

# 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,

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, Nutrition, Physical Activity and YAC.

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

**11/2 - CSH Regional PD**

**11/6 – Second Harvest Backpack Pickup**

**11/7 – Health Screenings at SGCMS**

**11/8 - Health Screenings at SGCMS**

**11/9 – Northwest Council on Children and Youth training/Gibson County Health Council Meeting**

**11/10 – Gibson County Prevention Coalition Meeting**

**11/14 – 11/17 – Rural Health Association of TN Conference**

**11/15 – LeBonheur at Rutherford**

**11/19 – Gibson County Wide YAC**

**11/20 –Immunization Clinics for preregistered staff and students**

**11/21 – ACT Mental Health Meeting**

**11/27 – Dental Education- Spring Hill**

**11/29 – YAC @ SGC**

## CSH Highlights

### Walk to School Day at Spring Hill

We had a great morning at the 2<sup>nd</sup> Annual Spring Hill Walk to School Day! Thank you to Laura Pankey who organized the event and all Spring Hill staff for their help! There were lots of participants including students and their families. GCSSD CSH provided water and CSH health information.



## CSH Highlights

### Health Screenings



**CSH Staff partner with TCAT Nursing students to provide Health Screenings for students in Pre-K, K, 2<sup>nd</sup>, 4<sup>th</sup>, 6<sup>th</sup>, 8<sup>th</sup>, and 9<sup>th</sup> grades.**

**We will complete our annual health screenings this month!**

### Pack the Bus Food Drive



**GCHS YAC students recently volunteered their time to help collect food for our backpack program. The donated items will be given to students who need food at night or on the weekends. Special thanks to Dyer Food Rite for allowing us to host this event and to the community for their overwhelming support.**



## November Health Observances

### Drowsy Driving Prevention Week November 5 - 11, 2023



According to the National Sleep Foundation:

- 37 percent or 103 million drivers admit falling asleep at the wheel.
- Sixty percent of drivers say they've driven while drowsy.
- Driver fatigue accounts for an estimated 368,000 crashes each year.

### Drowsy Driving Warning Signs

- Difficulty focusing, frequent blinking, or heavy eyelids.
- Daydreaming; wandering/disconnected thoughts.
- Trouble remembering the last few miles driven.
- Missing exits or traffic sign.
- Yawning repeatedly or rubbing your eyes.
- Trouble keeping your head up.
- Drifting from your lane, tailgating, or hitting a shoulder rumble strip.
- Feeling restless and irritable.

### Drowsy Driving Prevention

- Get off the road as soon as safely possible if you experience any warning signs.
- Get out of the car to get blood and oxygen flowing.
- Find a safe, well-lit location and drink a caffeinated beverage and take a 30-minute nap. Then you'll be better prepared to make good decisions about your driving ability.
- Drive with a friend. A passenger needs to remain awake to watch for signs of fatigue and take a turn driving.

## National Diabetes Month

National Institute of Diabetes and Digestive and Kidney Diseases



Preventing Diabetes Health Problems

**Diabetes** is a disease that occurs when your blood glucose, also called blood sugar, is too high. When it's not managed, diabetes can damage the eyes, kidneys, nerves, and heart, and is linked to some types of cancer.

If you have diabetes, taking charge of your health as soon as possible may help you prevent other health problems.

Here are some tips to help you manage your diabetes to stay healthy longer.



**Manage your A1C, blood glucose, blood pressure, and cholesterol levels.**

Ask your doctor what your goals should be, and stay informed about your A1C level.



**Take care of your mental health.**

A mental health counselor may help you find healthy ways to cope with stress.



**Make lifestyle changes to slowly build healthy habits.**

Take small steps to eat healthier, be more physically active, and get enough sleep.



**Take your medicines on time, even if you feel healthy.**

Talk to your doctor or pharmacist for help if you have trouble managing your medicines.



**Work closely with your primary care provider.**

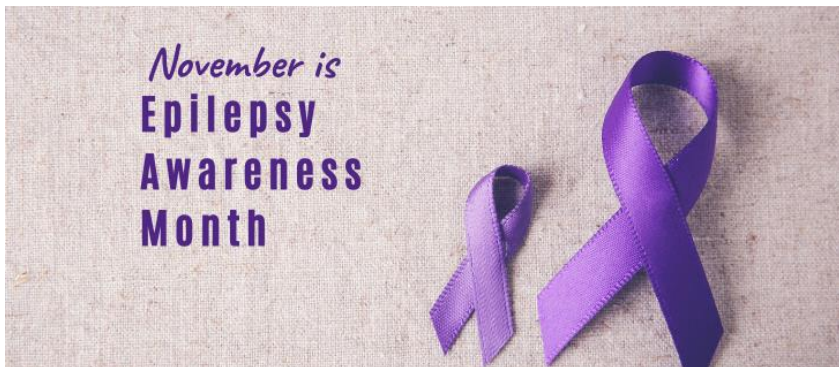
They can help you manage your diabetes and refer you to other health care professionals for related health problems.

