

**GMSD Updates:**

-[Healthy & Active Germantown](https://coachmartinpe.weebly.com/staff-wellness.html) discounts available. Download E-Book

-[Virtual Calming Room](https://www.thephysedexpress.com/virtual-calming-room.html) is available for all GMSD!

-[Nutrition Labels](https://www.thephysedexpress.com/learning-labels.html) Learning experience available by request.

December will have us focusing on giving back! [Toys For Tots](https://l.facebook.com/l.php?u=https%3A%2F%2Fmidsouth.toysfortots.org%2Flocal-coordinator-sites%2Flco-sites%2Fdefault.aspx%3FnPageID%3D100%26nPreviewInd%3D200%26fbclid%3DIwAR3_xMQZElybr49QGg4ARSMsM70mf3F6D_RWVXRLvmHKMWhcfIkxCDcnmKM&h=AT13uc4J6QModrLUA8qu38hdu7p0jZ7_R7Ona9p-5qHncD0ADTKkQbwW1yePSePNZ9Ft2vl2ZUET7YyzL15Fc7lKv_fRZkXffKi6HW74hHR50bIHDlBKXTz2lcubMgILg6Fupn9AyA&__tn__=-UK-R&c%5b0%5d=AT3X86t4kU7Sq2PQ_po4eZXuEh6n-hzNX5oR69WPC-MHhGXDj582N1Fa8DQ36_NYE3r3mP0KGSlja_Ef2HMaTHh50mLDpl_2boeubWAZh43-O1_EUlLe0WmXO0uQcySYEc7KsbBdmluXoYrcqokoVrnEst2ZeDK10R__ve4olGXFrGyXGIdePdu76YgerPLWat9RPZ0SlmGOMI_97pnbNfVsCg) is an organization we’d like to support!

See our [district-wide contest](https://drive.google.com/drive/folders/1Bgr0XnAFt5PYpFS8kZPFDljwDyh6TSWj?usp=sharing) for this initiative!

**Initiatives & Offerings:**

-[Free Yoga](https://docs.google.com/forms/d/e/1FAIpQLSc7B8JFIbgljzYkxIFLiU0FvrmZH0Cao0mEp8ogY3M7A5jXtg/viewform?usp=sf_link) for staff! CSH and HR are picking 3 people from each building to participate in a virtual yoga program!

-Check out the official [Yoga Flyer](https://drive.google.com/drive/u/0/my-drive) to meet the instructor and get all the information!

-Encourage HS Seniors to take the [Don’t Drive Drowsy Pledge](https://linkprotect.cudasvc.com/url?a=http%3a%2f%2fdontdrivedrowsy.org%2f&c=E,1,1HTdpTLC_e4zXqrghpC5aEBiGKoArtF4SrxotY_ZgU7UWObTXjV2gGMEGSrEsHPuqLnyNYAaxsCbO3Rhib9yxKMqUOxEWmfcuDBNzvbpVmMYSmMe&typo=1) and register for one of two [$1,000 Scholarships](https://drive.google.com/drive/u/0/my-drive)!

**Staff Wellness**

**-**[Self-Care resources](https://coachmartinpe.weebly.com/self-care-resources.html) are available for all staff.

-[Staff Exercise](https://coachmartinpe.weebly.com/adult-exercises.html) resources.

-[Staff Wellness](https://coachmartinpe.weebly.com/staff-wellness.html) resources.

**Health Referrals**

Email us with anyone that needs a health referral for vision or hearing.

**Important Links & Resources:**

HST Page on my Site: [Click Here](https://coachmartinpe.weebly.com/healthy-school-teams.html)

AFHK SHI Page on my Site: [Click Here](https://coachmartinpe.weebly.com/afhk-school-health-index.html)

**HST Important Dates:**

* Activity Tracker Due January 5th
* Team Eval Semester 1 Due January 5th
* CPR certifications for staff starting week of November 2nd

Coordinated School Health is based on the Centers for Disease Control 8 component approach to healthier schools:

1. Nutrition Services
2. Physical Ed/Physical Activity
3. Healthy School Environment
4. Counseling and Psychological Services
5. Health Promotion for Staff
6. Parent/Community Involvement
7. Health Services
8. Health Education

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.

**December Health Observances**

**8 Components of Coordinated School Health**