

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 GCHS

GCSSD Office of Coordinated School Health and community partners will be hosting educational presentations about the dangers of drunk driving at Gibson County High School on April 4 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

April – Distracted Driving Month

April 4 – GCHS Mock Crash

April 16 – MES Preschool Parent Meeting on Nutrition

April 23 – 27 Every Kid Healthy Week

April 28 – Luke Flowers Memorial Run (Dyer School)

April 28 – MES Triathlon at 10:00am

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>.

In conjunction with the new Wellness Plan a Smart Snacks Ideas handout has been developed. This can also be seen on the GCSSD Website.



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.



TIP OF THE DAY

Looking for an individual plan?

Personalize a MyPlate Daily Checklist and know how much to eat from each food group based on your age, sex, height, weight, and physical activity level.

- [MyPlate Daily Checklists](#)
- Not sure which plan is right for you? Use the [calculator](#) to find out.





DISTRACTED DRIVING AWARENESS MONTH 2018

There is a lot going on when we are driving, and it is easy to get distracted. Unfortunately, the drivers around us are facing the same challenge and could be distracted by a call, a text or an email notification.

The best way to solve this problem? **Shut it all down and *Just Drive*.**

It takes all of us to protect just one of us. Do your part. Disconnect and *Just Drive*.



Gibson County High School has been chosen as one of five schools across Tennessee to receive a **\$300 grant from AAA – The Auto Club Group in Tennessee** to promote peer-to-peer traffic safety awareness during prom and graduation season. This was a result of SADD students attending a SADD Leadership Retreat weekend and writing the grant proposal. SRO Officer Tosh and SADD Advisor Richardson assisted students in their efforts.



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!

**Every Kid Healthy™ Week:
April 23-27, 2018**

Every Kid Healthy™ Week is an annual observance created to celebrate school health and wellness achievements and recognized on the calendar of National Health Observances. Observed the last week of April each year, this special week shines a spotlight on the great efforts schools are making to improve the health and wellness of their students and the link between nutrition, physical activity, and learning – because healthy kids are better prepared to learn! Anyone can get involved and be a part of the celebration to help support sound nutrition, regular physical activity and health-promoting programs in schools with a school health event. Schools are invited to host an event during Every Kid Healthy Week or anytime in April.

To help celebrate this event CSH will be helping to sponsor 2 events on April 28 within GCSSD by providing healthy snacks for participants. The Luke Flowers Memorial Glow Run in Dyer will include a Fun Run for students as well as a 5K and 2 mile walk. The MES Triathlon at the Medina City Park will have participants bike (must provide bike and wear a helmet!), run (less than a mile!), and swim (don't worry, participants will only be sprayed!) through the water of a fire truck hose! Look for more information on these events below!

CSH will also be providing education on the link between nutrition, physical activity, and learning in different ways during the month of April.

7th Annual Run In Memory of Luke Flowers

Behind Dyer Junior High School:

Saturday April 28th

Fun Run Starts at 10:00 pm, 5K and 2mile walk start at 10:30

Open Registration begin at 9:00

Cost:	Early Registration (ends April 14 th):	Day of Race:
5K mile run or walk	\$20	\$25
12 and under	\$15	\$20
1 Mile Fun Run	\$15	\$20

Age Groups

12 and under 13-19 20-29 30-39 40-49 50-59 60 and up

Trophies for Overall and Masters Male and Female 5K winners

Medals for 1st-3rd

Name _____ Sex: _____

Address _____

Age: _____ Phone: _____ Email: _____

T-Shirt Size: YS YM YL S M L XL 2XL 3XL

****Free T-shirt for racers that register during early registration. ****

Make checks payable to Dyer School Relay for Life

Waiver and Release: I, individually (or/guardian of the entrant) do hereby release, waive and forever discharge the persons in charge and the city of Dyer, the Dyer School, and Gibson County School District of these events, together with all their officers, agents, officials and employees from any and all liability, claim, demands actions or course of participating in the aforementioned events. I further state that I have trained for and am in proper physical condition to participate.

Signed (Parent/Guardian if under 18) _____

All proceeds go to the Dyer School Relay for Life; for more information contact:

Pam Grady: 338 East College Street, Dyer, TN. 38330 gradyp@gcssd.org



MES iTri Triathlon - Kid Friendly!

Join us for a kid friendly, family fun, unique triathlon on Saturday April 28 at 10:00AM. Participants will bike (must provide bike and wear a helmet!), run (less than a mile!), and swim (don't worry, participants will only be sprayed!) through the water of a fire truck hose! Participants are guaranteed to have fun and get wet!

When: **Saturday, April 28**

Time: **10:00AM**

Location: **Medina Community Park (across from Medina Middle School)**

Cost: **\$25.00**

Flyer: [iTri Promotional Flyer](#)

Register below or click: [REGISTRATION LINK](#)



"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=LytKNC405ol>

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.