

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.

Mock Crash at SGCHS and GCHS

GCSSD Office of Coordinated School Health and community partners will be hosting educational presentations about the dangers of drunk driving at South Gibson County High School on March 6 at 10:00am and Gibson County High School on April 3 at 1:30pm. The scene will be of a Mock DUI crash and will include automobiles with actors involved in a collision in which alcohol is the primary cause of the crash. This crash scene appears realistic but there is no cause for alarm. Local law enforcement and rescue personnel will be conducting this event and it will be worked as a real crash. This is part of a school activity and is not open to the community. The purpose of this event is to inform students of the dangerous mix of teenagers, alcohol, and automobiles. Please do not be alarmed by any sirens or scanner activity that will be occurring on this date.



Important Dates

March 6 – SGCHS Mock Crash

March 8 – Head to Toe Women on the Go

March 11-17 - Sleep Awareness Week

March 13 – GCHS Project iGuardian/Youth Risk Awareness Night

March 20 - SGCHS Project iGuardian Online Safety

March 21 – “Kick Butts” Tobacco Prevention

April 3 – GCHS Mock Crash

April 23 – 27 Every Kid Healthy Week

May 10 – Documentary Screening “Suicide: The Ripple Effect”

GCSSD Wellness Plan

The GCSSD Wellness Plan has been updated and approved by the GCSSD Board. Gibson County Special School District is committed to the optimal development of every student. The District believes that for students to have the opportunity to achieve personal, academic, developmental and social success, we need to create positive, safe and health-promoting learning environments at every level, in every setting, throughout the school year. The major components of the Wellness Plan are "Nutrition", "Physical Activity" and "Other Activities that Promote Student Wellness".

The plan is located under Departments > Coordinated School Health or you can click <https://www.gcssd.org/Page/231>.

More Important News

GCSSD CSH Holds Healthy School Team meetings at all schools

In conjunction with this all GCSSD schools will have or have had Healthy School Team Meetings in order to review the plan so that each school will be aware of and make any needed adjustments to follow these requirements. Parents are always invited to attend these meetings.

The schedule is as follows:

Dyer School – 1/24 and 3/14

Gibson County High School – 2/2 and 3/15

Kenton School – 2/1 and 3/15

Medina Elementary School – 1/23 and 3/20

Medina Middle School – 1/23 and 3/20

Rutherford School – 2/1 and 3/15

South Gibson County High School – 1/31 and 3/14

Spring Hill School 1/29 and 3/16

Yorkville School – 1/23 and 3/12



eMD Anywhere Telemedicine

Health Care services available for students and employees for minor illnesses or injuries that need a higher level of care.

Symptoms might include:

- Fever
- Sore throat/strep
- Allergy Symptoms
- Inflammation
- Ear pain
- Nausea / diarrhea
- Cold / flu symptoms
- Skin irritation
- Limb sprains / strains / contusions

Can see a Board Certified Family Nurse Practitioner (FNP-BC) without leaving the nurse's office, using telemedicine technology.

- Nurse Practitioner can write prescriptions, if needed.

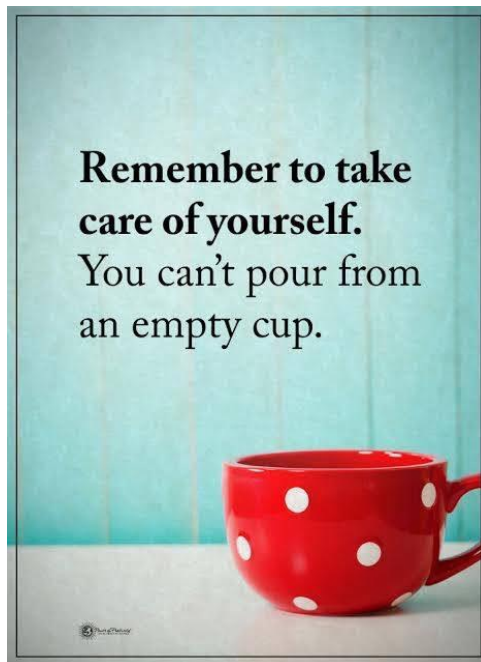
- Most insurances are accepted and will bill the subscriber's insurance

- Self-pay options are also available

More information is available at the GCSSD website under School Health Services or

click <https://www.gcssd.org/Page/8991>

If you have further questions, you may contact the Coordinated School Health Office at 731-692-3969.



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**.

Need to find a dog-walking service? A moving van? Someone to write your will? Perhaps you have concerns about a work or personal issue. 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.

What is Here4TN? Here4TN, powered by Optum, is here for all State of Tennessee employees and their dependents. It's not your traditional "employee assistance program." It's a friendly and confidential service that provides a wide range of resources for any life situation. Optum has a team of counselors and well-being and work-life specialists who provide the Here4TN services for you. Optum is a health and well-being company that serves more than 65 million people every year, with the mission of helping the health system work better for everyone and helping people live healthier lives.

Who is eligible for benefits? All State of Tennessee employees and their dependents are eligible. However, behavioral health benefits are only available to those enrolled in a Public Sector medical plan. If you are not enrolled in a Public Sector medical plan, you are still eligible for all of the services available online and over the phone, as well as five no-cost in-person sessions with an EAP provider. Members are ineligible for EAP visits while they are currently receiving Behavioral Health services.

