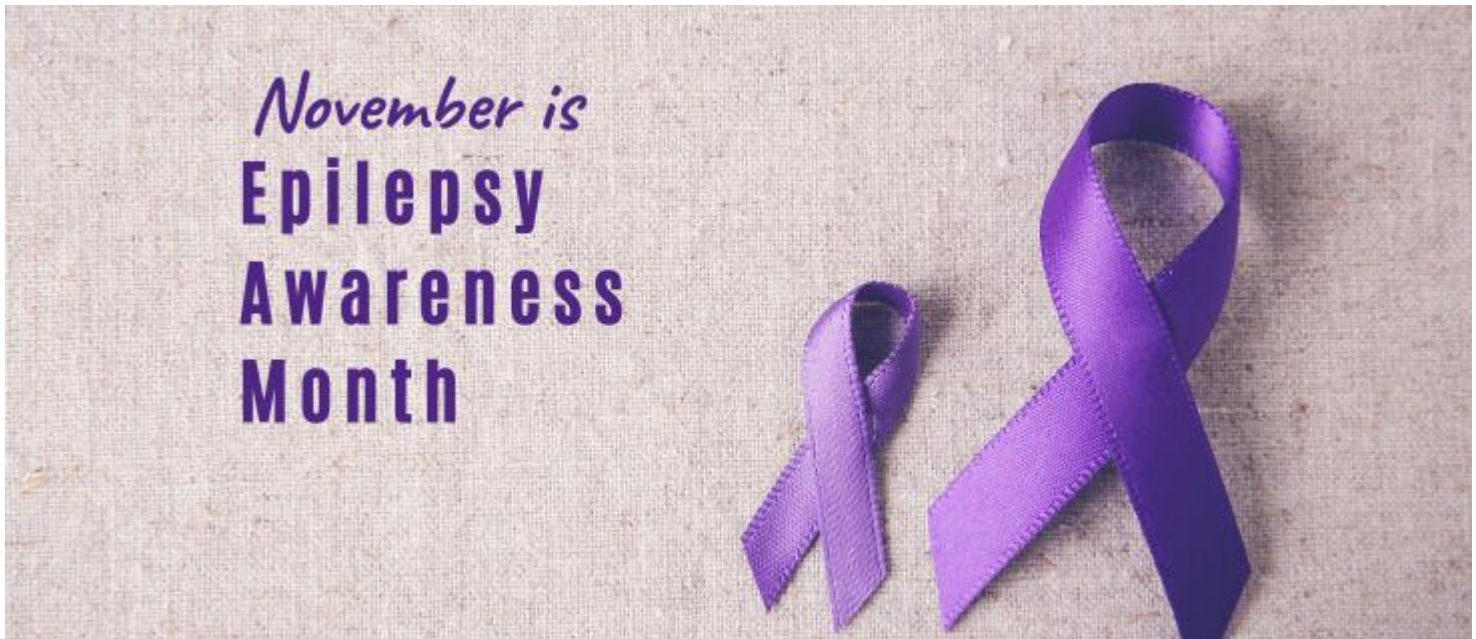
- **Manage blood glucose levels.** Make sure your child or teen takes their medicines as prescribed, at the right time, and the right dose—even when they feel good or have reached their blood glucose, blood pressure, and cholesterol goals.
- **Encourage healthy habits.** Follow a healthy eating plan (especially if your youth is taking insulin), get enough sleep, and aim for regular physical activity. Youth with type 1 diabetes should also check their blood glucose levels before, during, or after physical activity.
- **Stay prepared for emergencies.** A basic “go-kit” could include
 - medical supplies and equipment (at least a week’s worth)
 - emergency and health care professional contact lists
 - a medication list, including doses and dosing schedules, and an allergy list

Face coverings, hand sanitizer, and disinfecting wipes may also be added to your “go-kit” during a pandemic.

