

# 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,

March was another busy month for Coordinated School Health. We finished the Healthy School Team meetings for the year so the Wellness Plan Assessments have been completed for each school and are now online at [www.gcssd.org](http://www.gcssd.org). We also celebrated "Kick Butts Day" at both of our high schools by giving out tobacco prevention information. Four GCHS students attended the SADD Retreat and we learned several things to help educate other students. We also had three other high school groups (Bradford, Crockett County, and Lauderdale County) to participate in activities at the ACES Course.

Coordinated School Health will continue this month to work within the schools educating students on making healthy choices including safe driving. We will host our Mock Crash events at both high schools for seniors. We will also have a speaker, Fletcher Cleaves, to speak to juniors and seniors on the dangers of Distracted Driving. The guest speaker will be provided by SADD due to our being awarded a \$1500 grant for participation in their events. We will hold Lunch and Learns on Safe Driving this month so that all high school students can be educated on Safe Driving.

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

**Mock Crash**  
4/2 SGCHS (rain date 4/4)  
4/3 GCHS (rain date 4/5)

**Guest Speaker – Fletcher Cleaves**  
4/4 at SGCHS & GCHS

**CSH Institute 4/8-4/10**

**SADD Meetings**  
4/18 GCHS  
4/26 SGCHS

**4/18 GCHS Lunch & Learn on Traffic Safety**

**4/26 SGCHS Lunch & Learn on Traffic Safety**

**5/4 – DARE on the Square following Trenton Teapot Parade**

# March Highlights

## GCHS Students Attend SADD Leadership Retreat



## GCHS Celebrates National Kick Butts Day



## SGCHS Celebrates National Kick Butts Day



# April Health Observances

## World Health Day April 7, 2019



Since 1950, April 7 has been celebrated as World Health Day, a UN and World Health Organization (WHO) observance meant to raise awareness of the need to improve global health.

## Seventh Annual Every Kid Healthy™ Week: April 22-26, 2019



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!

## April Health Observances Cont.



# TEXTLESS LIVE MORE

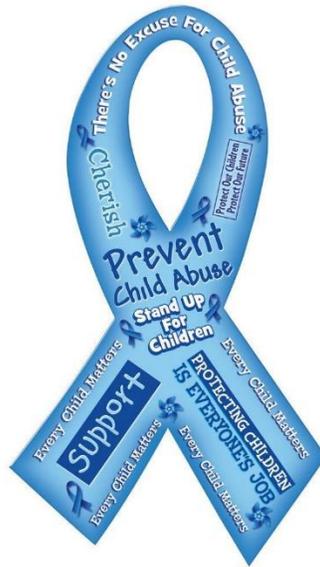
## NATIONAL DISTRACTED DRIVING AWARENESS MONTH



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.

# April Health Observances Cont.

## 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>.

## April Special Events

### Mock Crash to be held at SGCHS April 2 and GCHS April 3



A mock DUI crash is a staged event that uses real vehicles and actors where drunk driving, distracted driving, or drowsy driving could be the reason for the crash. Emergency (air evacuation, police, fire, ambulance, etc) personnel respond to the scene as if it were real. These are conducted for the seniors only around prom time to raise awareness of the dangerous and deadly effects of drinking and driving.

Gibson County Coordinated School Health Coordinators developed a countywide Mock Crash Drama Team who acts in each event. Students from each district in Gibson County are trained to participate in the simulated crash.

This is part of the Coordinated School Health program that address youth risk behaviors. The goal of this program is to address the deadly consequences of drinking and driving or driving distracted or drowsy.

## April Special Events

### Fletcher Cleaves to speak at GCHS and SGCHS on the dangers of Distracted Driving



Fletcher Cleaves is a Memphis native whose story is full of resilience, hope and inspiration. Following a life-altering event, he discovered a passion for public speaking and began to promote the importance of safe driving and overcoming adversity through special appearances including: College Game Day, ESPN TV, ESPN radio, SportsCenter, Outside the Lines with Bob Ley, and a National Safety Transportation Board (NSTB) event in Washington D.C. to name a few.

His journey began in the fall of 2009. During this time, he was a lively freshman enjoying his first semester of college on a football scholarship at Lambuth University when, suddenly, everything changed. On September 10, 2009, he was involved in a tragic car accident caused by a distracted driver, who was suspected to have been texting while driving. This event left him paralyzed from the chest down, and he was challenged with the task of starting his life over. Now, a quadriplegic, he had to relearn everything in order to adjust to his new circumstances. Following the accident, he and his family endured a number of obstacles, including both of his parents losing their jobs in order to become his full-time caretakers. However through all of the setbacks, he was determined to prevail. After a year of intense rehabilitation, he decided to re-enroll in school at the University of Memphis, where he attained a degree in Computer Science. His recovery helped him recognized that sharing his journey could not only motivate others, but also save lives.

Everyone has a story. Some are blissful, while others are tragic. His, on the other hand, is full of triumph. He desires to share his experiences with hopes that more people feel empowered to endure difficult times and continue to fight for their dreams. To many, his accident seemed like the end of a young man's promising future, but on the contrary, it became the prologue to his destiny. Sure there were times when he wanted to give up, but he made a choice to overcome his challenges, believe in a prosperous future and motivate others to do the same.

## May Special Events

# FIRST ANNUAL DARE ON THE SQUARE

**May 4th 2019**

**WHAT IS DARE?** DARE is a program designated to encourage students to live a drug and alcohol free life while making healthy lifestyle choices.

**WHAT IS SADD?** Students Against Destructive Decisions is a program implemented in schools to empower young people to successfully confront the risks and pressures that challenge them throughout their daily lives.

**WHEN?** DARE on the Square will be held May 4th, after the Trenton Teapot Parade from 12-3 pm

**WHERE?** Trenton Courthouse Square and Amphitheater

**COST?** Free

**WHO?** Open to all ages



# 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/>



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.

## 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.

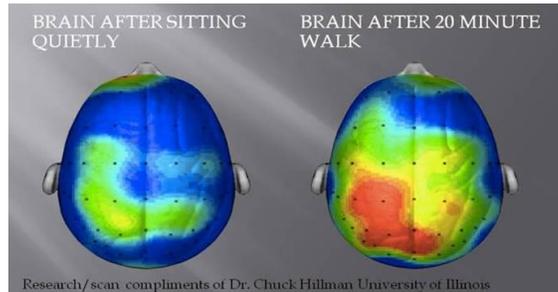


**“Supported by the Tennessee Department of Education  
and  
the Tennessee Department of Health”**

## 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!**