Are services confidential? Yes. We keep all records confidential in accordance with federal and state laws. We will never share your personal records with your employer, or anyone else, without your permission.

Do I require prior authorization before meeting with a provider? Yes.

To obtain approval for services, submit an authorization form prior to your appointment. Or you may speak with a specialist at 855-Here4TN (855-437-3486). *Call anytime, day or night*

Be sure to check out the website <https://www.here4tn.com/> for more information.



Sleep Awareness Week® 2018

powered by  the National Sleep Foundation

March 11 – 17 | #YourDayBeginsWithSleep

“Research consistently shows that adequate, quality sleep directly positively affects mental, physical and emotional well-being,” says National Sleep Foundation Chairman Max Hirshkowitz. “NSF’s *Sleep Better. Feel Better* campaign shines a light on the importance of sleep health toward improved productivity, mood and overall health.” The National Sleep Foundation is dedicated to improving health and well-being through sleep education and advocacy. Founded in 1990 by the leaders in sleep medicine, NSF is the trusted resource for sleep science, healthy sleep habits, and sleep disorders to medical professionals, patients and the public. Follow the #SleepBetterFeelBetter campaign on [Facebook](#), [Twitter](#), and [Instagram](#) for daily updates.

DON'T DRIVE DROWSY

According to the National Sleep Foundation:

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.



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.

**GCHS will meet on the 2nd Thursday of each month in the
Cafeteria.**

**SGCHS will meet the 4th Friday of each month in the Large
Conference Room.**

Join us and make a difference!



Project I-Guardian Parent Awareness Sessions

The Gibson County Special School District is partnering with the U.S. Department of Homeland Security, Homeland Security Investigations (HSI), to present Project I-Guardian Parent Awareness sessions. These sessions will be presented by HSI Special Agent, Antoinette Franklin, who will explain the risks of online activity while also arming attendees with knowledge and resources. By partnering with the National Center for Missing & Exploited Children, NetSmartz and the Internet Crimes Against Children (ICAC) Task Force, the HSI Project I-Guardian program is a powerful tool to help children and parents understand the risks they will encounter while exploring the digital world.

Special Parent Session will also be held at each high school and are **open to parents of all students in Preschool – 12th grade**. These sessions will take place at **GCHS on March 13 and SGCHS on March 20. Both events will start at 6:00pm**. The information presented will include examples based on local investigations to help parents, teachers, and others better understand how children can become victimized online.

For more information, please contact Amy Richardson, GCSSD Coordinated School Health Director, at richardsona1@gcssd.org or (731)692-3969.

What: Project I-Guardian Parent Awareness Sessions

Who: ALL GCSSD Parents and Teachers/Anyone Interested in Internet Safety

When and Where: GCHS Theater on March 13 at 6:00pm

SGCHS Cafetorium on March 20 at 6:00pm

Community Youth Risk Awareness/Internet Safety Night

Presented by



Tuesday March 13

6:00pm

Gibson County High School Theater

130 Trenton Hwy Dyer, TN

Join Gibson County High School for an open community night resource event featuring:

- **Youth & Prevention Resources**
- **Wellness Information**
- **Counseling Services**
- **Support Groups**
- **Internet Safety Training**

Sponsored by: Gibson County High School, GCSSD Coordinated School Health,

Team Mica Fund & Project iGuardian



Admission: \$10.00
Catering by: **CoCo's**
Casual Attire

Thursday, March 8th, 2018

From 4:30 — 7:30 p.m.

Hawkins-Whitby (FEMA) Building in Milan

Join us for an evening of Fellowship, Food, and Fun at the

Gibson County Women's Health Expo

Hors d'oeuvres • Screenings • Consultations • Pampering • Shopping

Tickets can be purchased at the following locations:

Milan Elementary School
Milan Chamber of Commerce
Milan Family YMCA
Sports Plus Rehab Milan
or

Go to the [2018 Head to Toe: Women on the Go Facebook Page](#)
to request a ticket from a committee member

*Complimentary T-shirt given to the first 50 people to pre-purchase tickets before February 15th

*Complimentary Tote Bag given away to first 75 people to enter the door
Doors will open at 4:30pm
**must purchase a ticket to be eligible **

For more information call Amber Shelby at (731) 686-3026

This event is sponsored by The Mayor's Health Council of Milan



"Saving Lives in Tennessee"



Documentary Screening "Suicide: The Ripple Effect"
Thursday, May 10, 2018 7:00 -9:00PM
Huntingdon Court Theatre 155 Court Square Huntingdon, TN 38344

Tickets **MUST** be purchased in advance. (46 required for screening to occur)
Register At: <https://gathr.us/screening/22860>

Watch Trailer - <https://www.youtube.com/watch?v=LytKNC405oI>

At age 19, Kevin Hines attempted to take his life by jumping from the Golden Gate Bridge. Seventeen years later, he still struggles with many of the same symptoms that led him to attempt to take his life, but he is on a mission to use his story to help others stay alive. Kevin has also been one of the key catalysts in helping to construct a suicide prevention net on the iconic San Francisco Bridge.

Kevin takes a journey to better understand the ripple effects his suicide attempt had on his family, friends, and the first responders who helped save him. He's also working to shine light on inspirational individuals, families, and organizations who are using personal pain to help others find the hope they need to heal.

Q&A after the film will include professionals from local organizations and community resources to further discuss the topic.