

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 will continue this month to work within the schools by coordinating with community partners to provide educational and health services. Mock Crash will be held at both high schools to educate seniors on the dangers of impaired driving. West TN Health Care will provide immunizations to those who preregistered. We will work with Second Harvest and community partners to obtain food for the backpack program and send this home with students who need this. LeBonheur will host an online parent education session on the importance of health and nutrition. Towards the end of the month Organ Donation Awareness will be the focus of lunch and learns at both high schools. Finally, we will continue to meet with SADD and prepare for this summer's TN Teen Institute (TTI) Camp.

Please see inside this month's newsletter for more information on this month's CSH events, health observances, Here 4 TN – Employee Assistance Program, Nutrition and Physical activity.

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

Thanks,
Amy Richardson
GCSSD CSH Coordinator



Important Dates

4/6/22 - Blake McMeans speaks/
SADD/Safe Driving Lunch & Learn at
SGC

4/7/22 - Mock Crash at SGC

4/11/22 - Backpack Food Pick Up

4/13/22 & 4/14/22 – SADD students
work on Mental Health videos

4/14/22 - Mock Crash at GC

4/15/22 - CSH Action Plan Due

4/18/22 - GC SADD Meeting

4/18/22 – LeBonheur Nutrition
Education Online meeting for
Preschool – 4th grade parents

4/19/22 - Immunization Clinics for
preregistered students and staff

4/21/22 - GC Safe Driving Lunch

4/22/22 - Milan Mock Crash

4/27/22 - CSH Action Plan Edits Due

4/28/22 - Organ Donation Education
Day at GCHS

4/29/22 - Organ Donation Education
Day at SGCHS/SADD

March Highlights

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



GCHS and SGCHS students completed the [National Drug & Alcohol IQ Challenge](#) during a Lunch & Learn using the game Kahoot! During this activity approximately 200 students learned more about these substances.

Attend TN Teen Institute (TTI) Staff Retreat

GCHS student, Jennie Richardson, and CSH Coordinator/SADD Advisor attended the TTI Staff Retreat in Nashville to prepare for this summer's TTI Camp.



April Health Observances

World Health Day
April 7, 2022



World Health Day, held on the 7th April each year, is the term for 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'.

Every Kid Healthy™ Week:

April 25-29, 2022

Activities will be shared daily on Social Media.

EVERY KID HEALTHY WEEK 2022 SCHEDULE



April Health Observances Cont.

NATIONAL DISTRACTED DRIVING AWARENESS MONTH



Every year, nearly 500,000 Americans are injured and 6,000 more are killed as a result 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.

Child Abuse Prevention Month



April is designated as Child Abuse Prevention Month to bring awareness to child abuse and neglect and to create opportunities to engage our communities in supporting families and keeping children safe and healthy.

In 2018, there were almost 70,000 cases of child abuse and neglect in Tennessee.

As an education professional, parent, grandparent, Sunday school teacher, choir director, youth leader, mentor or a community member, everyone has the responsibility to report their concerns when they believe a child is being abused or neglected.

Reports can be made to the Tennessee Department of Children's Services Child Abuse Hotline by calling 1-877-237-0004 or visiting <https://www.tn.gov/reportchildabuse>.

Action for Happiness Calendar: Active April

Let's find ways to get moving and stay active and healthy.



[HTTPS://ACTIONFORHAPPINESS.ORG/CALENDAR](https://actionforhappiness.org/calendar)



Healthy Parks Healthy Person TN is simply a program aimed at getting people to go outside and enjoy the health benefits of nature. It has been proven that time outdoors can improve a person's physical and mental health. This is important in Tennessee, a state who is chronically in the bottom of the national health ratings.

Begin earning points and rewards for getting outside and active in any park in Tennessee! To get started download the Healthy Parks Healthy Person TN app on your mobile device – available for [iOS](#) and [Android](#)! Download on the Apple App Store [HERE](#) or the Android Play Store [HERE](#).

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>

Move to Learn



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

Go Noodle



<https://www.gonoodle.com/>

Nutrition Tips

Parent Education on Nutrition and Healthy Lifestyles

Information on 85210, Le Bonheur's prescription for good health, as well as age-specific nutrition strategies will be shared with parents during this online session.



*Keep TV/computer out of the bedroom. No screen time under the age of 2.

These health tips brought to you by



Monday April 18th

6:00 pm

Parents of Preschool – 4th graders

Use this QR Code to join the meeting



Or join online at:

<https://mlh-org.zoom.us/j/96542728926>

Meeting ID: 965 4272 8926

For more information please contact GCSSD Coordinated School Health Coordinator, Amy Richardson, at richardsona1@gcssd.org

Staff Wellness



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/>

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.

Anyone 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)

GCSSD Wellness Plan Updated

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.

Healthy School Teams have updated the Wellness Plan Assessments for each school. These can be found on the GCSSD website.

<https://www.gcssd.org/page/coordinated-school-health>



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.

Join us and make a difference!