This month we highlight: **Highpoint Climbing & Fitness**

*-Receive discounted membership of $55.20 (reg. $69)*

\*Over 110 discounts available to ALL GMSD Employees!

A picture containing map

Description automatically generated

\*ALL schools are required to have an AED Emergency Response Team and complete 1 drill a year.

~DES, RES, and FHES have completed their AED Drill. Please schedule yours with CSH.

\*Request CPR Training(s) with CSH. Class will be offered monthly at GMSD District Office.

**CPR & Safety Trainings**

**GMSD**

**January Health Observance**

**What’s new?!**

**Healthy & Active Germantown**

**Staff Discounts**

Germantown municipal schools

Csh newsletter

Logo

Description automatically generated

**\*Staff Led Fitness Classes:**

\***Cardio Kickboxing Class**

Led by: Mio Namba

Time: 4:15-5:15

Date: TBD

Location: RES Gym A

**\*Yoga (Beginner) Class**

Led by: Stacey S. & Karen B.

Time: 4:15-5:15

Date: TBD

Location: RES Multipurpose Room

\*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.*

\*HST Reports due this month:

~Activity Tracker Semester 1 (Jan 7)

~Team Evaluation Semester 1 (Jan 7)

\*\*Any missing reports should be sent to CSH in a timely manner!

\*Congrats to our two recipients of the [CSH Mini-Grant Applications](https://www.thephysedexpress.com/funding-resources.html).

~Dr. Stacy Stevens of RES received $300 to get yoga mats for a mindfulness program.

~FHES PE received $300 to receive targets for their new archery program

**CSH Mini-Grants**

**GMSD**

\*January 2022 is National Blood Donor Month.

\*Consider [donating](https://www.yelp.com/search?cflt=blooddonation&find_loc=Germantown%2C+TN%2C+USA) at one of the many locations in Germantown, TN.

A picture containing shape

Description automatically generated

**Healthy School Teams**

**GMSD**

\*Join us as we play “Fitness Land” to see who can make it to the highest level and win some cool prizes in the process. Click [Here](https://www.thephysedexpress.com/fitness-land.html) to Learn More!!

\*Anti-Vaping support groups are in the works for any HHS student that is interested and receives parental consent. (More to come on this).

\*FHES was awarded a GEF Grant ($4,500) to get a Bike & Safety Program

\*GMSD applied with the State to receive grant funding to start a clinic for our district and recently received approval!

\*HHS students in grades 9th and 11th will receive CPR certification in February as part of our partnership with the GFD.

**Health Updates**

**GMSD**

CSH Initiatives & Programs

GMSD