August 2018 Newsletter

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.

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.

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 Information
- Smart Snack Ideas
- Celebrations and Parties
- Physical Activity Resources
- Immunization Clinics
- Employee Assistance Program (EAP)
- Students Against Destructive Decisions (SADD)
- TN Teen Institute
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
- Twizzlers
- String cheese
- Rice Krispie Treats
- Fresh vegetables (sacks of carrot/celery sticks, broccoli, cauliflower)
- Fresh fruits (sacks of apples, bananas, grapes, oranges, strawberries)
- 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.

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.
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.

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.

Please Note: For the past three years, Blue Cross Blue Shield of Tennessee Health Foundation has generously underwritten the costs to access to GoNoodle Plus for every public elementary school in the state and we are grateful for their support to get Tennessee kids moving. However, BlueCross BlueShield of Tennessee Health Foundation has shifted funding priorities going forward, and effective June 30, 2018 they will no longer be funding access to GoNoodle Plus. With this change, teachers’ access to GoNoodle Plus ended on June 30, 2018. However, their username and login for GoNoodle remains the same, and they will still be able to access GoNoodle’s free version.
Immunization Clinics Offered at School

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
If you are interested in your child receiving any immunizations at school please complete and return the registration form. These will be distributed to students whose parents indicated they wanted more information during the Online Registration process or are available online.

- 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), MCV4 (Meningitis), and Varicella (Chickenpox shot).
- Adults employed by GCSSD 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 please visit the GCSSD CSH Immunization page at [https://www.gcssd.org/Page/228](https://www.gcssd.org/Page/228)

You may also contact us at (731) 692-3969.
It is our pleasure to introduce you to the school-based clinic partnered between Gibson County Special School District and eMD Anywhere. When your child needs medical attention during the school day, you’ve always been able to rely on the caring touch of your school nurse. Now, for minor illnesses or injuries that need a higher level of care, your child can have virtual access to Sharon W. Smith, Board Certified Family Nurse Practitioner (FNP-BC) without leaving the nurse’s office, using telemedicine technology. Our goal is to provide quality healthcare to staff and students in the convenience of the school setting.

The school based clinic will provide services for:

- Fever
- Sore throat/strep
- Allergy symptoms
- Skin irritation/rash/wound
- Inflammation
- Limb sprains/strains/contusions
- Ear pain
- Nausea/diarrhea
- Abdominal pain
- Urinary Tract Infection
- Cold/flu symptoms (cough, runny/stuffy nose, etc.)

It is important to note these key points:

- To enroll in the program, complete, sign, and return the enrollment packet to your school nurse. Please try to include a photocopy of your insurance card (front and back.)
- Prior to a telemedicine medical evaluation, the school nurse will make reasonable attempts to notify the guardian with the information they have on file.
- The Nurse Practitioner can access the child, work with the school nurse to perform basic labs, like strep or flu, and write prescriptions, if needed.
- Guardian is more than welcome to participate in the visit.
- There will be a follow-up call with the guardian after the visit. A faxed copy of the chart note can also be sent to the primary care provider.
- We accept most insurances, and will bill the subscriber’s insurance on their behalf, or you can do a self-pay of $40, plus any lab fees for the visit.

If you have any questions, please call the Coordinated School Health office at 692-3969.
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!
Students from Gibson County Special School District joined 490 youth leaders from across the state at the Tennessee Teen Institute. The Tennessee Teen Institute is a five-day youth leadership and prevention camp sponsored by the Jackson Area Council on Alcoholism and Drug Dependency (JACOA). This year marked the 30th Anniversary of the Teen Institute Program in Tennessee. The program addresses teen issues such as bullying, violence, suicide, teen pregnancy, distracted driving, teen health and substance abuse prevention through a five-day, peer-led prevention camp designed to provide teen participants with the skills and education necessary to develop and implement alcohol and drug abuse prevention programs in their own communities. This is a comprehensive program that trains, mobilizes and empowers youth to prevent the illegal use of alcohol, tobacco, and other drugs and self-destructive behaviors in themselves and their peers. TTI prepares students to not only make positive changes, but to be proud advocates of those changes. Students have the opportunity to grow and learn as individuals, while enhancing their leadership abilities. Because TTI is peer-led, teens are given a unique opportunity to have a “voice” in addressing issues important to them. Giving youth some ownership in this type of program is one of the key factors in the success of enforcing a substance free lifestyle.

Held on the University of Tennessee at Martin campus in Martin, Tennessee, June 17th-22th, TTI 2018 hosted approximately 490 teen leaders, adult advisors, and TTI staff. These participants leave motivated not only to make healthy decisions in their own lives, but also committed to work so that others are making healthy decisions in their communities as well.

For more information about the Tennessee Teen Institute visit www.tnteeninstitute.net.