

# 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,

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 Nutrition, 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 for approved students with parental permission & signed paperwork**  
February 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup>

**Parent Education Night**  
February 5<sup>th</sup> @ GC

**CSH Institute**  
February 11<sup>th</sup> – 14<sup>th</sup>

**Second Harvest Backpack Pickup**  
February 12<sup>th</sup>

**Gibson County YAC Meeting**  
February 25<sup>th</sup>

**YAC Meetings**  
February 22<sup>nd</sup> @ GC  
February 23<sup>rd</sup> @ SGCHS

**Mock Crash Meeting**  
February 21<sup>st</sup> @ GC  
February 27<sup>th</sup> @ SGC

**WRAP Healthy Relationships Lunch & Learn**  
February 22<sup>nd</sup> @ GC  
February 23<sup>rd</sup> @ SGC

**Meeting with YMCA**  
February 29<sup>th</sup> at 12:00pm

## January Highlights

Gibson County Youth Advisory Council filmed videos that will be on NBC Channel 39 soon.  
The topic is the dangers of edibles which are pictured.  
Can you tell the difference?



## Parent Night held at SGCHS

Where: SGCHS  
Time: 6 PM  
When: 01/29

# PARENT WORKSHOP

All Parents/Guardians of  
students enrolled in any  
GCSSD school are welcome  
to attend.

## The Dangers of Vaping

Discussing the risks of  
students vaping, different  
types of vapes, and hiding  
spots students use.

SNACKS & DOOR  
PRIZES

## Special Observance



**National School Counseling Week 2024 (#NSCW24) is Feb. 5-9, 2024, to focus public attention on the unique contribution of school counselors within U.S. school systems. National School Counseling Week, sponsored by ASCA, highlights the tremendous impact school counselors can have in helping students achieve school success and plan for a career. National School Counseling Week is always celebrated the first full week in February.**

# 7 Days of **Self-Care**

## #SelfcareSunday



Create your **self-care checklist** for the week

## #MindfulMonday



Know your **blood pressure numbers** and other heart stats

## #TastyTuesday



Try a **tasty, heart-healthy recipe**

## #WellnessWednesday



Put your **heart** into your wellness routine

## #TreatYourselfThursday



Treat your heart to some **relaxation and fun**

## #FollowFriday



**Share who inspires you** to show your heart more love

## #SelfieSaturday



Post about your favorite way to take care of **your heart**



## #OurHearts



February is a time best known for Valentine's Day and romance. In 2010, the month of February was also officially designated by Congress as Teen Dating Violence Awareness Month. As a result, discussions about the rising epidemic of teen dating violence are not only encouraged but embraced. These discussions focus on the physical, sexual, and psychological abuses that are present in relationships between teenagers across the country. If you are the parent of a teenager, take the initiative this February to [speak with your teen](#) about teen dating violence.

## National Children's Dental Health Month



February is National Children's Dental Health Month. Children can avoid cavities by brushing their teeth twice a day with a fluoride toothpaste. Also cleaning between teeth daily, eating a healthy diet that limits sugary beverage and snacks, and seeing a dentist regularly for prevention and treatment of oral disease are the keys to a lifetime of healthy teeth and gums

**Kindergarten and First Grade teachers can order The Colgate Bright Smiles, Bright Futures® classroom kit full of easy-to-use classroom materials, plus Colgate® toothpaste and toothbrush samples for 24 students at <https://www.colgate.com/en-us/oral-health-education/program-kits>**

## National Organ Donor Day February 14, 2024



Valentine's Day has a new meaning when you need an organ transplant to survive. 120,000 Americans currently waiting for precious organ transplants depend on the public to sign up with their state's organ donor registries on National Donor Day every February 14. It's a more concrete way to show love than giving heart-shaped candy, roses and red velvet teddy bears. By donating organs such as corneas, tissue, marrow, platelets and blood; you create a living legacy of your generosity with the ultimate gift of love.



# Random Acts of Kindness Week

## February 11-17

Get ready to celebrate Random Acts of Kindness Week (RAK Week), happening from February 11 to 17, 2024! This special week provides us with an opportunity not only to acknowledge but also to reflect on the incredible acts of kindness that impact our lives.

if we all do  
one random act of  
kindness daily  
we just might set  
the world in the  
right direction

martin kornfeld

facebook.com/surfingrainbows

**make  
kindness  
the norm.**

randomactsofkindness.org



The website has lots of great ideas including lesson plans, videos, and even ideas to use at home.

<https://www.randomactsofkindness.org/rak-day>

# Action for Happiness Calendar: Friendly February

Be friendly to others and give your relationships a boost.

