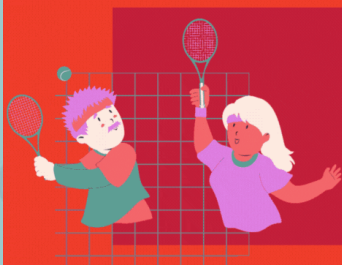




THE **PulsePOINT**

YOUR MONTHLY NEWSLETTER FROM COORDINATED SCHOOL HEALTH

www.thephysedexpress.com



PHYSICAL EDUCATION



PE Teacher Spotlight: Rebecca Pendleton (HHS)

***Why did you become a PE Teacher?**

1. I became a PE Teacher because the idea of combining sports and education really interests me. Sports have shaped the majority of my life, and I love the presence of the gym. With my PE position, I was able to coach volleyball as well. This was very influential in my decision to become a PE Teacher. As a whole, I love being around the students and being able to teach them valuable life lessons.



***What do you enjoy most about teaching PE in GMSD?**

2. When it comes to teaching PE in GMSD, my favorite thing is the relationships that I am able to build with my students. I attended Germantown schools and value the opportunity to give back to GMSD.

***What is one of your most memorable teaching moments?**

3. One of my most memorable teaching moments was being recognized and receiving an award for sportsmanship and character throughout the state of Tennessee.

***What health or fitness advice could you give staff in GMSD?**

4. If I was to give advice to the staff, it would be to surround yourself with youth as much as possible. Being around younger ages keeps you young and allows you to see the positive light in all things.

PACER DATA

***Due by Friday, May 5th!!**

PE Teachers, please start the process of planning out and implementing the PACER test for your GMSD classes.

I need the PACER scores for students in grades 4th, 6th, 8th, and 9th!

A spreadsheet has been emailed to all PE teachers for you to input your student's PACER data. This is due to me by May 5th!!

PACER Resources:

<https://www.thephysedexpress.com/fitness-gram.html>



Resources from CSH

CSH has built two very important resources to support the Physical Education Teachers & Programs in GMSD!!

Check out these two great resources designed to support you and your programs:

1. Physical Education Quick Links: [Click Here](#)

**This is a comprehensive pages of resources built for you and your PE Programs. The quick link page will direct you to specific activities, resources, and tools to support you!*

2. Google Drive for Physical Education: [Click Here](#)

**This massive resource has folders that are specific to their content, which are housed with lessons, activities, visuals, and much more to support you!*

PHYSICAL EDUCATION QUICK LINKS GMSD

GMSD PHYSICAL EDUCATION GOOGLE DRIVE

ACADEMIC INTEGRATION



ACADEMIC INTEGRATION

ORIENTEERING

HEART ZONE EDUCATION

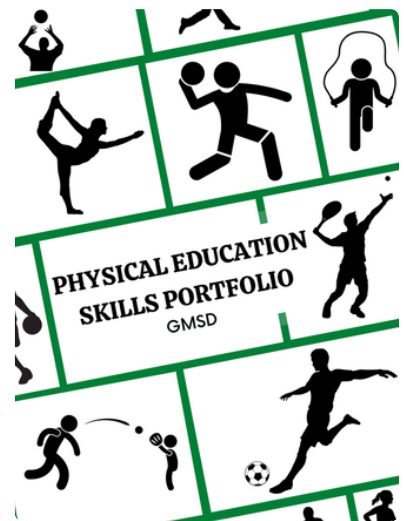
PE Skills Portfolio

Portfolium has opened for all GMSD PE Teachers (Grades K-5). You should have access and will need to log-in to verify and activate your account. Please do not wait to do this, as we will have to re-roster your if your account isn't verified.

All PE Teachers should have started this process by now and have completed several of their pre-assessments. Remember, the following assessments are required:

1. Locomotor (2nd Grade)
2. Overhand Throw (5th grade)

***Email assessments to CSH if you would like feedback and scoring guidance for your growth selections!**





PE Portfolio

The purpose of this page is to provide GMSD Physical Education teachers with the necessary resources to successfully complete their state mandated skills portfolio. Please refer to the videos below to get a visual example of how to structure your portfolio assessments. *For support, contact Portfolio.Questions@tn.gov. Please include relevant TLN with all inquiries.

🔗 thephysedexpress.com



HEALTH SERVICES & NURSING



School Nurse Appreciation Day is coming up next month, which means you've got plenty of time to start thinking about ways you can show your appreciation to these heroes in your building! They work tirelessly each school day to ensure our students and staff are safe and prepared to learn.

