This month we highlight: **Mister P’s Buffalo Wings** (G-Town)

*-Receive 10% off your order*

\*Over 110 discounts available to ALL GMSD Employees!

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\*CPR training will be offered each month at the District Office.

December training session date is TBD (email for scheduling a class).

\*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**

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

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**St. Jude Race**

**GMSD Team**

**December Health Observance**

**What’s new?!**

**Healthy & Active Germantown**

**Staff Discounts**

Germantown municipal schools

Csh newsletter

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**\*Staff Led Fitness Classes:**

\***Cardio Kickboxing Class**

Led by: Mio Namba

Time: 4:15-5:15

Date: 12/06/21

Location: RES Gym A

**\*Yoga (Beginner) Class**

Led by: Stacey S. & Karen B.

Time: 4:15-5:15

Date: 12/09/21

Location: RES Multipurpose Room

**Healthy School Teams**

**GMSD**

\*The GMSD Donation Drive to support [**Toys 4 Tots**](https://www.toysfortots.org/Default.aspx) and [**Angel Tree**](https://salvationarmymemphis.org/angel-tree)

\*If you and/or one of your students donates (online or bringing in a toy) place a GMSD Train on your door to show your support. [Click Here to download](https://drive.google.com/file/d/156lb5T7cG2dWTy7wnF9MdMAAjtoGhP_6/view?usp=sharing).

*\*Place a train on the door for each donation received!*

\*Compliment Initiative: Follow our lead and create a compliment wall! [Click Here](https://docs.google.com/document/d/19kM8wccdF813spNUh1zr8f5MYB18eEtc/edit?usp=sharing&ouid=112876435214583484467&rtpof=true&sd=true)

\*Remember to do your daily health screening checks in Skyward.

\*Pfizer Covid booster shots available to those working in education.

*(GBC site is open on Tuesday & Thursday; No appointment needed)*

**Health Updates**

**GMSD**

\*All schools are required to have an 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)

Reports that should have been submitted by now:

-HST List

-CPR List

-SHI report

-Meeting 1 notes

\*December is [National Safe Toys & Gifts Month](https://www.apha.org/events-and-meetings/apha-calendar/2019/safe-toys-and-gifts-month-2019). We will be participating in a Toys 4 Tots drive. (Locations will be forthcoming)

**Toys for Tots Donation**: [Click Here](https://toysfortots.org/donate/forms/simple/Default.aspx)

**Angel Tree Donation**: [Click Here](https://salvationarmymemphis.org/kettle365)

CSH Initiatives & Programs

GMSD