\*Over 100 staff discounts available to ALL GMSD employees!!

\*Secure a discount for GMSD staff and win a prize!!

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\*CPR training will be offered each month at the District Office. First training session is November 17th from 4:30-5:30.

\**Register in Frontline.*

\*View our [online resources](https://www.thephysedexpress.com/cprfirst-aidaed.html) for CPR, First-Aid & AED

\*[Concussion Training](https://www.thephysedexpress.com/concussion-info-and-form.html) (coaches)

\*[Heat Illness Training](https://www.thephysedexpress.com/heat-illness-prevention-training.html) (coaches)

\*[Sudden Cardiac Arrest](https://www.thephysedexpress.com/sudden-cardiac-arrest-info-and-form.html) (coaches)

\*[Training Acknowledge](https://forms.gle/7NB4GqwNzkVjc87c8) (coaches)

**CPR & Safety Trainings**

**GMSD**

\*If your GMSD school doesn’t already have a team, consider joining ours!!

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**St. Jude Race**

**GMSD Team**

**November Health Observance**

**What’s new?!**

**Healthy & Active Germantown**

**Staff Discounts**

Germantown municipal schools

Csh newsletter

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\*DLD on November 2nd will see some exciting health and fitness offerings to all GMSD staff:

\*Cardio Fitness Drumming

(Coach Wood and Stratton)

\*Fitness Rope Activity

(Coach Bland)

\*Staff Yoga starts on November 3rd for 33 GMSD staff members!

\*All schools are required to have a 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.*

\*[Complete School Health Index (SHI)](https://www.thephysedexpress.com/afhk-school-health-index.html)

Reports that should have been submitted by now:

-HST List

-CPR List

-SHI report

-Meeting 1 notes

**Healthy School Teams**

**GMSD**

\*November: Sleep Better, Feel Better Challenge: [Click Here](https://www.thephysedexpress.com/sleep-better-feel-better-challenge.html)

Winner from each building will receive a gift from Sleep Number (Germantown)

\*New & Improved: [Virtual Calming Room](https://www.thephysedexpress.com/virtual-calming-room.html)

\* Guest (virtual speaker) on topic of self-care and wellness.

\*Email us for staff fitness and health ideas.

November will see GMSD students learning about the harmful effects of smoking & vaping via our [No Smoke November Challenge](https://www.thephysedexpress.com/no-smoke-november.html)

\*Art Contest Guidelines: [Click Here](https://docs.google.com/document/d/1rW7-_a_rqpnFiwiyu8bfFyPyR7Hct9J1/edit?usp=sharing&ouid=112876435214583484467&rtpof=true&sd=true)

[Tobacco & Vaping Education](https://www.thephysedexpress.com/tobacco--vaping-education.html)

[Anti-Tobacco: Town Hall](https://www.thephysedexpress.com/town-hall-anti-tobacco.html)

\*Remember to do your daily health screening checks in Skyward.

\*Pfizer Covid booster shots available to those working in education.

\*COPD Awareness Month

[*Read more here*](https://www.cdc.gov/copd/index.html#:~:text=Chronic%20obstructive%20pulmonary%20disease%2C%20or,Americans%20who%20have%20this%20disease.)

**Health Updates**

**GMSD**

CSH Initiatives & Programs

GMSD