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

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



\*CPR training will be offered each month at the District Office. First training session is October 20, 2021 @4:45-5:45

\**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!!



**St. Jude Race**

**GMSD Team**

\*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)

\*Request a meeting for help with HST.

1. School Health Index: Oct. 8th
2. Meeting #1 Notes: Oct. 8th

**September Health Observance**

**What’s new?!**

**Healthy & Active Germantown**

**Staff Discounts**

Germantown municipal schools

Csh newsletter



\*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 sign-ups coming soon!

\*October: [Breast Cancer Virtual Run](https://www.thephysedexpress.com/breast-cancer-memory-run.html)

\*Oct-Nov: [Walk Across TN Challenge](https://www.thephysedexpress.com/walk-across-tennessee.html)

\*Do you have what it takes to complete the October Plank Challenge!!!

-Click [Here](https://docs.google.com/presentation/d/1_r8yeKmS2AjJzSrDeHdjIjZoTCV2_BeB/edit?usp=sharing&ouid=112876435214583484467&rtpof=true&sd=true) to see the challenge! Email pictures and feedback to Andrew Martin for a chance to win prizes!

\*Email us for staff fitness and health ideas.

**Healthy School Teams**

**GMSD**

**Breast Cancer Awareness Month**

Participate in our 2nd Annual Virtual Breast Cancer Awareness Run to raise awareness, funds, and win prizes!

\*[Breast Cancer Virtual Run Page](https://www.thephysedexpress.com/breast-cancer-memory-run.html)

\*[Enter Steps & Miles](https://docs.google.com/forms/d/e/1FAIpQLScmMiYtjJHoZX6jSvHb-PYRXbw26F_zlFYP5aqarcKa788sRA/viewform?usp=sf_link)

\*[Memory & Dedication Wall](https://docs.google.com/forms/d/e/1FAIpQLSdpviQ_wUXnjgX2lgcf0pJ5N_EQnaqds0BR3DggRcRAQQkwAg/viewform?usp=sf_link)

\*[Donate to Breast Cancer Research](https://www.bcrf.org/)

Flu Shots started in later September and wrap up this month with:

\*RES: October 1st (8:00-10:00)

\*HMS: October 4th (7:00-9:00)

\*HHS: October 7th (7:00-9:00)

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

**Health Updates**

**GMSD**

CSH Initiatives & Programs

GMSD