

**Mental Health**

**National Suicide Prevention Awareness Month**

Suicidal thoughts can affect anyone regardless of age, gender or background. Suicide is the [third leading cause](https://www.nami.org/Learn-More/Mental-Health-By-the-Numbers) of death among young people and is often the result of mental health conditions that effect people when they are most vulnerable. Suicidal thoughts and suicide occur too frequently but should not be considered common and can indicate more serious issues. In many cases the individuals, friends and families affected by suicide are left in dark, feeling shame or stigma that prevents talking openly about issues dealing with suicide. [Please click](http://tspn.org/suicide-and-population-groups/suicide-and-youth) to learn more facts about youth suicide in Tennessee.

**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.

**Fitness Discounts:**

GMSD values its community partners and how they can help our teachers get physically fit. [Click here](http://www.gmsdk12.org/Downloads/GMSD%20Fitness%20Discounts.pdf) to see fitness discounts for our GMSD family.

**HST IMPORTANT DATES:**

October 16 – PA/PE 1 Due

October 3 – CDC School Health Index Scorecard Due

October 16 – Healthy School Team Meeting Minutes #1 Due with Goals for the year

October 19-23– National Health Education Week

October 23-31 – Red Ribbon Week

November 11th - Mini Grant Applications Due. Please revisit requirements to apply.

**Introducing Smart Starts!**

Getting healthier can seem like a daunting task, but one that we know we need to do.   
We all face our own hurdles, like limited time, lack of energy, and not enough money.  
We understand. That’s why GMSD is teaming with the Governor’s Foundation to bring Smart Starts to our teachers. Small Starts are ideas for simple healthy activities you can start today. They're easy, and they're free. Use them to develop better habits to move more, eat better and quit using tobacco. Select just one thing to start today and begin tracking your progress toward a healthier and more active lifestyle. Before you know it, these Small Starts will add up to big changes to your overall health. Get started now! [Click here](http://streaks.healthiertn.com/join/csh796), sign-up using your GMSD email and schools phone number it’s FREE!

**Expert Calms Selfies Are Giving Teens Head Lice**

Teens everywhere are smooshing their heads together in an attempt to capture the perfect selfie, and while that sounds pretty innocent, danger is lurking just around the corner: all those selfies could be causing an uptick in head lice cases. [Read more…](http://time.com/9572/expert-claims-selfies-are-giving-teens-head-lice/)

**Sept. Health Observances**

September is a busy month for health observances and promoting awareness. This month we will focus on Childhood Obesity and Suicide Prevention.

[National Childhood Obesity](http://www.fitness.gov)

Healthy School Team Update

September 2015

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