

# GCSSD Coordinated School Health

Website: <https://www.gcssd.org/domain/42>

Facebook: <https://www.facebook.com/gcssdcsh/>

Twitter: <https://twitter.com/RichardsonGCSSD>

Email: [richardsona1@gcssd.org](mailto:richardsona1@gcssd.org)

Telephone: 692-3969

---

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 Immunization program available to staff and students. Also, resources are included for Smart 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 10** – Second Harvest Backpack Food Pick Up

**August 12** – Stock GC Food Pantry

**August 26-28** – Immunization Clinics to make up for May dates

**September 1** - CSH Regional Meeting

## CSH Highlights

### GC Food Pantry

The GC Food Pantry has been stocked is ready to help students meet this basic need. Special thanks to Yorkville Church of Christ and West TN Health Care – Trenton Foundation for their support.



### Red Sand Project

Gibson County Community Health Council recently participated in Red Sand Day at the Gibson County Health Department in Trenton. The Red Sand Project was created to call attention to those who metaphorically “fall through the cracks” of human trafficking, including children, girls, and refugees, and to inspire passersby to join in literally spreading awareness of the issue in their communities. For more information go to [#ithastostoptn](#) [#RedSandTN](#)



## August Health Observance

**August is National Immunization Awareness Month (NIAM).** This annual observance highlights the importance of getting recommended vaccines throughout your life. You have the power to protect yourself and your family against serious diseases through on-time vaccination.



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

- 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), and MCV4 (Meningitis).

*Students must have parental consent and completed registration packet in order to participate.*

### School Staff

Adults employed by GCSSD and their spouses 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/o/gcssd/page/immunization-program>

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



## Do you need insurance? Apply for TennCare or CoverKids

Well Child Checkups and Immunizations can be covered by health insurance. If you need free health insurance apply for TennCare or CoverKids online at [tenncareconnect.tn.gov](https://tenncareconnect.tn.gov) or by phone by calling 1-855-259-0701.



**Well child checkups and immunizations are important, especially now!**

**Remember to visit your doctor for a checkup at least once a year. **TennCare Kids** and **CoverKids** checkups are FREE! Visit your DENTIST every 6 months for a FREE **TennCare Kids** or **CoverKids** dental checkup!**

**Do you need insurance? Apply for **TennCare** or **CoverKids**. It's FREE health insurance!**

**Visit [tenncareconnect.tn.gov](https://tenncareconnect.tn.gov) to apply online. Or call 1-855-259-0701 to apply by phone.**

If you need a ride to these TennCare checkups, call the health plan on your card. For dental information, call DentaQuest at 1-855-418-1622. Any questions, call TennCare Connect at 1-855-259-0701. Visit our website at <https://tn.gov/tenncare/>.

We do not allow unfair treatment in TennCare or CoverKids. No one is treated in a different way because of race, color, birthplace, language, sex, age, religion or disability. Interpretation and translation services are free to the member. For more information call TennCare Connect at 1-855-259-0701.

**TN** Division of **TennCare**

TennCare Bureau Authorization No. 318337. July 2020, 0 copies. This public document was promulgated at a cost of \$0.00 per copy.

## Action for Happiness wellness calendar – Altruistic August 2020

Altruism is vital for the human race to survive and thrive; and each of our lives is supported by countless kind acts from other people. Yet in our world today, so much is directing us to think only about ourselves - and we often forget the happiness that comes by caring for others. Let's create a wave of kindness to spread around the world by following this August Action for Happiness calendar which includes one kind act per day.




# ACTION CALENDAR: ALTRUISTIC AUGUST 2020




SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Choose to be kind to others (and yourself) all this month	2 Send a positive message to someone you can't be with	3 Treat everyone you interact with as though they are a friend	4 Ask someone how they feel and really listen to their reply	5 Spend time wishing for other people to be free from suffering	6 Smile and be friendly, even when 'physical distancing'	7 Thank someone you're grateful to and tell them why
8 Give unused items, clothes, food or money to help a local charity	9 Water some flowers or plants in a public park or outdoor space	10 Contact a friend to let them know you're thinking of them	11 Be thankful for your food and the people who made it possible	12 Share an encouraging news story to inspire others	13 If someone annoys you, be kind. Imagine how they are feeling	14 Try to bring a smile to as many people as possible today
15 Cook your favourite food for someone who will appreciate it	16 No plans day! Be kind to yourself so you can be kinder to others	17 Make a thoughtful gift as a surprise for someone	18 Give your time to help a project or charity you care about	19 Check in with someone who may be lonely or feeling anxious	20 Look for the good side in everyone you meet today	21 Tell someone about a book or article you found helpful
22 Today do something to make life easier for someone else	23 Turn your phone off and give people your full attention	24 Take time to forgive someone who hurt you in the past	25 Give your time and energy to help someone in difficulty	26 Find a way to 'pay it forward' or support a good cause	27 Notice when someone is down and try to brighten their day	28 Start friendly conversations with people you don't know
29 Plan a future project or gathering for your local community	30 Today do something to be kind to nature and our planet	31 Share Action for Happiness with other people today	 <p style="text-align: center;">In a world where you can be anything, be kind. Every act of kindness makes a difference.</p> 			

ACTION FOR HAPPINESS







[www.actionforhappiness.org](http://www.actionforhappiness.org)  
**Keep Calm · Stay Wise · Be Kind**

Learn more about this month's theme at [www.actionforhappiness.org/altruistic-august](http://www.actionforhappiness.org/altruistic-august)

## SELF-CARE

Self-care is the practice of taking an active role in protecting one's own well being and happiness, in particular during periods of stress. Self-care is everything that you deliberately do for your mental, physical, and emotional well being.

### WHY IS SELF-CARE IMPORTANT?

We are all less able to handle the stresses that come our way when we're already depleted by physical and emotional exhaustion. Or, put in a more positive way, we are more resilient and more able to handle life's stress when we are feeling our best both physically and emotionally.

Self-care prevents “overload burnout”: We’ve all been there: you push yourself to the point that you can’t take anymore so you just give up. Self care helps you avoid getting to that point.

Self-care reduces the negative effects of stress: A small amount of stress can serve a purpose, but after a while, it just breaks down your mind and body. Taking care of yourself means keeping your stress from taking over so you can function at full capacity.

Self-care helps you refocus: When I was stuck on a complicated math problem in school, my teacher would suggest walking away and coming back—taking a break, basically. Breaks are the epitome of self care, and studies show they are great for helping you perform better.





### 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.

### 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.

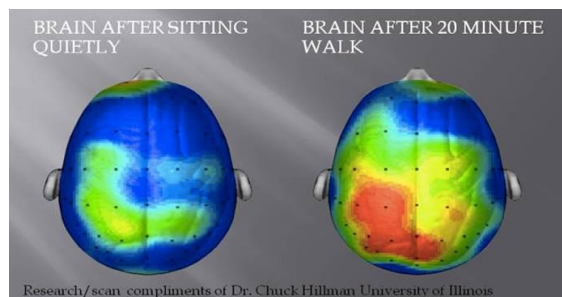
Access Go Noodle at <https://www.gonoodle.com/>



**SCHOOL is better with GoNoodle.**

- Improves behavior and attention
- Betters 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.

## 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>

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/>

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>

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.



## 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!**