

# 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.

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GCSSD Faculty, Staff, Students, Parents, and Community,

Happy Holidays!

Coordinated School Health will continue working within the schools this month as we are meeting with Healthy School Teams in each school in order to plan healthy events. We will have Le Bonheur's Mobile Health Unit in our district to see selected students on December 9.

Please see inside this month's newsletter for more information on this month's 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

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## Important Dates

### Healthy School Team Meetings

**12/4 – Yorkville**  
**Dyer**  
**Rutherford**  
**12/5 – SGCMS**  
**12/10 – Spring Hill**  
**SGCHS**  
**SGCES**  
**12/12 – Kenton**  
**12/16 – GCHS**

**LeBonheur**  
**Mobile Health Unit – 12/9**

## November Highlights

### Safe Driving Activities



GCSSD CSH and SADD Chapters worked to promote Safe Driving during the month of November. Seat Belt Checks were held at both high schools in order to collect preliminary data of the percentage of individuals leaving campus had on their seat belts. Special thanks to the Gibson County Sheriff's Department and Medina City Police for their assistance with this.

Kathi Wright from the Kyle Kiihnl Foundation presented information to students in Wellness classes on the dangers of Drowsy Driving and the importance of sleep. Students were also asked to sign a pledge that they would not drive drowsy during a Lunch and Learn.

## December Health Observance



*Observed: December 1-7*

National Handwashing Week is observed the first week in December and is dedicated to helping people remain healthy one handwashing at a time. Practicing good hand hygiene is a simple yet effective way to prevent infections. Washing your hands regularly can prevent the spread of germs. Practicing the 4 Principles of Hand Awareness behaviors will ensure you "stay well". Imagine never having the flu again!

### **The 4 Principles of Hand Awareness:**

- 1. WASH** your hands when they are dirty and **BEFORE** eating.
- 2. DO NOT** cough into your hands.
- 3. DO NOT** sneeze into your hands.
- 4. Above all, DO NOT** put your fingers into your eyes, nose, or mouth.

The 4 Principles of Hand Awareness have been endorsed by the AMA and AAFP.



Let's spread more kindness this festive season \*



**KINDNESS CALENDAR: DECEMBER 2019**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Encourage kindness. Share the Kindness Calendar with others	2 Support a charity, cause or campaign you really care about	3 Give kind comments to as many people as possible today	4 Listen wholeheartedly to others without judging them	5 Leave a positive message for someone else to find	6 Notice when you're hard on yourself or others and be kind instead	7 Make gifts to give to people who are homeless or feeling lonely
8 Do something helpful for a friend or family member	9 Be generous. Feed someone with food, love or kindness today	10 Count your blessings: list the kind things others have done for you	11 Give someone your place in a queue (in traffic or in a shop)	12 See how many different people you can smile at today	13 Buy some extra items and donate them to a local food bank	14 Share a happy memory or inspiring thought with a loved one
15 Visit an elderly neighbour and brighten up their day	16 Look for something positive to say to everyone you meet today	17 Thank people who do things for you but you may take for granted	18 Offer to help someone who is facing difficulties at the moment	19 Give away something that you have been holding on to	20 Congratulate someone for an achievement that may go unnoticed	21 Shop locally and support independent producers
22 Invite over someone who would otherwise be alone	23 Choose to give or receive the gift of forgiveness	24 Offer spontaneous hugs to your loved ones and friends	25 Treat everyone with kindness today, including yourself!	26 Encourage others to join you outside and enjoy time in nature	27 Call a relative who is far away to say hello and have a chat	28 Be kind to the planet. Eat less meat and use less energy
29 Turn off digital devices and really listen to people	30 Let someone know how much you appreciated their gift	31 Plan what extra acts of kindness you will do in 2020...	<p>"Do your little bit of good where you are; those little bits together overwhelm the world" ~ Desmond Tutu</p> 			

**ACTION FOR HAPPINESS** #DoGoodDecember [www.actionforhappiness.org](http://www.actionforhappiness.org)

Your happiness is part of something bigger ♥ Join the movement for a happier and kinder world

This **Do Good December** kindness calendar has daily suggested actions to do throughout December 2019 to help you spread a bit more kindness in the world. The festive season should be a time for human connection and simple joys, not consumerism. So why not print and share this as an **alternative advent calendar** which encourages kindness - and avoids unnecessary plastic waste or sugary rewards too!

### 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.

## Nutrition Tips for Students, Families, and Staff



### 10 Tips: Vary Your Protein Routine

Protein foods include both animal (meat, poultry, seafood, and eggs) and plant (beans, peas, soy products, nuts, and seeds) sources. We all need protein—but most Americans eat enough, and some eat more than they need. How much is enough? Most people, ages 9 and older, should eat 5 to 7 ounces\* of protein foods each day.

