

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,

Happy November! It's hard to believe that it will soon be Thanksgiving!

Coordinated School Health will continue working within the schools this month as we are celebrating Drowsy Driving Prevention Week, continuing our monthly partnership with the LeBonheur on the Move Mobile Health Unit, and holding Clinic 2 of our annual Immunization Clinics for students and staff. We are very thankful for our community partners including the Kyle W. Kiihnl Memorial Foundation, LeBonheur, and West TN Health Care who help us in being able to have these services available with our schools.

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

November 1 @ Kenton
November 2 @ SGC Middle
November 27 @ SGC Elementary
November 28 @ Dyer School

Importance of Sleep/Drowsy Driving Presentations

November 7 @ Dyer School
November 8 @ Spring Hill/GC

LeBonheur Mobile Health Unit -

November 15

Immunization Clinics

November 26 @ South Gibson County Schools
November 27 @ GCHS, Dyer, Rutherford, Kenton, Yorkville, and Spring Hill

November Health Observances



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.



World Kindness Day is celebrated annually on 13th November. 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® November 15

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](#)



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/>

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

November 15

December 12

January 16

February 6

March 20

April 10

May 1



It is our pleasure to introduce you to the school-based clinic partnered between Gibson County Special School District and eMD Anywhere. When your child needs medical attention during the school day, you've always been able to rely on the caring touch of your school nurse. Now, for minor illnesses or injuries that need a higher level of care, your child can have virtual access to Sharon W. Smith, Board Certified Family Nurse Practitioner (FNP-BC) without leaving the nurse's office, using telemedicine technology. Our goal is to provide quality healthcare to staff and students in the convenience of the school setting.

The school based clinic will provide services for:

- Fever
- Sore throat/strep
- Allergy symptoms
- Skin irritation/rash/wound
- Inflammation
- Limb sprains/strains/contusions
- Ear pain
- Nausea/diarrhea
- Abdominal pain
- Urinary Tract Infection
- Cold/flu symptoms (cough, runny/stuffy nose, etc.)

It is important to note these key points:

- To enroll in the program, complete, sign, and return the enrollment packet to your school nurse. Please try to include a photocopy of your insurance card (front and back.)
- Prior to a telemedicine medical evaluation, the school nurse will make reasonable attempts to notify the guardian with the information they have on file.
- The Nurse Practitioner can access the child, work with the school nurse to perform basic labs, like strep or flu, and write prescriptions, if needed.
- Guardian is more than welcome to participate in the visit.
- There will be a follow-up call with the guardian after the visit. A faxed copy of the chart note can also be sent to the primary care provider.
- We accept most insurances, and will bill the subscriber's insurance on their behalf, or you can do a self-pay of \$40, plus any lab fees for the visit.

Immunization Clinics Offered at School

GCSSD is pleased to announce that we will have Immunization Clinics at school again this year. Immunizations will be offered through West Tennessee Healthcare for students and staff.

All Students

- Students in grades PreK-3 will be offered the Influenza (flu) shot vaccine.
- Students in grades 4-12 will be offered the Influenza (flu) shot vaccine, Hepatitis A, HPV (Gardasil vaccine), Tdap (Tetanus, Diphtheria, Pertussis), MCV4 (Meningitis), and Varicella (Chickenpox shot).
- Adults employed by GCSSD will be offered the Influenza (flu) shot vaccine, Hepatitis A, Hepatitis B, Twinrix, HPV (Gardasil vaccine), Tdap (Tetanus, Diphtheria, Pertussis), MCV4 (Meningitis), MMR (Measles, Mumps, Rubella), PPV (Pneumococcal Polysaccharide Vaccine), Shingrix (Shingles), and Varicella (Chickenpox shot).

Any charges will be billed to your insurance via West Tennessee Healthcare staff. Please be prepared to list insurance information when you register for immunizations with the intention of predetermining charges and co-pays (if any) prior to the scheduled date of the immunization clinic.

Immunization Forms were due in September and can no longer be accepted.

For more information please visit the GCSSD CSH Immunization page at <https://www.gcssd.org/Page/228> You may also contact us at (731) 692-3969.

Immunization Clinic Schedule 2018-2019

School	Clinic 1	Clinic 2	Clinic 3
South Gibson County Elementary School	October 15 8:30	November 26 12:00	May 6 9:00
South Gibson County High School	October 15 11:00	November 26 10:00	May 6 10:00
South Gibson County Middle School	October 16 8:30	November 26 8:30	May 7 8:30
Dyer School	October 17 8:30	November 27 9:00	May 8 9:30
Rutherford School	October 17 11:00	November 27 10:30	May 8 10:30
Kenton School	October 17 1:00	November 27 11:30	May 8 11:15
Yorkville School	October 18 1:00	November 27 12:30	May 8 12:00
Spring Hill School	October 18 11:00	November 27 1:00	May 8 1:00
Gibson County High School/ Central Office	October 18 8:30	November 27 8:30	May 8 8:30

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 in order to insure 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.

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

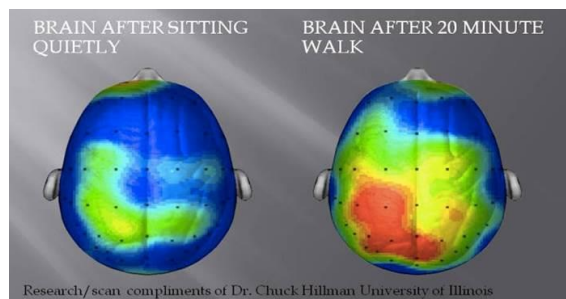
and

the Tennessee Department of Health”

Physical Activity Resources Cont.



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.

Please Note: For the past three years, Blue Cross Blue Shield of Tennessee Health Foundation has generously underwritten the costs to access to GoNoodle Plus for every public elementary school in the state and we are grateful for their support to get Tennessee kids moving. However, BlueCross BlueShield of Tennessee Health Foundation has shifted funding priorities going forward, and effective June 30, 2018 they will no longer be funding access to GoNoodle Plus. With this change, teachers' access to GoNoodle Plus ended on June 30, 2018. **However, their username and login for GoNoodle remains the same, and they will still be able to access GoNoodle's free version.**



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 Meets 2nd Thursday each month
SGCHS Meets 4th Friday each month**

Join us and make a difference!