

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,

Coordinated School Health continued to work within the schools in January as we celebrated "No Juul January" at the high schools. Students were educated on the dangers of vaping through Wellness lessons, Lunch & Learns, and posters made by SADD students.

In February we will celebrate National School Counseling Week. GCSSD has the best School Counselors as these individuals help students, faculty, and administrators to accomplish educational and behavioral goals daily. Healthy School Team meetings will continue in the schools as we update the School Health Index. SADD meetings will also be held in both high schools.

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.

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

Thanks,
Amy Richardson
GCSSD CSH Coordinator



Important Dates

Healthy School Team Meetings (tentative)

February 9 – Dyer

February 10 – Kenton

February 11 – SGCEs

SGCMS

SGCHS

February 15 – GCHS

(Rutherford, Spring Hill, and Yorkville completed this in January.)

SADD Meetings

February 8 – SGCHS

February 17 – GCHS

LeBonheur –

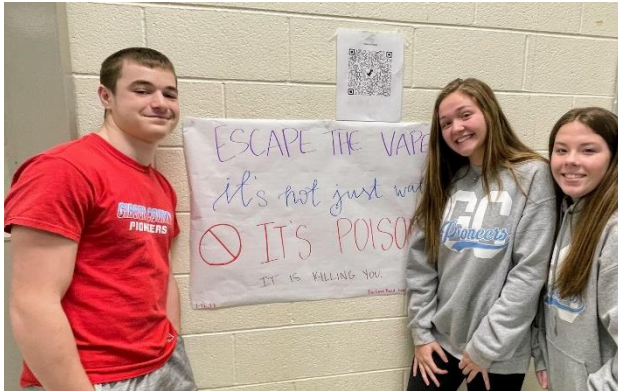
February 10 @ SGCEs

**Second Harvest Backpack Pickup –
February 14**

**CSH Institute (statewide conference)
February 27 – March 2**

January Highlights

SADD Students Educate Peers on the Dangers of Vaping



February Special Observance



National School Counseling Week 2022 (#NSCW22) is Feb. 7-11, 2022, to focus public attention on the unique contribution of school counselors within U.S. school systems. National School Counseling Week, sponsored by ASCA, highlights the tremendous impact school counselors can have in helping students achieve school success and plan for a career. National School Counseling Week is always celebrated the first full week in February.

February Health Observances



February is a time best known for Valentine's Day and romance. In 2010, the month of February was also officially designated by Congress as Teen Dating Violence Awareness Month. As a result, discussions about the rising epidemic of teen dating violence are not only encouraged but embraced. These discussions focus on the physical, sexual, and psychological abuses that are present in relationships between teenagers across the country. If you are the parent of a teenager, take the initiative this February to [speak with your teen](#) about teen dating violence.

February Health Observances Cont.



Heart disease is the leading cause of death for men and women in the United States. Every year, 1 in 4 deaths are caused by heart disease. The good news? Heart disease can often be prevented when people make healthy choices and manage their health conditions. Communities, health professionals, and families can work together to create opportunities for people to make healthier choices. Make a difference in your community: Spread the word about strategies for preventing heart disease and encourage people to live heart healthy lives.

National Wear Red Day – February 4, 2022



Wear red to bring attention to the problem of heart disease in women on National Wear Red Day February 4, 2022. Since we were out last Friday 2/4, we will celebrate by wearing red this Friday 2/11.

Staff wearing red can email me pictures of their participation by Monday 2/14. All submissions will be entered into a drawing for a Subway gift card.

February Health Observances Cont.



February is National Children's Dental Health Month. Children can avoid cavities by brushing their teeth twice a day with a fluoride toothpaste. Also cleaning between teeth daily, eating a healthy diet that limits sugary beverage and snacks, and seeing a dentist regularly for prevention and treatment of oral disease are the keys to a lifetime of healthy teeth and gums

Kindergarten and First Grade teachers can order The Colgate Bright Smiles, Bright Futures® classroom kit full of easy-to-use classroom materials, plus Colgate® toothpaste and toothbrush samples for 24 students at <https://www.colgate.com/en-us/oral-health-education/program-kits>

National Organ Donor Day February 14, 2022



Valentine's Day has a new meaning when you need an organ transplant to survive. 120,000 Americans currently waiting for precious organ transplants depend on the public to sign up with their state's organ donor registries on National Donor Day every February 14. It's a more concrete way to show love than giving heart-shaped candy, roses and red velvet teddy bears. By donating organs such as corneas, tissue, marrow, platelets and blood; you create a living legacy of your generosity with the ultimate gift of love.

February Health Observances Cont.

Safer Internet Day
February 8



The first thing you can do to Celebrate Safer Internet Day is work towards expanding your own online safety portfolio. Know what to do if you see cases of cyberbullying, and how to connect and communicate with people all over the world in areas of shared interest. Make sure your identity is solidly protected, and that the people who are in your life are protected as well. Even better, take a stop by connectsafely.org and check out the newest apps for protecting yourself and your children, and follow up on the breaking news about internet security.

