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

\*New discounts each month!!

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\*CPR training will be offered each month at the District Office. First training session is September 8, 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**

\*Health Screenings are postponed for the 21-22 school year. These will resume next year!

\*Sign-up to receive a free flu shot at your school building. [Click here](https://docs.google.com/forms/d/e/1FAIpQLSdakw0MkuvxJH66im9fIpuQXYX5LKCbJ47uZ2Ij3jXliEPNkA/viewform?usp=sf_link)

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

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**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.) HST List = Due September 17th

2.) CPR Certification List = Sept. 17th

**Healthy School Teams**

**GMSD**

\*September is National Cholesterol Education Month. (Click Image)

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**September Health Observance**

The 2021-2022 school year will see some exciting rollouts for our GMSD students and staff.

-MTN Bike Teams (6-12 grades)

-Rock Climbing Teams

(Ages 11-18)

-[Marathon Runners of GMSD](https://www.thephysedexpress.com/marathon-runners-of-gmsd.html)

-[Bike Safety Programs](https://www.thephysedexpress.com/bicycle-education.html) (Starts at DES, FES, and HHS this year)

**Health Updates**

**GMSD**

**What’s new?!**

**Healthy & Active Germantown**

**Staff Discounts**

Germantown municipal schools

Csh newsletter

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\*September: [Wellable Challenge](https://www.thephysedexpress.com/nutrition-ambition-challenge.html)

*Prize for winner of each GMSD building*

\*October: National Walk to School Day is October 6, 2021

\*Breast Cancer Awareness Virtual Run (Entire Month of October)

\*Walk Across TN Class Challenges in October

\*Each month will see new initiatives!

CSH Initiatives & Programs

GMSD