Visit [niddk.nih.gov](https://niddk.nih.gov) for more information on preventing diabetes health problems.

healthinfo@niddk.nih.gov       @niddkgov

Website: [National Diabetes Month Awareness](#)

# National Epilepsy Awareness Month



There are  
**150,000**  
new cases of  
epilepsy in the  
U.S. every year

 Seizures vary  
from one person  
to another

Epilepsy is the  
**4<sup>th</sup>**  
most common  
neurological disease



## What Is Epilepsy?

Epilepsy is a brain condition that causes someone to have seizures. It affects children and adults of all demographics and is one of the most common disorders of the nervous system.

Seizures are the main symptom of epilepsy and are caused by an interruption in normal brain signals. The brain consists of nerve cells that communicate with each other through electrical activity. When one or more parts of the brain has a burst of abnormal electrical signals that interrupt normal brain signals, a seizure occurs. Anything that interrupts the normal connections between nerve cells in the brain can cause a seizure. This includes a high fever, high or low blood sugar or a brain concussion. When a child has two or more seizures with no known cause, it is diagnosed as epilepsy.

Symptoms of a seizure are different from person to person. These symptoms can include blank staring, jerking movements of the arms and legs, stiffening of the body, loss of consciousness, nodding head rhythmically (when associated with loss of awareness or consciousness), periods of rapid eye blinking and staring. During a seizure, a child's lips may become tinted blue and his or her breathing may not be normal. After the seizure, it's not uncommon for a child to be sleepy or confused.

If you encounter someone having a seizure, here are some things you can do to help:

- Help the person down in a safe position, turn them to their side, cushion their head and time the seizure.
- Never hold them down or force anything into their mouth.
- Comfort the person and speak calmly, and help others also remain calm.
- Check to see if the person is wearing a medical bracelet or has other visible emergency information and stay with them until they are awake and alert.
- If the seizure lasts longer than five minutes or the person doesn't return to their original state, call 911.
- If they're fine, offer to call or coordinate a ride to make sure the person gets home safely.

\*First aid steps provided by the [Centers for Disease Control and Prevention](#)





The purpose of  
**WORLD KINDNESS DAY**  
is to highlight good deeds in the community  
because **KINDNESS** is the common thread  
that unites us all. **NOVEMBER 13**  
<http://theworldkindnessmovement.org/>

**7 WAYS TO START MAKING KINDNESS THE NORM IN YOUR DAILY LIFE:**

- 1 Send an uplifting text to a friend or family member.
- 2 Let that guy merge into traffic with a wave and a smile.
- 3 Include intentional moments of kindness, laughter and delight in your daily routine.
- 4 Go *slightly* outside of your comfort zone at least once a day to make someone smile.
- 5 Share a compliment with a co-worker or friend.
- 6 Reach out to a family member you haven't spoken to in awhile.
- 7 Treat someone to a cup of coffee (a friend, stranger, or even yourself).

**make kindness the norm.**

#WorldKindnessDay  
#MakeKindnessTheNorm  
[www.randomactsofkindness.org](http://www.randomactsofkindness.org)

<https://www.randomactsofkindness.org/world-kindness-day>

## The Great American Smokeout. Your Smoke-free Start.

Quitting smoking isn't easy. Join the Great American Smokeout on the third Thursday in November to start your smoke-free journey.

Quitting starts here

### How will you support someone's quit attempt?

MAKE SURE THE  
ENVIRONMENT IS FREE  
FROM TRIGGERS LIKE  
LIGHTERS AND ASHTRAYS

JOIN IN AN ALTERNATIVE  
ACTIVITY TOGETHER LIKE  
GOING FOR A WALK

OFFER ENCOURAGEMENT  
CELEBRATING SMALL  
VICTORIES

START THE TOBACCO  
QUIT JOURNEY MYSELF  
**GET A FREE QUIT KIT**





# Thankfulness: How Gratitude Can Help Your Health



**Gratitude is more than a buzzword. It's a habit and practice that may change your perception of well-being.**

"Gratitude is good medicine," says Robert A. Emmons, Ph.D., a professor of psychology at the University of California, Davis and author of *The Little Book of Gratitude*. "Clinical trials indicate that the practice of gratitude can have dramatic and lasting effects in a person's life. It can lower blood pressure and improve immune function. ... Grateful people engage in more exercise, have better dietary behaviors, are less likely to smoke and abuse alcohol and have higher rates of medication adherence."<sup>4</sup>

Being grateful is the gift that seriously keeps on giving, right? Who couldn't use all these benefits right now?

**Here's a simple way to get started.** Write these down before you go to bed or share them around the dinner table. In five minutes, you can practice gratitude from the heart.

