

# GCSSD Coordinated School Health

Website: <https://www.gcssd.org/page/coordinated-school-health>

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

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

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

Telephone: 692-3969

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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,

Tennessee Coordinated School Health connects physical, emotional, and social health with education. This coordinated approach improves students' health and their capacity to learn through the support of families, communities and schools working together. Coordinated School Health works with many partners to address school health priorities.

Please see inside this month's newsletter for more information on this month's CSH events, health observances, Here 4 TN – Employee Assistance Program, LeBonheur, and SHAC. Also, resources are included for Self-Care, Nutrition, and Physical Activity.

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

- 9/1 –  
Youth Advisory Council @ SGCHS  
Immunization Paperwork Due
- 9/6 – Rutherford Health Screenings  
9/7 – Kenton Health Screenings
- 9/11 – Second Harvest Backpack Pickup  
9/12 - Yorkville Health Screenings  
9/13 - Spring Hill Health Screenings  
9/14 – Health Council Meeting  
9/15 – TSPN Suicide Prevention @ GCHS
- 9/17 – Gibson County Wide Youth Advisory Council Meeting  
9/17 – 9/19 – School Counselor and Leadership Institute (SCALI)  
9/20 – Statewide School Health Advisory Council  
9/21 – GCHS Health Screenings Youth Advisory Council @ GCHS  
9/22 – TSPN Suicide Prevention @ SGCHS  
9/22 – YAC @ SGC
- 9/27 – SGCHS Health Screenings

## CSH Highlights

### Nine Square in the Air



**CSH was able to purchase Nine Square in the Air for several of our middle and high schools. This was received very positively by the PE/Wellness teachers and students. One student said “this is so much fun.” And another was heard saying “When it isn’t your turn you can cheer for your friends.”**

## September Health Observances



September is National Suicide Prevention Month and GCSSD will observe this by students receiving age-appropriate materials.



September is also National Childhood Obesity Awareness Month.

This observance provides a chance for all of us to learn more about this serious health condition. While there is no simple solution, there are many ways communities can support children with their journey to good health.

Here are examples of how you can make a difference:

Parents	Children
<p>Make a commitment as a family to live an active and healthy lifestyle</p> <p>Get your kids involved in planning and cooking healthy meals</p> <p>Keep fresh fruit and vegetables within reach for easy access</p> <p>Plant a garden</p> <p>Limit family screen time</p>	<p>Stay hydrated by drinking water and limiting sugary drinks</p> <p>Play! Find ways to be active everyday.</p> <p>Eat a rainbow of colors for fruits and vegetables</p> <p>Get outdoors and take advantage of the local parks</p> <p>Go on family walks after dinner</p>

# Action for Happiness Calendar: Self-Care September

**Self-care isn't selfish, it's essential.** No-one's perfect. But so often we compare our insides to other people's outsides. This month we're encouraging everyone to be kinder to themselves (as well as others), especially when things go wrong. Self-care increases our resilience and helps us get more out of life. It also helps us accept others as they are too.



<https://actionforhappiness.org/sites/default/files/Sep%202023.jpg>

## Headspace – Free for TN Educators!



Great tool for stress reduction. – Click on this link to sign up  
[Headspace for Educators](#)

Headspace offers free access to K-12 teachers and supporting staff in the US. Whether you're feeling inspired to connect more with your students or you're looking for a new way to bring calm to your classroom, Headspace can help students build healthy habits that last a lifetime. It is a mindfulness app that can help provide better focus, less stress, and happier thoughts. School staff members can use it to gain these benefits personally even if they don't utilize it in the classroom. It can be viewed on a desktop or there is an app for cell phones.





## MyPlate Website and Resources Available!

Did you hear? The USDA and HHS just released the *Dietary Guidelines for Americans, 2020-2025* – our nation's leading nutrition advice to help all Americans lead healthier lives.

MyPlate is here to help you and your family put the *Dietary Guidelines* into action with new digital tools and resources available starting today! *Start Simple with MyPlate* offers free, personalized resources based on your eating needs and habits.

Follow these simple steps and get started with these MyPlate resources:

1. *Find your starting point:* Take the quick [MyPlate Quiz](#) to see how your eating habits stack up against the MyPlate recommendations. Based on your answers you'll receive tailored resources and a personal quiz results code to sync with the *Start Simple with MyPlate* app.
2. *Set simple goals based on your personal needs:* Use the [Start Simple with MyPlate app](#) to help you set daily meal- and snack-based goals to help you eat healthier. Sync your results from the MyPlate Quiz for a personalized experience. Join challenges, see progress, and earn badges to celebrate successes.
3. *Learn how much you should eat:* To find out what and how much to eat from each of the food groups, **get your own personalized [MyPlate Plan](#).**
4. *Put your plan into action:* **Discover recipes on [MyPlate Kitchen](#).** Check out hundreds of healthy, budget-friendly recipes that provide detailed nutrition and food group information to help you choose recipes that fit your needs.
5. *Save money and eat healthy:* Use [Healthy Eating on a Budget](#) to help you save money at the store by making a shopping plan, shopping smart, and preparing healthy meals to stretch food dollars.
6. *Keep up the good work!* One big change is that we've officially changed our website from ChooseMyPlate.gov to MyPlate.gov. **Explore [MyPlate's new website](#)** – MyPlate.gov – with streamlined information for you to find tips, tools, and recipes that will fit your healthy eating needs.

The benefits of healthy eating add up over time, bite by bite. Small changes matter. [Start Simple with MyPlate.](#)

Get Started



## 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/>

# LeBonheur Mobile Unit

- Visits School District Monthly
- Students go to clinic for physicals and medical care as well as mental health.



**Forms are currently being collected for this program.**

**For more information, please contact Amy Richardson by phone at (731)692-3969 or email at [richardsona1@gcssd.org](mailto:richardsona1@gcssd.org).**



## Physical Activity Resources

### Active Students, Active Learners

<https://www.tn.gov/education/districts/active-academics.html>



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

Move to Learn <https://movetolearnms.org/for-the-classroom/>



### GoNoodle



**Website:** Click [here](#)

**Contact Information:** [support@gonoodle.com](mailto:support@gonoodle.com)

### GCSSD Wellness Plan

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 to ensure 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.



# YOUTH ADVISORY COUNCIL

**We now have YAC Chapters at GC and SGC!**

**ALL Students (Grades 9-12)  
are invited to join SHAC  
(Student Health Advisory Council)**

**To join have your parent sign the permission form  
and then fill out the application for your school.**

**GC - <https://forms.gle/WfsDMJVcvuDReQXu8>**

**SGC - <https://forms.gle/5csoiDjaAQ5SGMKV7>**

**We invite any interested staff to attend as well.**

**Join us and make a difference!**