

\*If your GMSD school doesn’t already have a team, consider joining ours!!



**St. Jude Race**

**GMSD Team**

\*Any GMSD staff member that needs to be certified in CPR, First-Aid & AED should schedule a training. Email me.

\*View our [online resources](https://www.thephysedexpress.com/cprfirst-aidaed.html) for CPR, First-Aid & AED

\*[Concussion Training](https://www.thephysedexpress.com/concussion-info-and-form.html) (coaches)

\*[Heat Illness Training](https://www.thephysedexpress.com/heat-illness-prevention-training.html) (coaches)

\*[Sudden Cardiac Arrest](https://www.thephysedexpress.com/sudden-cardiac-arrest-info-and-form.html) (coaches)

\*[Training Acknowledge](https://forms.gle/7NB4GqwNzkVjc87c8) (coaches)

**CPR & Safety Trainings**

**GMSD**

\*All schools are required to have a HST.

\*[Healthy School Teams Page](https://www.thephysedexpress.com/healthy-school-teams.html)

*\*HST Manual, Resource Guide, Important Documents can be found on HST Page on CSH website.*

\*[Complete School Health Index (SHI)](https://www.thephysedexpress.com/afhk-school-health-index.html)

\*Request a meeting for help with HST.

1.) HST List = Due September 17th

2.) CPR Certification List = Sept. 17th

**Healthy School Teams**

**GMSD**

\*September: [Wellable Challenge](https://www.thephysedexpress.com/nutrition-ambition-challenge.html)

\*October: National Walk to School Day is October 6, 2021

\*Breast Cancer Awareness Virtual Run (Entire Month of October)

\*Each month will see new initiatives!

CSH Initiatives & Programs

GMSD

\*August is National Immunization Awareness month. The Covid-19 pandemic has not gone away, and we still have more work to do.

\*The Covid-19 vaccine is readily available and can be done at most Walgreens, CVS, Walmart, and Kroger Clinics.

\*For more info on vaccines, email me

**August Health Observance**

\*The following dates are scheduled vision screenings. HOSA screenings will be scheduled soon!

\*DES = September 7th – 10th

\*RES = September 13th – 17th

\*FHES = November 8th – 12th

\*FES = November 15th – 18th

\*HMS = January 10th -14th

The 2021-2022 school year will see some exciting rollouts for our GMSD students and staff.

-MTN Bike Teams (6-12 grades)

-Rock Climbing Teams

(Ages 11-18)

-[Marathon Runners of GMSD](https://www.thephysedexpress.com/marathon-runners-of-gmsd.html)

-[Bike Safety Programs](https://www.thephysedexpress.com/bicycle-education.html) (Starts at DES, FES, and HHS this year)

**Health Screening Dates**

**GMSD**

**What’s new?!**



\*Each month I’ll send our Discount Book to all GMSD employees and highlight the new discounts.

\*Click above image to see all discounts!

**Healthy & Active Germantown**

**Staff Discounts**

Germantown municipal schools

Csh newsletter