- 1. Health: What did your body do for you today?** Did you know you take about 8 million breaths a year? Your feet can take you up a mountain; your arms can hold someone you love. Take a minute to marvel at the finely tuned machinery of your body and thank yourself for the steps you take every day to keep it safe and healthy.
- 2. Eat: What did you feed your body to nourish yourself today?** Was it an old favorite, something you made or something new and different? If you eat three meals a day, you'll eat about a thousand meals this year! Take a minute to savor an especially yummy meal. And check out some healthy options on the AHA's recipe hub.
- 3. Activity: What did you do that you really enjoyed today?** Did you give it your all when exercising today, or find a quiet moment while sitting in traffic to reflect? Take a minute to think back on one particularly awesome moment.
- 4. Relationship: Whom do you look forward to connecting with?** Is it someone who sets your heart on fire, always has a smile for you, has your back or makes you laugh until you cry? Take a minute to smile as you think about this special person. Then make plans for a virtual meet-up.
- 5. Time: What are you doing right now?** Every single day you wake up with 24 brand new hours. The past is history, the future is a mystery and today is a gift. That's why they call it the present! Take a minute to be thankful for the gift of time, including any extra time you have right now for your family or yourself.

**Let's do this, and be Healthy for Good!**

## 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 also 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.

# Action for Happiness Calendar: New Ways November

This month, we're encouraging you to try something new!

New Ways November 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 Make a list of new things you want to do this month	2 Respond to a difficult situation in a different way	3 Get outside and observe the changes in nature around you	4 Sign up to join a new course, activity or online community	5 Change your normal routine today and notice how you feel
6 Try out a new way of being physically active	7 Be creative: Cook, draw, write, paint, make or inspire	8 Plan a new activity or idea you want to try out this week	9 When you feel you can't do something, add the word "yet"	10 Be curious. Learn about a new topic or an inspiring idea	11 Choose a different route and see what you notice on the way	12 Find out something new about someone you care about
13 Do something playful outdoors – walk, run, explore, relax	14 Find a new way to help or support a cause you care about	15 Build on new ideas by thinking "Yes, and what if..."	16 Look at life through someone else's eyes and see their perspective	17 Try a new way to practice self-care and be kind to yourself	18 Connect with someone from a different generation	19 Broaden your perspective: read a different paper, magazine or site
20 Make a meal using a recipe or ingredient you've not tried before	21 Learn a new skill from a friend or share one of yours with them	22 Find a new way to tell someone you appreciate them	23 Set aside a regular time to pursue an activity you love	24 Share with a friend something helpful you learned recently	25 Use one of your strengths in a new or creative way	26 Try out a different radio station or new TV show
27 Join a friend doing their hobby and find out why they love it	28 Discover your artistic side. Design a friendly greeting card	29 Enjoy new music today. Play, sing, dance or listen	30 Look for new reasons to be hopeful, even in tough times			

ACTION FOR HAPPINESS

Happier · Kinder · Together

<https://actionforhappiness.org/new-ways-november>





## 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 Health Unit

## Mobile Health Program



Le Bonheur's Mobile Health Program provides exceptional care beyond the hospital walls. We believe one way to serve children in West Tennessee is to provide well-child physicals, sports physicals and sick visits at their schools on a rotating basis. If your child already sees a provider, but your child visits the mobile unit, all information from the mobile health provider can be shared with your child's regular provider. It is our goal to connect children and families who do not have regular care to a pediatrician or primary care doctor in their community after their visit on our mobile medical unit. In addition, we can assist with referring children and families to specialty care as needed.

### What you need to know:

- To be seen on the mobile medical unit, your child **must have a signed Le Bonheur consent form** on file. Participation in this program is voluntary.
- If your child gets sick while the mobile unit is at their school, the provider can see them if consent is on file.
- **Children are seen regardless of ability to pay.** Parents/caregivers should not be concerned about lack of insurance or costs of co-pays. We do bill TennCare insurances for patients who have it, but **parents should never receive a bill from us for services.**
- Parents/caregivers are welcome to come with their child on the mobile medical unit.
- Parents/caregivers will receive a visit summary with education material via mail and/or a phone call from Le Bonheur staff after the child's visit on the 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).

Scheduled Dates: Rutherford – 11/15



# YOUTH ADVISORY COUNCIL

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

**ALL Students (Grades 9-12)  
are invited to join YAC  
(Youth 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!**



## Physical Activity Resources

### Move to Learn

Better grades. Better health. Studies have shown that physical activity increases children's ability to learn, and as fitness improves, test scores improve. That's why Move to Learn incorporates movement in the classroom through short exercise videos and healthy lesson plans.



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

### Physical Activity Resources Cont.



### GoNoodle

GoNoodle inspires all kids to be active and mindful with a wide range of offerings that appeal to kids' different ages, interests, skills, and abilities. This interactive system fuels learning by getting kids focused and ready to learn by getting them up, moving and becoming more mindful.

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

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

### 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.