1. **Vary your protein food choices** - Eat a variety of foods from the Protein Foods Group each week. Experiment with main dishes made with beans or peas, nuts, soy, and seafood.
2. **Choose seafood twice a week** - Eat seafood in place of meat or poultry twice a week. Select a variety of seafood — include some that are higher in oils and low in mercury, such as salmon, trout, and herring.
3. **Make meat and poultry lean or low fat** - Choose lean or low-fat cuts of meat like round or sirloin and ground beef that is at least 92% lean. Trim or drain fat from meat and remove poultry skin.
4. **Have an egg** - One egg a day, on average, doesn't increase risk for heart disease, so make eggs part of your weekly choices. Only the egg yolk contains saturated fat, so have as many egg whites as you want.
5. **Eat plant protein foods more often** - Try beans and peas (kidney, pinto, black, or white beans; split peas; chickpeas; hummus), soy products (tofu, tempeh, and veggie burgers), nuts, and seeds. They are naturally low in saturated fat and high in fiber.
6. **Nuts and seeds** - Choose unsalted nuts or seeds as a snack, on salads, or in main dishes to replace meat or poultry. Nuts and seeds are a concentrated source of calories, so eat small portions to keep calories in check.
7. **Keep it tasty and healthy** - Try grilling, broiling, roasting, or baking — they don't add extra fat. Some lean meats need slow, moist cooking to be tender — try a slow cooker for them. Avoid breading meat or poultry, which adds calories.
8. **Make a healthy sandwich** - Choose turkey, roast beef, canned tuna or salmon, or peanut butter for sandwiches. Many deli meats, such as regular bologna or salami, are high in fat and sodium—make them occasional treats only.
9. **Think small when it comes to meat portions** - Get the flavor you crave but in a smaller portion. Make or order a smaller turkey burger or a "petite" size steak.
10. **Check the sodium** - Check the Nutrition Facts label to limit sodium. Salt is added to many canned foods — including soups, vegetables, beans, and meats. Many processed meats — such as ham, sausage, and hot dogs—are high in sodium. Some fresh chicken, turkey, and pork are brined in a salt solution for flavor and tenderness.

\* [What counts as an ounce of protein foods?](#) 1 ounce of meat, poultry, or seafood, 1 egg; ¼ cup cooked beans or peas; 1 tablespoon of peanut butter; or ½ ounce of nuts or seeds can be considered as 1 ounce-equivalent from the Protein Foods Group.



## School Staff Self-Care Translates to a Happier School Culture

Confucius says, “Respect yourself and others will respect you,” and in the classroom environment, nothing rings more true. If teachers put themselves first, it translates to a happier, more productive classroom culture. By modeling self-care, teachers can teach their students even more critical life skills. Take care of yourself first, and the rest will follow. Practicing self-care helps improve relationships with others, uplift moods, mitigate stress, and decrease the chance of illness.

Here are five simple ways to start your self-care journey today:

1. **Say no.** You are already saying “yes” to a plethora of students each day and giving it your all. Give yourself some grace and say “no” to extracurricular activities in an effort to make time for self-care. Saying “yes” all the time can lead to burnout and irritability. Saying “no” can be empowering.
2. **Keep a box of mementos from students throughout the years to remember why you chose teaching in the first place.** Think of it as a gratitude journal, box, or scrapbook which includes anecdotes, gifts, and compliments from students and parents, student artwork, or maybe even photos of some of their work. Studies show that keeping a gratitude journal helps improve mood, outlook and life satisfaction. If you are having a rough day, you can look back on your journal entries, scrapbook or mementos to remember the good times, the lives you have had an impact on, and the fun teaching memories cultivated throughout the years.
3. **Treat yourself.** Let’s face it – teachers don’t necessarily receive briefcases of cash on the regular. Take advantage of your meager salary by partaking in teacher discounts. From restaurants and clothing to electronics and travel, use your teacher ID at your disposal and treat yourself when you can.
4. **Develop a support network with other teachers at your school.** Everyone needs a social support group. What better way to develop a network than one within your school? Organize a teachers’ night out. Host a book club at your house. Sharing stories, trials, and tribulations of the teaching world is a healthy way to vent, get ideas, and progress in your teaching career.
5. **And, do not forget the obvious – exercise, get a good night’s rest, and eat well.**

Exercise can be as quick as gardening for 20 minutes a day, walking, jogging, throwing a ball outside with your child, taking a yoga class, taking the stairs where possible, parking further away, and walking the track at recess. The list is endless. Exercise creates endorphins which interact with the receptors in your brain to trigger a positive feeling in the body. Plus, remember the other physical benefits of exercise – a stronger heart, more energy, muscle tone, fat loss, and lower blood pressure.

Exercise also translates to better sleep. You tell your students to get a good night’s rest before the big test – practice what you preach. The National Sleep Foundation recommends that adults (ages 26 to 64) get seven to nine hours of quality sleep per night. To achieve quality sleep, develop a bedtime routine, turn the thermostat down, shut off any electronics 45 minutes prior to going to bed, avoid alcohol, and make sure you have a comfortable pillow and mattress.

Once you have exercised and gotten a good night’s rest, do not wreck it with a poor diet. A healthy, well-balanced diet is rich in fruits, vegetables, whole grains, legumes, nuts, and lean proteins. Proper nutrition helps fight disease and infection, fuels energy for productive performance, and wards off fatigue.

Teacher self-care is important in avoiding burnout and relieving stress. Self-care also looks different for everyone. Maybe yours is taking a hot bath or putting on a face mask. Maybe you appreciate mindless television and a relaxing night on the couch. Maybe it is just enjoying a hot cup of tea. Whatever your strategy may be, take care of yourself first, and your happier classroom culture awaits. You cannot take care of others unless you have taken care of yourself.





## 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.

# 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

December 9

January 28

February 13

March 19

April 23

## 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**

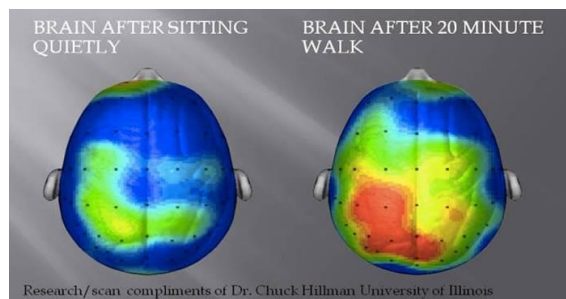
**the Tennessee Department of Health”**



## 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 3<sup>rd</sup> Thursday each month  
SGCHS Meets 4<sup>th</sup> Friday each month**

**Join us and make a difference!**