Friendly February 2024



ACTION FOR HAPPINESS

Happier · Kinder · Together



<https://actionforhappiness.org/sites/default/files/Feb%202024.jpg>

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## 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: Kenton – 3/11

SGCMS – 4/6



# 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)

## Small Nutrition Shifts for the New Year

<https://foodinsight.org/small-nutrition-shifts-for-the-new-year/>



For many of us, the new year brings pressure to overhaul our lives with diet and lifestyle changes. Our 2020 **New Year's diet survey**, released in February 2020, found that 42% of Americans reported making dietary changes in January. But by the end of 2020, when the COVID-19 pandemic had been waging for nearly a year, the tone had changed—understandably. According to our 2020 **year-end survey**, only 15% of consumers said they planned to make a food or beverage-related resolution in the coming new year.

So far, your January may not have involved massive health goals, and that's okay. In fact, smaller and more manageable shifts in your lifestyle can also set you on a path toward improved health—and one that may be more sustainable and lasting over the long term. If you're looking for a few ideas to try, the following options can all be implemented steadily over the next year. Try one (or more) and see what best fits with your current lifestyle.

### 1. Choose fiber-rich whole grains for half of your daily grain servings

Did you know that most Americans consume about half the amount of **fiber recommended** by the National Academies of Science, Engineering and Medicine, and only about 5% of the population meet the recommendations for dietary fiber intake? **Fiber** is an important nutrient that can reduce your risk for several chronic diseases, and choosing whole grains can help increase your fiber intake. In fact, the current **Dietary Guidelines for Americans** recommend that we make half of our daily grain servings whole grains.

Here are some tips to increase your whole grain intake:

- Look for the whole grain stamp and other **whole grain** information (like the labels "whole grain" or "whole" before a grain's name) declared on the front of packages and in the ingredients lists.
- Substitute a whole grain product for a refined grain product when possible.
- Choose brown or wild rice instead of white rice, or whole wheat bread in place of white bread.
- Choose a whole grain breakfast cereal or oatmeal for breakfast.
- Have popcorn or a whole grain granola bar as an afternoon snack.
- Experiment with new-to-you whole grains: Combine cooked millet, quinoa or barley with vegetables, herbs and other greens to make a nutrient-packed salad.

## 2. Try some alternatives to reduce your added sugar intake

While **avoiding added sugars** completely isn't entirely realistic, it's fair to say that many people could benefit from eating less added sugar—most of us consume more than is recommended. If you're trying to eat less added sugar, here are three ways you can get started.

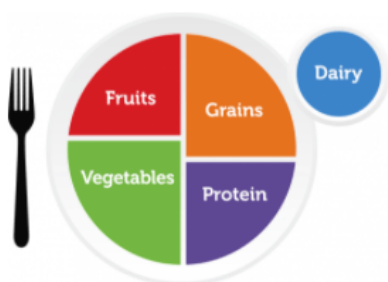
1. When it comes to beverages, focus on drinking water, non- or low-fat milk and 100-percent juice. Enhance the flavor of your water by adding sliced fruit, vegetables, or herbs.

2. Eat more whole fruit, as fruit contributes vital nutrients to our diet that most of us don't get enough of—like fiber, potassium, folate and vitamin C. **When choosing canned, dried or frozen fruit**, select those that are unsweetened and packed in their own juice or water.

3. Try plain and unsweetened **dairy**. Dairy offers a variety of essential nutrients like protein, calcium, potassium and vitamin D. And while it's true that dairy products contain naturally occurring sugar (lactose), not all dairy products contain *added* To reduce your added sugars intake from dairy products, look for varieties with fewer added sugars on the **Nutrition Facts label**.

## 3. Increase variety by planning meals and snacks with MyPlate

A healthy eating routine is important at every stage of life and can have positive effects that add up over time. The U.S. Department of Agriculture's MyPlate tool was designed to help Americans better visualize food groups and encourage us to build a healthy plate for each meal. **Myplate** even offers resources focused on helping you make personalized small shifts toward healthier habits. If you're new to MyPlate, a couple simple questions you could ask yourself as you build your meals are: *How many food groups are on my plate?* and *Is there any way I could add a nutrient-dense option or incorporate another food group?*



The food groups and basic recommendations are:

- Fruits: Focus on whole fruits
- Vegetables: Vary your veggies
- Grains: Make half of your grains whole grains
- Proteins: Vary your protein routine
- Dairy: Move to low-fat or fat-free dairy milk or yogurt (or lactose-free dairy or fortified-soy versions)

By focusing on little changes instead, you can slowly improve your eating patterns without feeling overwhelmed. Start simple. Start small. It all makes a difference. *This article contains contributions from Kris Sollid, RD.*





## 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/>

## 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	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.**

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)