

**HST Important Dates:**

* Meeting 3 Notes due May 14th
* Activity Tracker due May 14th
* Team Evaluation due May 14th
* In-Kind Report due May 14th

**Thank you for participating in our monthly CSH Initiatives! We’ll continue these next year! Check out what we did and what to expect next year!**

* [Breast Cancer Awareness Virtual Run Challenge](https://www.thephysedexpress.com/virtual-run-challenges-gmsd.html)
* [Walk Across TN Challenge](https://www.thephysedexpress.com/walk-across-tennessee.html)
* [No Smoke November](https://www.thephysedexpress.com/no-smoke-november.html)
* [Toys for Tots Drive](https://www.thephysedexpress.com/toys-for-tots.html)
* [The Fitness Warehouse](https://www.thephysedexpress.com/the-fitness-warehouse.html)
* [Healthy At Home Challenge](https://www.thephysedexpress.com/healthy-at-home-program.html)
* [Learning Labels Experience](https://www.thephysedexpress.com/learning-labels.html)
* [Germantown Gets Cooking](https://www.thephysedexpress.com/germantown-gets-cooking.html)
* [Hydrate for Health](https://www.thephysedexpress.com/hydrate-for-health.html)
* [Step It Up Challenge](https://www.thephysedexpress.com/step-it-up-challenge.html)
* [The Biggest Loser](https://www.thephysedexpress.com/the-biggest-loser.html)
* [Staff Yoga Program](https://www.thephysedexpress.com/gmsd-staff-yoga.html)

**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!

**CPR & AED Training**

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Anyone in need of training should reach out to [Andrew Martin.](mailto:andrew.martin@gmsdk12.org?subject=CPR%20Training%20Interest) Sessions can be scheduled based on staff interest.

**CSH Events in May**

-Arrive Alive event will be at HHS on May 3rd & 4th.

-CPR Training for HMS 7th Grade

**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.

**GMSD STAMPEDE**

The GEF and GMSD worked together to put on a terrific virtual race! We raised $27,000 for our GMSD schools! Thank you for the support!

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May is High Blood Pressure Awareness Month. The Department of CSH would like to encourage all staff members to routinely check and monitor their [blood pressure](https://www.healthline.com/health/high-blood-pressure-hypertension#overview)!

If you have high blood pressure, consider using some of these effective methods to aid in [lowering blood pressure](https://www.healthline.com/health/high-blood-pressure-hypertension/lower-it-fast)!

Not sure if your blood pressure is normal? Use this [Blood Pressure Chart](https://www.heart.org/en/health-topics/high-blood-pressure/understanding-blood-pressure-readings) from the AHA!

Request access to Brain Break Yoga Training! Learn valuable skills and earn FLEX!

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

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**Healthy & Active**

**Germantown**

Staff Discounts

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Stay healthy and active throughout the summer by using these discounts!

Stay active during the summer with Yoga!

**May Health Observances:**

**High Blood Pressure Awareness**

**What’s New!!**

**Coordinated School Health**

**GMSD**

**GERMANTOWN MUNICIPAL SCHOOLS**

**CSH NEWSLETTER**