

# 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 program. I hope you find this newsletter helpful.

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

Happy New Year! 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, and LeBonheur. Also, resources are included for Staff Wellness, Smart Snacks, and Physical Activity.

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

Thanks,  
Amy Richardson  
GCSSD CSH Coordinator



## Important Dates

### Carey Counseling Teletherapy

January 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup>

### Second Harvest Backpack Pickup

January 8<sup>th</sup>

### YAC Meetings

January 8<sup>th</sup> at GCHS

January 19<sup>th</sup> @ SGCHS

January 25<sup>th</sup> @ GC

### CSH Office Hours meeting with

State - January 10<sup>th</sup>

### Gibson County Health Council

Meeting - January 11<sup>th</sup>

### Gibson County Prevention

Coalition Meeting - January 12<sup>th</sup>

### January Mental Health Coalition

meeting - January 16<sup>th</sup>

### Gibson County wide YAC Meeting

- January 21<sup>st</sup>

### NW Regional Coordinated School

Health Meeting January 25<sup>th</sup>

### LeBonheur Mobile Health

January 23<sup>rd</sup> @ Spring Hill

### Le Bonheur Services/School

Partners Collaboration Mtg

January 30

## Upcoming Events

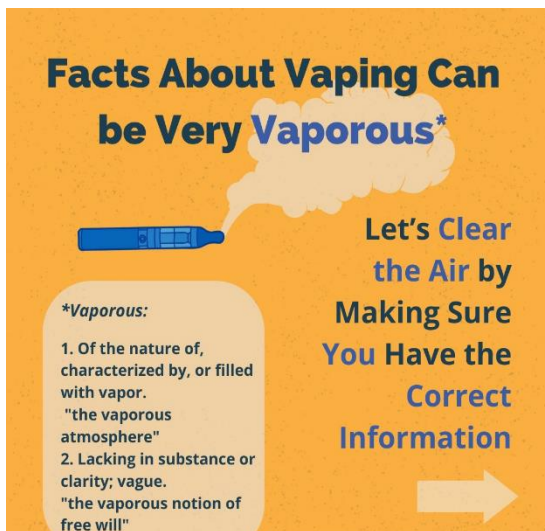
### Dangers of Vaping and the Hidden in Plain Sight Program

Who: This is open to Parents/Guardians of students who attend any GCSSD school

SGCHS  
January 29<sup>th</sup>  
6:00pm

GCHS  
February 5<sup>th</sup>  
6:00pm

Presented by the Gibson County Prevention Coalition  
and  
GCSSD Coordinated School Health



Snacks and Door Prizes will be Provided.

## Health Observances

### The Great Kindness Challenge



<https://thegreatkindnesschallenge.com/about>

The GKC initiative, presented by Kids for Peace, is a global campaign that promotes kindness in kindergarten through 12<sup>th</sup> grade. It is a positive, action-based bullying-prevention initiative that creates a school culture of kindness, compassion, unity, and respect.

The GKC offers a free **classroom edition kindness checklist**



[https://www.greatkindnesschallengetools.org/files/ugd/f7cf3c\\_0f43ccbb9b3041beac3fd1850df735d0.pdf](https://www.greatkindnesschallengetools.org/files/ugd/f7cf3c_0f43ccbb9b3041beac3fd1850df735d0.pdf) to use during GKC week, which is the last week of January. This challenge week gives every educator and student an opportunity to model and focus on kindness practices that engage the entire school community in the social-emotional learning (SEL) process. SEL is the process of developing self-awareness, self-control, and interpersonal skills that are vital for school, work, and life success.

The GKC also offers a free **family edition kindness checklist** so that families may be involved as well. <https://thegreatkindnesschallenge.com/familychecklist>

# Action for Happiness Calendar: Happier January

Let's start the new year happier.

Happier January 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 1 Find three things to look forward to this year	2 Make time today to do something kind for yourself	3 Do a kind act for someone else to help brighten their day	4 Write a list of things you feel grateful for and why	5 Look for the good in others and notice their strengths	6 Take five minutes to sit still and just breathe	
7 Learn something new and share it with others	8 Say positive things to the people you meet today	9 Get moving. Do something active (ideally outdoors)	10 Thank someone you're grateful to and tell them why	11 Switch off all your tech at least an hour before bedtime	12 Connect with someone near you - share a smile or chat	13 Take a different route today and see what you notice
14 Eat healthy food which really nourishes you today	15 Get outside and notice five things that are beautiful	16 Contribute positively to your local community	17 Be gentle with yourself when you make mistakes	18 Get back in contact with an old friend	19 Focus on what's good, even if today feels tough	20 Go to bed in good time and allow yourself to recharge
21 Try out something new to get out of your comfort zone	22 Plan something fun and invite others to join you	23 Put away digital devices and focus on being in the moment	24 Take a small step towards an important goal	25 Decide to lift people up rather than put them down	26 Choose one of your strengths and find a way to use it today	27 Challenge your negative thoughts and look for the upside
28 Ask other people about things they've enjoyed recently	29 Say hello to a neighbour and get to know them better	30 See how many people you can smile at today	31 Write down your hopes or plans for the future			