- **Monitor for diabetes complications.** Early diagnosis and treatment can help reduce risk for heart disease, vision loss, nerve damage, and other related health problems.
- **Seek mental health support.** Encourage them to connect with other youth who have diabetes. Youth may not be used to talking about feeling anxious or alone about their diabetes. Speak with your health care team for help.

Website: [National Diabetes Month Awareness](#)

National Epilepsy Awareness Month



How You Can Help: Educate Others About Seizure First Aid

Show others how to take care of someone having a seizure. [Seizure First Aid](#) is simple - Three S's: Stay, Safe, Side.

1. **STAY** with the person and start timing the seizure. Remain calm and check for medical ID.
2. Keep the person **SAFE**. Move or guide away from harmful objects.
3. Turn the person onto their **SIDE** if they are not awake and aware. Don't block airway, put something small and soft under the head, loosen tight clothes around neck.
4. Do **NOT** put anything in their mouth. Don't give water, pills or food until the person is awake.
5. Do **NOT** restrain.
6. **STAY** with them until they are awake and alert after the seizure. Most seizures end in a few minutes.

When to Call 911

- Seizure lasts longer than 5 minutes
- Repeated seizures
- Difficulty breathing
- Seizure occurs in water
- Person is injured, pregnant, or sick
- Person does not return to their usual state
- First time seizure

Website: [National Epilepsy Awareness Month Information](#)

Health Observances Cont.

World Kindness Day



Kindness
IS A GIFT EVERYONE
CAN AFFORD

#healthmovesminds
#worldkindnessday



World Kindness Day is celebrated annually on November 13th. On this day, participants attempt to make the world a better place by celebrating and promoting good deeds and pledging acts of kindness.

The Great American Smokeout®



The Great American Smokeout® November 18 - Quitting smoking isn't easy. It takes time. And a plan. You don't have to stop smoking in one day. Start with day one. Let the Great American Smokeout event on November 15 be your day to start your journey toward a smoke-free life. You'll be joining thousands of smokers across the country in taking an important step toward a healthier life and reducing your cancer risk. Plus, the American Cancer Society can help you access the resources and support you need to quit.

Quitting starts here. [START DAY ONE](#)

Action for Happiness Calendar: New Ways November

This month, we're encouraging you to try something new!

Learning something new or getting involved in an activity that really absorbs and interests us is great for our wellbeing. Keeping our brains active is not only good for us physically but it can help you feel you are flourishing as you see yourself make progress with a new skill, or just make you smile as you make a mess and decide to start again. :) Being playful and trying new things is important, as is remembering that it's OK not to get it right first time - change "I can't do it", into "I can't do it...yet!" This month's calendar is full of ideas to help you decide what to try next.

New Ways November 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Make a list of new things you want to do this month	2 Respond to a difficult situation in a different way	3 Get outside and observe the changes in nature around you	4 Sign up to join a new course, activity or online community	5 Change your normal routine today and notice how you feel	6 Try out a new way of being physically active	7 Be creative. Cook, draw, write, paint, make or inspire
8 Plan a new activity or idea you want to try out this week	9 When you feel you can't do something, add the word "yet"	10 Be curious. Learn about a new topic or an inspiring idea	11 Choose a different route and see what you notice on the way	12 Find out something new about someone you care about	13 Do something playful outdoors - walk, run, explore, relax	14 Find a new way to help or support a cause you care about
15 Build on new ideas by thinking "Yes, and what if..."	16 Look at life through someone else's eyes and see their perspective	17 Try a new way to practice self-care and be kind to yourself	18 Connect with someone from a different generation	19 Broaden your perspective: read a different paper, magazine or site	20 Make a meal using a recipe or ingredient you've not tried before	21 Learn a new skill from a friend or share one of yours with them
22 Find a new way to tell someone you appreciate them	23 Set aside a regular time to pursue an activity you love	24 Share with a friend something helpful you learned recently	25 Use one of your strengths in a new or creative way	26 Try out a different radio station or new TV show	27 Join a friend doing their hobby and find out why they love it	28 Discover your artistic side. Design a friendly greeting card
29 Enjoy new music today. Play, sing, dance or listen	30 Look for new reasons to be hopeful, even in tough times					

