

# 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 continues to work within the schools meeting with Healthy School Teams in each school in order to plan healthy events. The Gibson County Health Department assisted GCHS SADD students in educating their peers during National Drug and Alcohol Facts Week. We met with SADD/DARE at SGCHS and are planning events to be held this spring. We were awarded a \$1500 grant from SADD for our participation in their events and this will be used for a speaker on the dangers of Distracted Driving in April. We had Miss TN visit our elementary schools and she talked to students about respect and making healthy choices. We also had Le Bonheur's Mobile Health Unit in our district to see selected students.

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 the telemedicine program available to staff and students. Also, resources are included for Smart Snacks; Peanut and Tree Nut Free Snacks; and Physical Activity in the Classroom.

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

- 2/5 Yorkville School  
Rutherford School
- 2/12 Spring Hill

### 2/6 LeBonheur Mobile Health

### 2/6 NW CSH Meeting

### 2/7 Gibson County Wide Mock Crash Meeting

### 2/12 School Counselor Collaborative

### 2/14 GCHS SADD Meeting and Lunch & Learn on Teen Dating Violence

### 2/20 GCHS Mock Crash Planning Meeting

### 2/22 SGCHS SADD Meeting SGCHS Mock Crash Meeting

# January Highlights



**GCHS SADD Students Educate Peers during National Drug and Alcohol Facts Week**



**SGCHS SADD/DARE Students Planning Upcoming Events**



**Miss TN Visits GCSSD**



**LeBonheur Mobile Health Unit**

## 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.



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.

## 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 is full of easy-to-use classroom materials, plus Colgate® toothpaste and toothbrush samples for 25 students at <https://smiles.colgate.com/page/content/2019-classroom-kits>

**NATIONAL SCHOOL COUNSELING WEEK • FEB. 4-8, 2019**

National School Counseling Week 2019, "School Counselors: Providing Lessons for Life," will be celebrated from Feb. 4-8, 2019, 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 Cont.

### World Cancer Day February 4

World Cancer Day empowers all of us across the world to show support, raise our collective voice, take personal action and press our governments to do more. World Cancer Day is the only day on the global health calendar where we can all unite and rally under the one banner of cancer in a positive and inspiring way.

### Safer Internet Day February 5

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](http://connectsafely.org) and check out the newest apps for protecting yourself and your children, and follow up on the breaking news about internet security.