ACTION FOR HAPPINESS

Happier · Kinder · Together

[https://actionforhappiness.org/sites/default/files/calendar\\_download/images/Jan%202024.jpg](https://actionforhappiness.org/sites/default/files/calendar_download/images/Jan%202024.jpg)



## Staff Wellness Ideas for Stress



**Shift your thinking patterns to reduce stress and anxiety**



When you're going through something stressful or feeling anxious, negative thoughts can make difficult situations and feelings even harder. That's because how we think affects how we feel, and how we feel affects how we behave. Learning how to identify unhelpful thoughts and reframing them to be more positive can help you get through those moments. It also can help improve your overall mental and emotional wellbeing. While we generally can't control the thoughts that come into our minds, we can control what we do with them — and train ourselves to alter our thinking patterns to be more helpful.

**Types of unhelpful thoughts** - To shift your thinking to be more positive, first take a moment to consider what types of thinking you'd like to move beyond. Here are some common ones.

- Expecting the worst to happen. This sometimes takes the form of, "But what if ...?" thinking. In either case, even if something is going well, you expect the worst and think of all the bad things that could happen. As a result, you find it difficult to enjoy good times or be present in the moment.
- Focusing on the negative. Even if something good happens, you tend to think only about what went wrong or could have gone better.
- Seeing things as only good or bad, and ignoring the range of possibilities in between, including that something could be neutral. This is also called "all or nothing" and "black or white" thinking. This pattern oversimplifies situations.
- Making negative assumptions. If something bad happened in the past, you may assume it will keep happening.
- Blaming yourself when bad things happen or blaming others for bad things that happen to you. This thinking pattern fails to consider all the other factors that could contribute to a situation or event.

**Resetting your mindset** - In each of those thinking patterns, you aren't considering the positive possibilities and variety of perspectives. You're also not considering the full story or thinking about the facts. Many factors contribute to and come into play in every situation.

Try to pay attention to where your brain goes in a difficult time. If you find yourself getting trapped in one of these unhelpful thinking patterns, ask yourself questions to center your thoughts and see other perspectives. For example:

- Why am I so worried about this? Has this happened before? If yes, how did I manage that situation? If no, how likely is it to happen in this situation, and if it does, what can I do to get through it?
- Are there other possible reasons or explanations for why this happened? For example, maybe my friend canceled dinner because their partner doesn't feel well.
- If someone I cared about was in this situation, what would I tell them? Would I be as hard on them as I am on myself?

Then take a deep breath. Let the other perspective sink in and reset your thoughts. With the holidays and end-of-year stress, it's a great time to think about patterns in our thinking and start looking for ways to shift them. By practicing more positivity, we can feel calmer during these busy year-end moments and all year long, and that can help improve our overall mental and emotional health and wellbeing.

**Get more support from Here4TN** - Want more tips and tools for managing stress? As part of your Here4TN benefits, you can access them [online anytime](#). Sometimes, talking through a challenging situation can also help reset our perspective.

**Call Here4TN at 855-Here4TN (855-437-3486), 24/7, for in-the-moment support or referrals for up to five counseling sessions, at no additional cost to you.** Visit [Here4TN.com](http://Here4TN.com) to learn more about your benefits.

## 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).

Tentative Dates: Spring Hill – 1/23

### Benefits of School-Based Physical Activity

Regular physical activity in childhood and adolescence is important for promoting lifelong health and well-being and preventing a variety of health conditions. Schools are in a unique position, regardless of learning mode, to help students attain the recommended 60 minutes of moderate-to-vigorous physical activity daily.

A Comprehensive School Physical Activity Program (CSPAP) can increase physical activity opportunities before, during, and after school.



#### Increasing youth physical activity:

##### Before and After School

- Walking or biking to and from school
- Intramural sports and clubs
- Extended day programs

##### In Physical Education

- Standards-based curricula
- Motor skills development
- Physical fitness

##### During School

- Classroom physical activity breaks
- Active lessons
- Daily recess

##### Through Staff Involvement

- Role models for wellness
- Classroom participation
- Professional development programs

##### With Community Engagement

- Shared use of recreational facilities
- Opportunities for physical activity when school is out of session
- Environments for safe travel to and from school



#### Benefits everyone:

##### The Students

- Improved attention\*
- Better mood and memory\*
- Improved bone health
- Healthier weight
- Better heart health
- Lower risk of depression
- Better grades

##### The Teachers

- More students on task\*
- Improved classroom behaviors\*
- Students getting better grades
- Fewer absences

##### The Community

- Lower health care costs
- Expanded school partnerships
- More access to activity-friendly spaces

*\*Immediate benefit from a single physical activity session*

To learn more, visit: <https://www.cdc.gov/healthyschools/physicalactivity>



## 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”**



### 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/>



**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)



## Brain Break Resources

### Edutopia

The Mysterious Power of Brain Breaks <https://www.youtube.com/watch?v=kmU3VGfh150>

