**What’s new?!**

**Healthy & Active Germantown**

**Staff Discounts**

Germantown municipal schools

Csh newsletter

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\*HHS Junior, Eden Johnson, launches a new club designed to make HHS a “Heart Safe” school.

*Club will work on getting Project ADAM distinction.*

\*[Family Life Overview](https://www.thephysedexpress.com/gmsd-family-life.html) page has been created to allow families to see topics per grade level.

\*Staff Yoga starts on April 5th for 31 lucky GMSD staff members!

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\*This month we highlight Wimpy’s Burgers & Fries!

\*All GMSD employees receive 10% off order (show ID badge)

\*Family Life Curriculum will be delivered after TN testing has concluded.

\*The *Week lessons will be delivered is a building level decision.*

**Health Updates**

**GMSD**

\*CPR Training 9th grade: 4/08

\*CPR Training 11th grade: 4/22

\*HMS 7th grade: May 9th

\*RES 7th grade: T.B.D.

**April Health Observance**

April 2022 is [National Autism Awareness](https://www.whathealth.com/awareness/event/nationalautismmonth.html) Month.

\*[30 ways](https://praacticalaac.org/praactical/30-ways-to-support-autism-awareness-acceptance-month/) to support Autism Awareness Month.

\*SPARKLE Cheer will perform at the Memphis Grizzlies game (prior to tip off) on Sunday, April 10th. Attend to support these awesome students!

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\*Register today: Click [Here](https://raceroster.com/events/2022/57944/run-gmsd)

\*Look for daily number updates by following [CSH Facebook Page](https://www.facebook.com/gmsdhpelw)

**RUN GMSD**

**2022**

CSH Initiatives & Programs

GMSD

The final CSH Initiative for the 2021-2022 school year will be our April Initiative called “[Hydrate for Health](https://www.thephysedexpress.com/hydrate-for-health.html)”.

\*Staff will track their water intake throughout the entire month of March to receive a GMSD Customized Water Bottle.

\*Elementary students can create their own “water themed superhero” for a chance to win a GMSD customized water bottle.

\*Middle & High students can create PowerPoint, short story, or research proposal for a chance to win a GMSD customized water bottle.

\*Rules & Directions can be found on the [Hydrate for Health](https://www.thephysedexpress.com/hydrate-for-health.html) page.

**Healthy School Teams**

**GMSD**

\*All HST Reports are due to CSH by May 13th.

\*Reports can be found [here](https://www.thephysedexpress.com/healthy-school-teams.html)

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**CPR & Safety Trainings**

**GMSD**