

***Area Wide Fitness Opportunities*** **(**[**Link One**](https://www.livingsocial.com/cities/22-memphis/fitness-deals)**,** [**Link Two**](http://www.groupon.com/browse/memphis?lat=35.082962&lng=-89.782425&address=Germantown%2C%20TN&category=health-and-fitness&category2=gyms)**)**

***Family and Friends Things to Do*** ***Discounts!* (**[**Link One**](https://www.livingsocial.com/cities/22-memphis/entertainment-coupons)[**Link Two**](http://www.groupon.com/browse/memphis?category=things-to-do&lat=35.082962&lng=-89.782425&address=Germantown%2C%20TN)**)**

**Grant Opportunities**

**Office Depot Foundation Grants** The Office Depot Foundation's funding focus aligns with its Strategic Priorities. The Foundation prefers to fund projects and programs in the areas of Giving Children Tools for Success and Building Capacity to Serve Communities. Grants of $50 to $3,000 will be awarded to select applicants. Nonprofit organizations, schools, and libraries are eligible to apply. Deadline: [Click here](http://officedepotfoundation.org/?page_id=214)

**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.

**October Health Observances**

October is a busy month for health observances and promoting awareness. We all know it is Breast Cancer Awareness Month, but is also Bullying Awareness Month and ADHD Awareness Month and Walking/Biking to School Month.

[ADHD Information Site](http://www.additudemag.com/resource-center/adhdawareness.html)

[Bullying Information Site](http://www.pacer.org/bullying/nbpm/)

**IMPORTANT DATES:**

October 1 – PA/PE 1 Due

October 3 – CDC School Health Index Scorecard Due

October 17 – Healthy School Team Meeting Minutes #1 Due with Goals for the year

October 13-17 – National Health Education Week

October 23-31 – Red Ribbon Week

November 14th - Mini Grant Applications Due. Please revisit requirements to apply.

**Get-Up & Move!!**

The Get- Up and move announcements are to inform GMSD employees, students, & families about physical activity, health promotion, stress relief, and community opportunities that promote movement and social interaction. Please share with your staff the following:

**Fairy Tale Trail, 6 to 8 PM., Trail of 7 to 9PM. Oct 24th**

**Bob Hailey Athletic Complex  
[8750 Farmington Blvd  
Germantown, Tennessee 38139](http://www.google.com/maps?f=l&hl=en&q=8750+Farmington+Blvd%2c+Germantown%2c+Tennessee+38139" \t "_blank)**

For a Halloween experience suitable for small children, take the Fairy Tale Trail presented by Germantown Community Theatre’s All Children’s Theatre. Love a good scare? Dare to walk the Trail of Terror presented by Houston High School student government. Come in costume and enjoy concessions, carnival games and moon bounces. The rain date is October 25.

**Houston Middle -** [**Haunted Houston**](http://www.gmsdk12.org/protected/ArticleView.aspx?iid=4UBUB&dasi=3G00)Join us for Haunted Houston on October 17th and 18th. Haunted Houston is a haunted house for those who are brave enough to enter, but there will be activities for the whole family, including bouncy houses, a live band, a photo booth, fall carnival games, and more.

**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.

Healthy School Team Update

October 2014

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