

# 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,

Welcome Back!

Evidence shows that the health of students is linked to their academic achievement, so by working together, we can ensure that young people are healthy and ready to learn.

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 wonderful start to the new school year.

If I can ever be of assistance to you please let me know.

Thanks,

Amy Richardson  
GCSSD CSH Coordinator



## Important Dates

**August 8** – GCSSD students who attended TTI present at GCSSD Board Meeting

**August 9** – SGCHS Wellness Classes

**August 12** – Second Harvest Backpack Food Pick Up

**August 21** – CSH Regional Meeting

**August 22** – SADD/DARE meeting at GCHS

**August 26** – ACES Course Training

**August 27** – Gibson County Youth Leadership at ACES Course

**August 30** – SADD/DARE meeting at SGCHS

## GCSSD STUDENTS JOINED 490 YOUTH LEADERS AT THE 2019 TENNESSEE TEEN INSTITUTE



Students from Gibson County Special School District joined 490 youth leaders from across the state at the Tennessee Teen Institute. The Tennessee Teen Institute is a five-day youth leadership and prevention camp sponsored by the Jackson Area Council on Alcoholism and Drug Dependency (JACO). This year marked the 33<sup>rd</sup> Anniversary of the Teen Institute Program in Tennessee. The program addresses teen issues such as bullying, violence, suicide, teen pregnancy, distracted driving, teen health and substance abuse prevention through a five-day, peer-led prevention camp designed to provide teen participants with the skills and education necessary to develop and implement alcohol and drug abuse prevention programs in their own communities. This is a comprehensive program that trains, mobilizes and empowers youth to prevent the illegal use of alcohol, tobacco, and other drugs and self-destructive behaviors in themselves and their peers. TTI prepares students to not only make positive changes, but to be proud advocates of those changes. Students will have the opportunity to grow and learn as individuals, while enhancing their leadership abilities. Because TTI is peer-led, teens are given a unique opportunity to have a "voice" in addressing issues important to them. Giving youth some ownership in this type of program is one of the key factors in the success of enforcing a substance free lifestyle.

Held on the University of Tennessee at Martin campus in Martin, Tennessee, June 9<sup>th</sup> -14<sup>th</sup>, TTI 2019 hosted approximately 490 teen leaders, adult advisors, and TTI staff representing 45 counties. These participants left motivated not only to make healthy decisions in their own lives, but also committed to work so that others are making healthy decisions in their communities as well.

Mission statement for the Teen Institute Program is: *"To empower Tennessee's youth to lead by example and take an active role in bringing about positive changes by giving them the skills, knowledge, and support they need make healthy choices, build positive relationships and live substance free lives."*

For more information about the Tennessee Teen Institute visit [www.tnteeninstitute.net](http://www.tnteeninstitute.net).

**GCSSD TTI Participants were: Front Row – Jennie Richardson, Hailey Jeppesen, Chloe Hassell, and Molly Tate  
Back Row – Amy Richardson (GCSSD CSH Director/SADD Advisor), Macy Johnson, Autumn Sanders, and Becca Welch**

**GCSSD Alumni on TTI Staff were: Emerald Jones, Brooke Siler, and Julianna Turner**

### 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
- All Fruits and Vegetables

### **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 the list including doughnuts or cupcakes from bakeries as cross-contamination may occur.
4. We are also unable to accept homemade items.
5. This list is not all inclusive. Other items are acceptable as long as the label does not indicate any allergens.

## 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”**

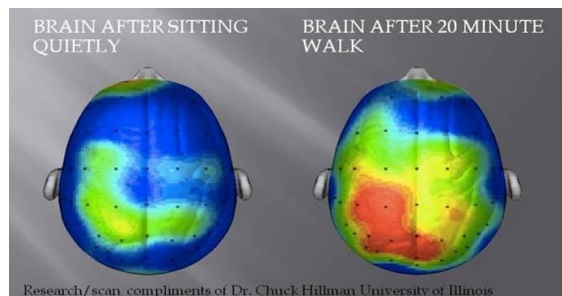
## Physical Activity Resources Cont.



SCHOOL is better with GoNoodle.

- Improves behavior and attention
- Better academic performance
- Strengthens classroom cohesion

**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.

Access Go noodle at <https://www.gonoodle.com/>



## Physical Activity and Nutrition Tips for Students, Families, and Staff



### You can do it!

Even small changes like adding more fruits and vegetables to meals or being more active can add up to big wins over time. Check out these links for more information.

[Be more active with these tips.](https://www.choosemyplate.gov/physical-activity-tips) <https://www.choosemyplate.gov/physical-activity-tips>

Make physical activity a regular part of the day - Choose activities that you enjoy and can do regularly. Fitting activity into a daily routine can be easy — such as taking a brisk 10 minute walk to and from the parking lot, bus stop, or subway station. Or, join an exercise class. Keep it interesting by trying something different on alternate days. Every little bit adds up and doing something is better than doing nothing. Make sure to do at least 10 minutes of activity at a time, shorter bursts of activity will not have the same health benefits. For example, walking the dog for 10 minutes before and after work or adding a 10 minute walk at lunchtime can add to your weekly goal. Mix it up. Swim, take a yoga class, garden or lift weights. To be ready anytime, keep some comfortable clothes and a pair of walking or running shoes in the car and at the office.

[Move Your Way.](https://health.gov/moveyourway/) <https://health.gov/moveyourway/>

Physical activity can make daily life better. So get more active — and start feeling better right away!

- Boost your mood
- Sharpen your focus
- Reduce your stress
- Improve your sleep

[Liven Up Your Meals with Veggies & Fruits.](https://www.choosemyplate.gov/ten-tips-liven-up-your-meals) <https://www.choosemyplate.gov/ten-tips-liven-up-your-meals>

Discover the many benefits of adding vegetables and fruits to your meals. They are low in fat and calories, while providing fiber and other key nutrients. Most Americans should eat more than 3 cups — and for some, up to 6 cups — of vegetables and fruits each day. Vegetables and fruits don't just add nutrition to meals. They can also add color, flavor, and texture.

## 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

If you are interested in your child receiving any immunizations at school please complete and return the registration form. These will be distributed to students whose parents indicated they wanted more information during the Online Registration process or are available online.

- 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).

### School Staff

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), Zostavax (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.

For more information or to access the Registration paperwork please visit the GCSSD CSH Immunization page at <https://www.gcssd.org/Page/228>

You may also contact us at (731) 692-3969.







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.

If you have any questions, please call the Coordinated School Health office at 692-3969.



## 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/>



**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.**

**Join us and make a difference!**