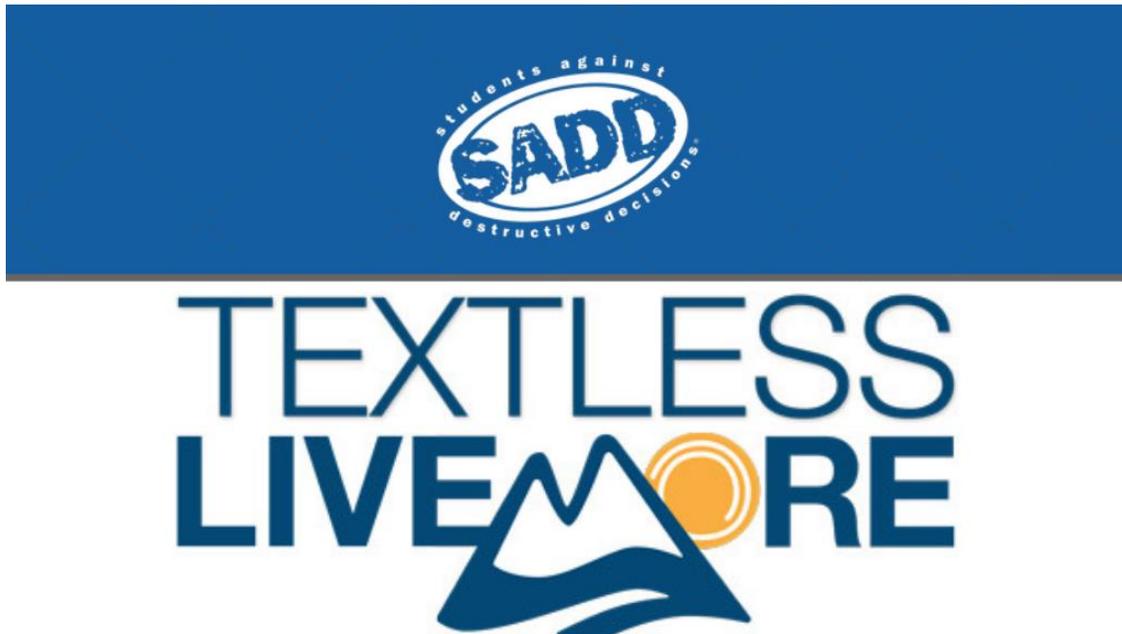
### No One Eats Alone Day February 15

The main goal of this holiday is to speak to a person you wouldn't normally speak to and get to know them. No One Eats Alone Day is all about spreading kindness where it is needed, so grab a seat and chat with a stranger and see what possibilities can come of it.

### 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.

## February Health Observances Cont.



### February: TextLess Love More

Show your love (and likes!) through real-life gestures instead of online ones. Write a note for a friend, bake cookies for your mom, give face-to-face compliments. These moments of love mean a lot!

Event: Gather together and write love letters—both to specific people and generically. The generic letters can be placed in a jar so that, on Valentine’s Day, anybody who wants one can take 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

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.

### 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.

## Peanut and Tree-Nut Free Snack List

Note: Snacks must be store bought and in individual packaging. They must also come in the original packaging containing the ingredient label. Large unopened labeled bags of the appropriate chips/snacks are acceptable.

- \*Betty Crocker Fruit by the Foot, Gushers, Scooby-Doo Fruit Snacks, Fruit Roll-Ups
- \*Frito-Lay Sunchips (all flavors)
- \*Frito-Lay 100 Calorie Packs (Baked Cheetos, Smartfood Popcorn, Sunchips)
- \*Frito-Lay Smart Mix
- \*Baked Lays, Baked Cheetos, Baked Ruffles, Rold Gold, Baked Barbeque Lays
- \*Keebler Scooby-Doo Baked Graham Cracker Sticks
- \*Keebler Club and Cheddar Crackers
- \*Kellogg Rice Krispie Treats (original, variety pack (i.e. chocolate), drizzle, double chocolate chunk, rainbow)
- \*Kellogg Nutri-Grain Bars (strawberry, blueberry, apple)
- \*Austin Animal Crackers
- \*Nabisco Fig Newtons or Fat-Free Fig Newton
- \*Nabisco Lorna Doones Shortbread Cookies
- \*Nabisco Mini Chips-Ahoy
- \*Kraft or Nabisco Handi Snacks (Premium Breadsticks 'n Cheez, Ritz Crackers 'n Cheez, Oreo Cookie Sticks 'n Crème)
- \*Nabisco Teddy Grahams (all flavors)
- \*Pepperidge Farms Goldfish (all flavors)
- \*Pringles Snack Pack (original, variety packs)
- \*Pudding Snack Pack (chocolate or vanilla)
- \*Motts Applesauce Variety Pack
- \*Rold Gold Pretzels
- \*Sunshine Cheez-It's (reduced-fat, regular, scrabble or variety)
- \*Raisins/Craisins
- \*String Cheese
- \*Chips Ahoy (regular and chewy)

### IMPORTANT REMINDERS

1. Must buy exact brand of the snack items listed above.
2. Please note that the ingredients of the above snacks can change at any time without notice, so please be diligent in reading each snack label before it is brought into the classroom.
3. We will not accept items that are not on this list including doughnuts or cupcakes from bakeries.
4. We are also unable to accept homemade items.

## Physical Activity Guidelines for Americans, 2nd edition

The US Department of Health and Human Services recently released the *Physical Activity Guidelines for Americans, 2<sup>nd</sup> edition*. The guidelines outline the amounts and types of physical activity needed to maintain or improve overall health and reduce the risk of chronic disease. Key changes from the 1<sup>st</sup> edition include new guidance for preschool children aged 3 to 5 years, more evidence of the health benefits of physical activity, and a discussion of sedentary behavior, among others. The guidelines also highlight tested strategies that can be used to get all Americans to be active and move more. The guidelines can be viewed [here](#).