Brain Breaks for the Classroom at Every Grade Band <https://everfi.com/blog/k-12/brain-breaks-for-the-classroom-at-every-grade-band/>

### 54 Educational Brain Breaks Your Students Will Love



<https://www.weareteachers.com/brain-breaks-for-kids/>

### Brain Breaks for Elementary Students



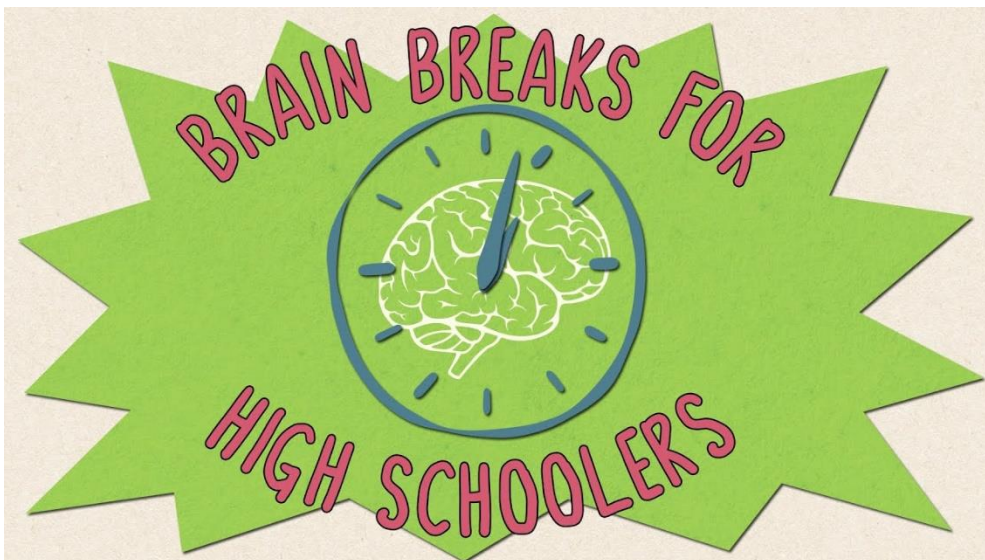
[9 Brain Breaks for Elementary Students](#)

## Brain Breaks for Middle School



<https://minds-in-bloom.com/20-three-minute-brain-breaks/>

## Brain Breaks for High School



[Schoolers.](#)

9 Brain Breaks Teens Will Love <https://www.youtube.com/watch?v=HBjMEVbnZ4E>

[17 Brain Breaks Tailored for High](#)

## Nutrition Tips for Students, Families, and Staff



### Shop Simple with MyPlate

***Save money while shopping for healthy food choices!***

***Shop Simple with MyPlate*** is an easy way to help you find cost-saving opportunities in your area and discover new ways to prepare budget-friendly foods. Browse budget-friendly food suggestions from each of the MyPlate food groups, get tips for purchasing and storing the food, serving ideas, recipes, and nutrition info. Enter your zip code to find cost-saving opportunities in your local area, including stores that accept SNAP EBT, rewards for SNAP participants, and farmers markets.

**To start saving today visit**

**[MyPlate.gov/ShopSimple](https://www.MyPlate.gov/ShopSimple)**

**Or**

**Scan this QR code to use Shop Simple on your phone**



## Nutrition Tips for Students, Families, and Staff

This year try making small changes and see the results add up.

INSTEAD OF:	CHOOSE:	AND YOU SAVE:
 bag of fruit-flavored candy	 an apple	 4 teaspoons of sugar (16 g)
 12 oz cola	 water	 8 teaspoons of sugar (32 g)

[https://fns-prod.azureedge.us/sites/default/files/resource-files/FMHL\\_7th\\_InfoText\\_Article1.pdf](https://fns-prod.azureedge.us/sites/default/files/resource-files/FMHL_7th_InfoText_Article1.pdf)

Follow MyPlate on [Twitter](#) and [Facebook](#) to learn more ways to eating healthier.



## GCSSD Wellness Plan

The GCSSD Wellness Plan 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

Twizzlers

String cheese

Rice Krispie Treats

Raisins

Fruit gummies

Cubed cheese

Reduced Fat Chips

Fruit roll ups

Crackers

Go-Gurt yogurt

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.**

Snacks may include but not limited to:



### CELEBRATIONS AND PARTIES

For celebrations and parties in order to make sure 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.

**Food Brought to School from Outside Vendors** - Any food brought into schools from outside restaurants should be limited and in approved situations only.

[https://core-docs.s3.amazonaws.com/documents/asset/uploaded\\_file/782375/GCSSD\\_Wellness\\_Plan\\_2017\\_2018\\_Signed\\_Document.pdf](https://core-docs.s3.amazonaws.com/documents/asset/uploaded_file/782375/GCSSD_Wellness_Plan_2017_2018_Signed_Document.pdf)