

**IMPORTANT DATES:**

November 14th - Mini Grants Application Due!!!

December 10 – PA/PE #2 Due

December 1-5 – Healthy School Weeks

December 10 – Healthy School Team Meeting Minutes #2 Due with Goals for the year

December 10 – Mid-Year Binder Report: 1st Semester List with CSH Evaluation Date

Healthy School Team Update

November 2015

[GMSDschoolhealth.com](http://www.gmsdschoolhealth.com/)

**Get-Up & Move! “In Our Schools!!**

This months Get-Up & Move section highlights healthy initiatives that are Healthy School Team have developed.

***Farmington ES: “Step – It – UP”***

Farmington Elementary will be starting its new step-it- up Teachers/Staff competition. Teachers and staff will wear pedometers daily to count their steps. Each participant will report their steps to a team captain; the captain will compile the team member’s steps each week, and the team with the most cumulative steps at the end of the contest, wins.

***Houston Middle: “Biggest Looser Challenge”***

Houston middle school will be hosting the “Biggest Loser Challenge” for its staff, October 20th to December 12th.  Staff will weigh in every Friday morning and the competition will be based on percentage of body weight lost, not the number of pounds.

***Dogwood ES: “Jogging Club & Smoothie Challenge”***

Dogwood’s jog club has over 80 participants.  Students meet to run and walk every Monday and Thursday morning. They are preparing for the St. Jude 5K December 6th.   Click the link to Join the Dogwood jog club team in its efforts to support St. Jude

<http://fundraising.stjude.org/site/TR/Heroes/Heroes/221251634?pg=team&fr_id=20064&team_id=84375&pw_id=1941>

A group of Dogwood staff and teachers have joined together for support to complete the 10 day green smoothie cleanse.

[*https://www.jjsmithonline.com/images/Smoothie%20interior%20sample.pdf*](https://www.jjsmithonline.com/images/Smoothie%20interior%20sample.pdf)

**All Staff Fitness Discounts:** ***SNAP Fitness 24 hour Gym* –** $20 a Month, NO Contract, **NO Enrolment FEE’s for GMSD Employee’s,** when a GMSD Employee ID presented.

**8 Components of Coordinated School Health**

Coordinated School Health is based on the Centers for Disease Control 8 component approach to healthier schools: (1) Nutrition Services, (2) Physical Education/ Physical Activity, (3) Healthy School Environment, (4) Health Education, (5) Counseling and Psychological Services, (6) Health Promotion for Staff, (7) Parent/ Community Involvement, and (8) Health Services.

The purpose of a healthy school team is to utilize faculty and staff in each school building who are considered experts in each component so that we are able to capture a more comprehensive look at the school. After assessing the needs of your school, as a team, the school will develop a plan to not only address the weaknesses, but also highlight its strengths. We want to promote healthy schools and encourage healthy behaviors, for students, faculty and families.

**November Health Observances**

November is American Diabetes Month. Diabetes is one of the leading causes of disability and death in the United States. If it’s not controlled, diabetes can cause blindness, nerve damage, kidney disease, and other health problems. *Click link for more…*

[American Diabetes Month](http://healthfinder.gov/nho/NovemberToolkit.aspx)