Type of Physical Activity	Preschool-Aged Children	School-Aged Children	Adolescents
Moderate-intensity aerobic	<ul style="list-style-type: none"> <li>• Games such as tag or follow the leader</li> <li>• Playing on a playground</li> <li>• Tricycle or bicycle riding</li> <li>• Walking, running, skipping, jumping, dancing</li> <li>• Swimming</li> <li>• Playing games that require catching, throwing, and kicking</li> <li>• Gymnastics or tumbling</li> </ul>	<ul style="list-style-type: none"> <li>• Brisk walking</li> <li>• Bicycle riding</li> <li>• Active recreation, such as hiking, riding a scooter without a motor, swimming</li> <li>• Playing games that require catching and throwing, such as baseball and softball</li> </ul>	<ul style="list-style-type: none"> <li>• Brisk walking</li> <li>• Bicycle riding</li> <li>• Active recreation, such as kayaking, hiking, swimming</li> <li>• Playing games that require catching and throwing, such as baseball and softball</li> <li>• House and yard work, such as sweeping or pushing a lawn mower</li> <li>• Some video games that include continuous movement</li> </ul>
Vigorous-intensity aerobic	<ul style="list-style-type: none"> <li>• Games such as tag or follow the leader</li> <li>• Playing on a playground</li> <li>• Tricycle or bicycle riding</li> <li>• Walking, running, skipping, jumping, dancing</li> <li>• Swimming</li> <li>• Playing games that require catching, throwing, and kicking</li> <li>• Gymnastics or tumbling</li> </ul>	<ul style="list-style-type: none"> <li>• Running</li> <li>• Bicycle riding</li> <li>• Active games involving running and chasing, such as tag or flag football</li> <li>• Jumping rope</li> <li>• Cross-country skiing</li> <li>• Sports such as soccer, basketball, swimming, tennis</li> <li>• Martial arts</li> <li>• Vigorous dancing</li> </ul>	<ul style="list-style-type: none"> <li>• Running</li> <li>• Bicycle riding</li> <li>• Active games involving running and chasing, such as flag football</li> <li>• Jumping rope</li> <li>• Cross-country skiing</li> <li>• Sports such as soccer, basketball, swimming, tennis</li> <li>• Martial arts</li> <li>• Vigorous dancing</li> </ul>
Muscle strengthening	<ul style="list-style-type: none"> <li>• Games such as tug of war</li> <li>• Climbing on playground equipment</li> <li>• Gymnastics</li> </ul>	<ul style="list-style-type: none"> <li>• Games such as tug of war</li> <li>• Resistance exercises using body weight or resistance bands</li> <li>• Rope or tree climbing</li> <li>• Climbing on playground equipment</li> <li>• Some forms of yoga</li> </ul>	<ul style="list-style-type: none"> <li>• Games such as tug of war</li> <li>• Resistance exercises using body weight, resistance bands, weight machines, hand-held weights</li> <li>• Some forms of yoga</li> </ul>
Bone strengthening	<ul style="list-style-type: none"> <li>• Hopping, skipping, jumping</li> <li>• Jumping rope</li> <li>• Running</li> <li>• Gymnastics</li> </ul>	<ul style="list-style-type: none"> <li>• Hopping, skipping, jumping</li> <li>• Jumping rope</li> <li>• Running</li> <li>• Sports that involve jumping or rapid change in direction</li> </ul>	<ul style="list-style-type: none"> <li>• Jumping rope</li> <li>• Running</li> <li>• Sports that involve jumping or rapid change in direction</li> </ul>

## 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.

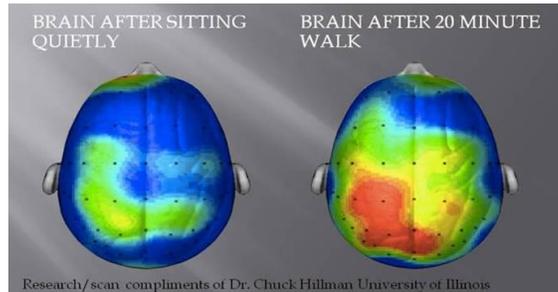


**“Supported by the Tennessee Department of Education  
and  
the Tennessee Department of Health”**

## 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 2<sup>nd</sup> Thursday each month  
SGCHS Meets 4<sup>th</sup> Friday each month**

**Join us and make a difference!**