Random Acts of Kindness Day
February 17



Random Acts of Kindness come in all forms, large and small, and how you choose to perform yours is entirely up to you. It can start with dropping a bit of change in the cup of the homeless person along the street, or considering the time of year, providing a warm blanket to see them through. You could take a friend out to lunch, for no other reason than that they're your friend. See someone looking down? Drop a hot coffee or tea on their desk with a smile and tell them to have a great day. Even just smiling at someone and telling them to have a good day could have a profound impact. On Random Acts of Kindness Day, help yourself by helping others, the smile on their face and yours will prove it's all worth it.

Action for Happiness Calendar: Friendly February

This month let's focus on reaching out to connect with others and doing our best to be a good friend.

Friendly February 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 Send a message to let someone know you're thinking of them	 2 Ask a friend how they have been feeling recently	3 Do an act of kindness to make life easier for someone	4 Organise a virtual 'tea break' with a colleague or friend	5 Make time to have a friendly chat with a neighbour	 6 Get back in touch with an old friend you've not seen for a while
7 Show an active interest by asking questions when talking to others	8 Share what you're feeling with someone you really trust	9 Thank someone and tell them how they made a difference for you	10 Look for good in others, particularly when you feel frustrated with them	11 Send an encouraging note to someone who needs a boost	12 Focus on being kind rather than being right	13 Smile at the people you see and brighten their day
14 Tell a loved one or friend why they are special to you	15 Support a local business with a positive online review or friendly message	16 Check in on someone who may be struggling and offer to help	17 Appreciate the good qualities of someone in your life	18 Respond kindly to everyone you talk to today, including yourself	19 Share something you find inspiring, helpful or amusing	20 Make a plan to connect with others and do something fun
21 Really listen to what people say, without judging them	22 Give sincere compliments to people you talk to today	23 Be gentle with someone who you feel inclined to criticise	24 Tell a loved one about the strengths that you see in them	25 Thank three people you feel grateful to and tell them why	26 Make uninterrupted time for your loved ones	27 Call a friend to catch up and really listen to them
28 Give positive comments to as many people as possible today	    					

ACTION FOR HAPPINESS

Happier · Kinder · Together

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

Staff Wellness Resources

GCSSD Counseling Sessions in Schools

It is no surprise that teachers' mental health and wellness is correlated with student wellness and overall achievement. While we may not be able to remove the stressors from the teaching profession, there are things that can be done at the individual and organizational level to support you.

Allicia Ladd, GCSSD Mental Health Coordinator, is now available to individual staff for short term counseling support. As always, information shared will be confidential. There is no insurance filed or fee associated with this opportunity.

Her schedule will be:

Monday	Yorkville/Spring Hill
Tuesday	Dyer/GCHS
Wednesday	SGCHS/SGCES/SGCMS
Thursday	Kenton/Rutherford
Friday	Office day (Open for appointments if scheduled beforehand)

Anyone may drop by to talk with her during their planning or lunch period; or, they may make an appointment via her email, ladda@gcssd.org.

COVID-19 Emotional Support Line for Tennessee Educators



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.

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/>

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/>

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.

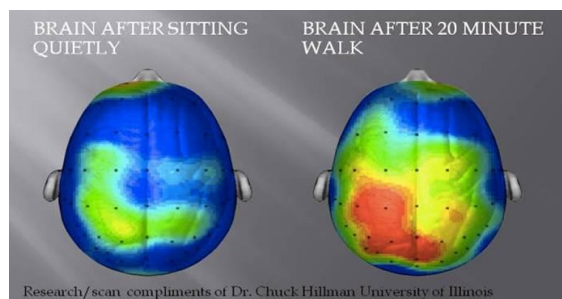
Website: Click [here](#)

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.



Healthy For Good™

FOUR WAYS TO GET **GOOD FATS**

Replace saturated fats with unsaturated fats as part of a healthy eating pattern. Unsaturated fats can help lower bad cholesterol and triglyceride levels, and they provide essential nutrients your body needs. Here are four easy and delicious ways to get more of the good fats.



GO FISH

Eat fish at least twice a week. Choose fatty or oily fish like albacore tuna, herring, lake trout, mackerel, sardines and salmon to get essential omega-3 fatty acids.



BE NUTTY

Munch on a small handful (about 1 oz.) of unsalted nuts and seeds for good fats, energy, protein and fiber. Good choices include almonds, hazelnuts, peanuts, pistachios, pumpkin seeds, sunflower seeds and walnuts.



ADD AVOCADO

Snack, cook and bake with avocado to add healthy fats, fiber and essential vitamins and minerals.



CHECK THE OILS

Use cooking and dressing oils that are lower in saturated fat. Good choices include avocado, canola, corn, grapeseed, olive, peanut, safflower, sesame, soybean and sunflower oils.



EAT SMART **ADD COLOR** **MOVE MORE** **BE WELL**

LEARN MORE AT
HEART.ORG/HEALTHYFORGOOD

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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.

LeBonheur Mobile Unit

- Visits School District Monthly
- Typically parks at the high schools.
- Buses transport students from elementary and middle schools
- Students go to clinic for physicals and medical care as well as mental health.



Tentative Schedule

February 10 – SGCES



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!