

# 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 May! It is hard to believe that we are in the last month of school for the year! It has been another busy year but we have accomplished many things in leading students, staff, parents, and the community in becoming healthier. This month we will be in the schools to help with Sports Physicals for the north end schools and have Immunization Clinics district wide. We will also celebrate our First Annual DARE on the Square after the Teapot Parade on May 4.

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.

Hope you all have a healthy end to the school year and summer! If I can ever be of assistance to you please let me know.

Thanks,  
Amy Richardson  
GCSSD CSH Coordinator



## Important Dates

**5/1 Sports Physicals for Dyer, Rutherford, Spring Hill, & Yorkville**

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

**5/6 – SGC Immunization Clinics**

**5/7 – North Immunization Clinics**

## April Highlights

### GCHS and SGCHS Students Portray Roles in local Mock Crashes



### Guest Speakers at GCHS and SGCHS



**Fletcher Cleaves**



**TN State Trooper Bryan Cook**

## April Highlights Cont.

### Dyer PACER Winners



The PACER Test, or Progressive Aerobic Cardiovascular Endurance Run, is a 20-meter shuttle run, where students run back and forth as many times as they can between two markers, using an audio CD to guide their pace. The test is one way that physical educators can determine the aerobic fitness of students.

The PACER test is one way to determine aerobic capacity, which, according to [HealthyChildren.org](https://www.healthychildren.org), is the body's ability to effectively use oxygen. Those who are more aerobically fit can sustain exercise for a longer time period than those who are not as fit.

Dyer School Winners include:

Dyer School PACER Winners include:

4th - Andrea Criswell & Iziah Rice

6th - Ella Kate McCurdy (Overall winner) Kailey Miller (2nd highest) & Eli Goad

8th - Leia Burkett, Matthew Reynolds & Hayden Sikes

### Congratulations to these students!

## 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 Downtown Pedestrian Park and Amphitheater

**COST?** Free

**WHO?** Open to all ages



## May Health Observances

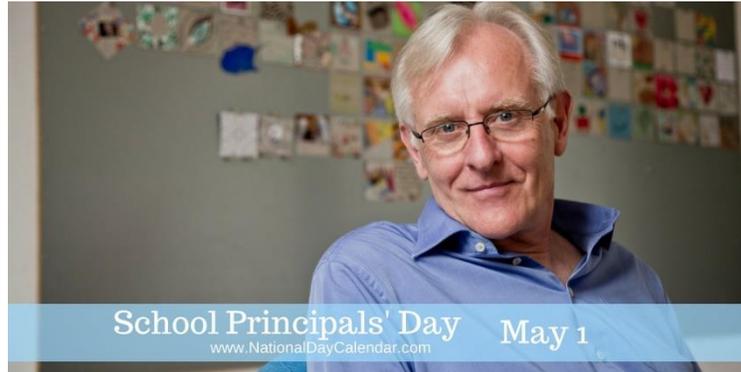
# National Physical Fitness and Sports Month



**May is National Physical Fitness & Sports Month! The President's Council on Sports, Fitness & Nutrition is excited to encourage everyone to go play and #MoveInMay.**

