

**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.

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

-[15 Second Exercises](https://www.thephysedexpress.com/15-second-workouts.html) available.

February will have us focusing in on Nutrition improvements and challenges for students & staff of GMSD!

-Several initiatives for GMSD will be available. Please share with your students & staff!

**COVID-19 INFO:**

-COVID-19 Vaccinations intent surveys were sent out district-wide in January.

-We are awaiting dates from SCHD to share with staff.

**Health Referrals**

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

**Get Rewarded for YOUR great Ideas!!!!**

Email Andrew Martin with any student and/or staff challenge/initiative and if selected get a reward!!

Available for all 6-8 grade students in GMSD.

If interested, contact Tony Cherone.

[anthonycherone@aol.com](mailto:anthonycherone@aol.com)

901-488-2985

**Club Tennis for GMSD**

[Virtual Yoga Registration](https://www.thephysedexpress.com/yoga-gmsd.html)

Available for Students & Staff

7-14 week program

**What’s New!!**

**Coordinated School Health**

**GMSD**

**HST Important Dates:**

* Meeting 2 Notes due by March 12th
* Share your successes with us!!

**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)

-Email me if you have anything health & fitness related taking place that we can highlight!

**Initiatives & Offerings:** (students & staff)

[-The Biggest Loser Challenge](https://www.thephysedexpress.com/the-biggest-loser.html)

(staff only)

-[Mustangs Get Cooking Challenge](https://www.thephysedexpress.com/mustangs-get-cooking.html)

(students & staff)

[-The Healthy At-Home Challenge](https://www.thephysedexpress.com/healthy-at-home-program.html)

(students & staff)

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

(Classroom Activity)

-[Healthy & Active Germantown](https://www.thephysedexpress.com/staff-wellness.html) Resources for staff

**February Health Observances: Nutrition**

**GERMANTOWN MUNICIPAL SCHOOLS**

**CSH NEWSLETTER**