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

<https://www.actionforhappiness.org/calendars>

COVID-19 Emotional Support Line for Tennessee Educators



Tennessee healthcare workers, first responders, and all Tennesseans working in education, including educators and district and school administrators and staff, dealing with feelings of stress, anxiety, sadness, or depression related to work can call or text the Emotional Support Line at 888-642-7886 from 6 a.m.- 10 p.m. CT daily.

Specially trained mental health professionals who answer calls or respond to texts through the line can provide emotional support through active listening, help identify and address basic needs, and reference tools for managing stress and planning for self-care.

“Throughout this pandemic, we’ve seen self-reported symptoms of anxiety and depression at double the rate we’d expect in normal times, and we know this crisis has been much harder on our essential workers. We’re hopeful that this new text message capability will remove some of the stigma of asking for help and encourage more people to reach out,” said Marie Williams, LCSW, Commissioner of the Tennessee Department of Mental Health and Substance Abuse Services.

“District and school leaders, staff, and educators continue to face significant challenges due to COVID-19, and this new feature provides the opportunity for easier access to much-needed mental health resources,” said Tennessee Education Commissioner Penny Schwinn. “We are grateful to our state partners for continuing this critical support and providing additional access to free and confidential mental health services for our front-line workers, including the classroom heroes who are educating our children.”

For more information on the Emotional Support Line for Pandemic Stress, visit this link on TN.gov: [TN.gov: tn.gov/behavioral-health/emotional-support](https://tn.gov/behavioral-health/emotional-support)



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/>

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/>

Physical Activity Resources Cont.



GoNoodle Plus – FREE!!!

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.

GoNoodle Plus is now FREE for all educators and districts starting with the 2021 - 2022 school year.

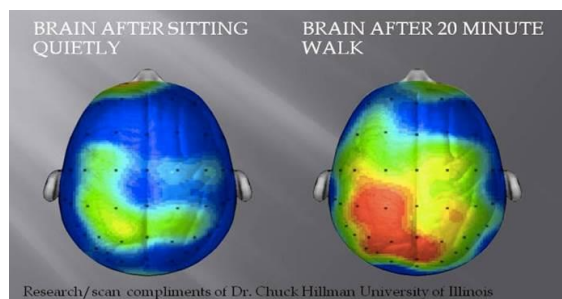
Website: Click [here](#)

Contact Information: support@gonoodle.com

SCHOOL is better with GoNoodle.

- Improves behavior and attention
- Better academic performance
- Strengthens classroom cohesion

Healthy students are better learners so be sure to utilize Go Noodle!



*Studies showed a 23% greater improvement in reading, and 50% greater improvement in math compared to kids who didn't play GoNoodle, a separate study showed a 13% improvement in childhood normal weight (as measured by BMI); research conducted by the Center for Children's Health led by Cook Children's, Fort Worth, TX.

Nutrition Tips for Students, Families, and Staff



New Tool! 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 Updated

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.



We now have SADD Chapters at GC and SGC!

**ALL Students (Grades 9-12)
are invited to join SADD**

(Students Against Destructive Decisions)

We invite any interested staff to attend as well.

SADD Applications are now available

GCHS - <https://forms.gle/eMxdDoCrTx1qpg9p6>

SGCHS - <https://forms.gle/VvM8vuthEVnHCnQk8>

Important Information is sent through Remind.

To join send a text to the number 81010 with the message

@gcsadd21 for GC or @sgcsadd21 for SGC.

Join us and make a difference.

LeBonheur Mobile Unit

- Visits School District Monthly
- Students go to clinic for physicals and medical care as well as mental health.



Tentative Schedule:

November 4 – SGCES

November 8 - Kenton

December 14 - SGCMS