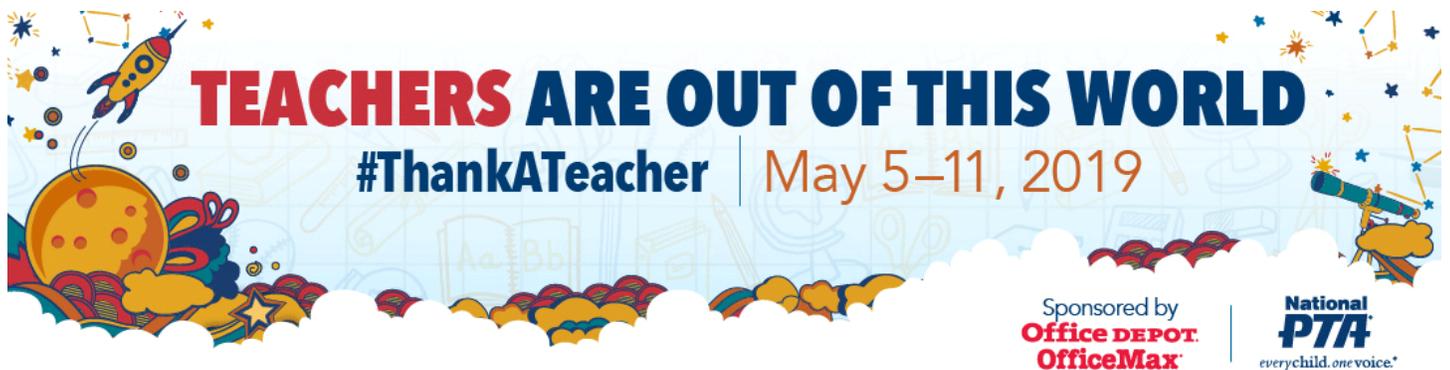
**Grab a ball, hit the track, pick up a racket, take a dive, or whatever else inspires you to play. There are so many ways to get active in sports. Choose 1 and have fun!**

## May Health Observances Cont. SCHOOL PRINCIPALS' DAY – May 1



On May 1, remember to take the time to thank the educational leaders of the school on School Principals' Day. Throughout the school year, these educators assume the commitment to lead our young people to a prosperous future. They support and guide quality teachers and staff resulting in productive learning environments for our children.

## TEACHER APPRECIATION WEEK – May 5-11



Teachers change the lives of millions of children every day, and their work and impact extends far beyond the boundaries of the classroom—"Out of This World." They play a pivotal role in our children's lives, inspiring a lifelong love of learning and discovery and making a difference in their well-being and long-term success.

**GCSSD CSH thanks School Principals and Teachers for being healthy role models.**

**May Health Observances Cont.**  
**National School Nurse Day – May 8**



**School nurses are one of the first lines of medical professionals to ensure the health and mental well-being of school going children and young adults. They are also responsible for monitoring that children in schools are achieving their developmental milestones as well as ensuring that their lives outside the school are safe and healthy.**

**School Nurses within GCSSD have a high return to class ratio which helps our students to be able to learn academically while having their physical needs met. They also assist with yearly health screenings, immunization clinics, and sports physicals among other day to day activities of helping students in regards to health.**

**GCSSD CSH is very thankful for School Nurses who help to accomplish CSH goals and bridge the gap between health and academics.**

# May Health Observances Cont.

## Mental Health Month

**MAY IS** 2  
**MENTAL** 0  
**HEALTH** 1  
**MONTH** 9

**#4MIND4BODY**



Humor, spirituality, recreation, social connections, animal companionship, and work-life balance can help to prevent the onset or worsening of mental and physical health conditions and also help people recover.

**LEARN ABOUT HEALTH - 4MIND4BODY**  
at [bit.ly/MayMH](https://bit.ly/MayMH).

**SHARE WHAT YOU DO TO STAY WELL**  
by posting with #4Mind4Body.

**SEE WHAT OTHERS ARE DOING**  
at [bit.ly/4Mind4Body](https://bit.ly/4Mind4Body).

# 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.

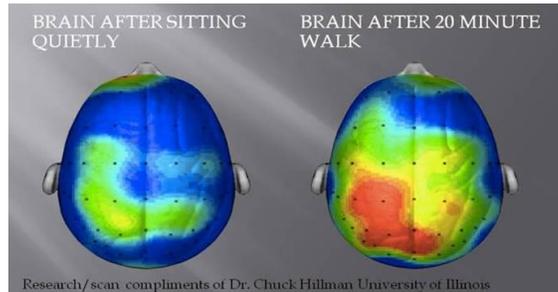


**“Supported by the Tennessee Department of Education  
and  
the Tennessee Department of Health”**

## 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!**