**What’s new?!**

**Healthy & Active Germantown**

**Staff Discounts**

Germantown municipal schools

Csh newsletter

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\*[Brain Breaks](https://www.thephysedexpress.com/classroom-physical-activity.html) for your classes!

\*[Virtual Driver’s Ed](https://www.thephysedexpress.com/drivers-education.html) Resources for GMSD students and families.

\*Orangetheory class on a Monday will take place for 22 lucky staff members. (Date will be emailed).

\*Updates to our [Virtual Calming Room](https://www.thephysedexpress.com/virtual-calming-room.html) to better serve you!

\*[Recess Breaks](https://www.thephysedexpress.com/recess-breaks.html) for your classes!

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CSH Initiatives & Programs

GMSD

\*[Germantown Gets Cooking Challenge](https://www.thephysedexpress.com/germantown-gets-cooking.html)

\*Weekly Form for Participants: [Here](https://forms.gle/UbCpRRUxvTtCMD838)

\*Each building will compete to have a student & staff winner that will receive a prize from CSH!

\*Participants will prepare, cook, and highlight their healthy meals during a 4-week period (Different theme each week).

\*Week 1: Breakfast

\*Week 2: Lunch

\*Week 3: Snacks & Smoothies

\*Week 4: Dinner

\*Student winner receives: $25 gift card to restaurant of their choosing

\*Staff winner receives a brand-new cooking set! (Pots, pans, etc.)

**Healthy School Teams**

**GMSD**

\*Meeting #3 notes are due by March 13th.

\*Any late reports from previous month should be submitted by 3/13.

This month we highlight Buff City Soap (Germantown).

\*Receive 10% discount at this location only when you present your GMSD I.D. Badge!

CPR Class available on 03/23/22 at District Office

4:30-5:30 (Frontline Register)

\*CPR Training was held for G.O.A.L. students on 2/14/22!!

A group of people posing for a photo

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**CPR & Safety Trainings**

**GMSD**

\*FLC training for new teachers is now available. Request training, if needed.

\*[Health Marketing Activity](https://www.thephysedexpress.com/marketing-activity-health.html) for your students (Middle & High School).

**RUN GMSD**

**2022**

**REGISTER TODAY:** [**CLICK HERE**](https://raceroster.com/events/2022/57944/run-gmsd)

\*March is National Nutrition Month

\*Learn more about this Health Observance [here](https://www.eatright.org/food/resources/national-nutrition-month).

\*Show support by participating in the Germantown Gets Cooking Challenge (staff and students).

**March Health Observance**

**Health Updates**

**GMSD**