**What’s new?!**

**Healthy & Active Germantown**

**Staff Discounts**

Germantown municipal schools

Csh newsletter

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\*Staff led fitness classes will continue this month (official dates/times T.B.D.)

\*GMSD Stampede is officially set for April 24th!!

\*Orangetheory GMSD class will take place on Saturday, Feb. 12th @1:30 p.m. (Monday session is T.B.D.)

\*Do you have a project that you want to see come to fruition for the benefit of your students and/or school?!!

\*Apply for a [CSH Mini-Grant](https://www.thephysedexpress.com/funding-resources.html) for a chance to make a difference.

\*Last month’s winner: FES Nutrition Council is getting FUTP 60 Aprons!

**CSH Mini-Grants**

**GMSD**

**February is American Heart Month**

Take this time to learn about

[Heart Health](https://www.hopkinsmedicine.org/health/wellness-and-prevention/heart-health)

\*Support your school’s Kid’s Heart Challenge Program (DES).

\*Learn more about Heart Attack or Stroke Symptoms. [Click Here](https://www.heart.org/)

\*Next CPR training session for GMSD will be on **February 16th at District Office from 4:30-5:30.**

*Sign-up in Frontline to reserve a spot (only 12 spots available)*

\*Emergency AED drills have taken place at RES, DES, FHES, and HHS. Please get yours scheduled with CSH.

**CPR & Safety Trainings**

**GMSD**

\*Updated [COVID-19 Guidelines & Scenarios](https://www.thephysedexpress.com/covid-guidelines-gmsd.html) are now available.

\*GMSD is receiving ELC grant funds to start a clinic!! Details will be forthcoming in months ahead.

\*[Virtual Driver’s Education](https://www.thephysedexpress.com/drivers-education.html) resources available from CSH.

GMSD Presents [Fitness Land](https://www.thephysedexpress.com/fitness-land.html) is still taking place (ends on Feb. 24th). Not too late to join for a chance to win some amazing prizes, such as:

-Amazon Fire Tablet

-Keurig K-Mini

-Apple Airtag

-Tacos 4 Life Gift Card

-Wild Beets Salad Gift Card

-Chicken Salad Chick Gift Card

-Chic-Fil-A Gift Bundle

-1 Free Luxury Pillow

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**Healthy School Teams**

**GMSD**

\*Meeting #2 Notes Due March 11th

\*Activity Tracker & Team Evaluation was Due on January 7th

\*[Healthy School Teams Page](https://www.thephysedexpress.com/healthy-school-teams.html)

*All documents found here.*

This month we highlight:

[**Honey Spray Tans**](https://www.thehoneyspraytans.com/)

Receive 10% off using promo codeGMSD-10

\*Over 110 discounts available to ALL GMSD Employees!

**February Health Observance**

**Health Updates**

**GMSD**

CSH Initiatives & Programs

GMSD