On Wednesday, May 10th, let's make sure we shower these incredible ladies with the love and appreciation they deserve! Here's our heroes in GMSD in case you want to reach out to those outside your building too:

1. Colleen Cheatham (GMSD's Lead Nurse)
 2. Alison Herrington (FHES Nurse)
 3. Julie Bebawy (RES Nurse)
 4. Melissa Eskins (FES Nurse)
 5. Madie Srinivasan (DES Nurse)
 6. Kristen Oster (HMS Nurse)
 7. Celeste Waldrup (HHS Nurse)
-



The CSH Initiative for the month of April is "Hydrate 4 Health" and we want to encourage ALL GMSD employees and students to participate!!

Here's how the competition will work for each group and the prizes up for grabs:

1. K-5 Students: Create a "water themed" superhero. Explain their origin story and how they use their powers to help others!
2. 6-8 Students: Create a Power Point or submit a proposal on how you can raise awareness on the importance of being hydrated. How would you spread the word on this throughout your school or community?
3. 9-12 Students: Track your water-intake for the month of April or submit a proposal on how you can raise awareness on the importance of being hydrated. How would you spread the word on this throughout your school or community?
4. GMSD Employees: Track your water-intake for the month of April.

*GMSD Employee building winners will receive a custom "Hydrate 4 Health" tumbler.

*GMSD Students will receive one of the following: \$50 Gift Card (1st place), \$25 Gift Card (2nd place), or \$10 Gift Card (3rd place). 3 winners selected from each grade band (K-5, 6-8, and 9-12).

*Water-Intake Tracking Form (Employees and 9-12 Students ONLY):

<https://forms.gle/thnbnTxZMa68M8aN6>

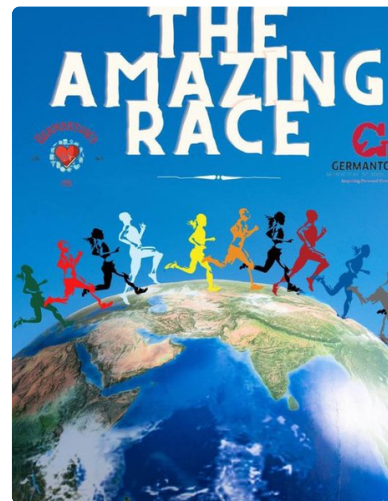


The Amazing Race

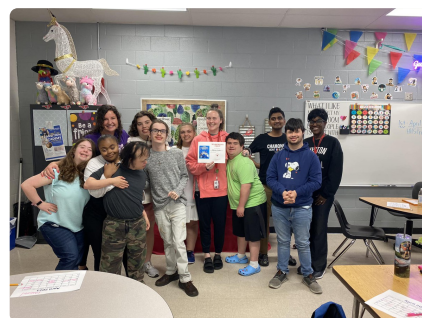
GMSD Employees competed throughout the month and put the AMAZING in The Amazing Race!! We had such a terrific amount of participation and were able to connect to numerous community

partners. I'd like to thank all of those community partners for their donations to support this CSH Initiative:

1. Biggby Coffee: \$30 Gift Card & Coffee Mug
2. Forest Hill Grill: \$50 Gift Card
3. Mattress Firm: Gift Certificate for 1 Free Luxury Pillow or Sheets
4. Memphis Chiropractic: 1 Free Massage & Day 1 Visit (\$200 value)
5. Mojo Nutrition: 1 Free Loaded Tea
6. Shoot 360: 1 Week Family Pass
7. HOTWORX: 1 Month Membership & Swag Bag
8. Orangetheory: Swag Bag
9. Buff Cakes: Gift Certificate
10. Purity IV Hydration: 1 Free Infusion (\$200 value)
11. Honey Spray Tans: 1 Free Tanning Session
12. Renew Myofascial Release: 1 Free Session
13. Iron Tribe Fitness: 1 Week Pass (+1)
14. Tacos 4 Life: \$20 Gift Card
15. The Genre Memphis: Gift Certificate



We had a blast rewarding our weekly winners and hope you participate in our April Initiative, Hydrate 4 Health!!



We have walked a total of **621** miles- Where shall we go?

We need at least **40**
miles to complete our
journey!



OUR MISSION:

To honor National Down Syndrome Day (3/21), we are on a mission to find businesses owned and/or run by people with Down Syndrome!



COMMUNITY PARTNERS

State Farm & GMSD

Very excited to announce our newest program through GMSD CSH!! We present to you The GMSD Student Athlete of the Month!! We will select 1 High School Student Athlete & 1 Middle School Student Athlete each month to receive the following:

- * Trophy
- * T-Shirt
- *\$50 Gift Card

Community partners are so important to the things we do in GMSD that it would only make sense to have this program presented/sponsored by one.

The presenting sponsor of the GMSD Student Athlete of the Month will be "Alisha Dumas of State Farm"!!!

We have selected our Alisha Dumas State Farm Athletes of the March as the following:

1. Jaden Sallie (HHS)
2. John Lee (BES)



**We are taking recommendations for student athletes from HHS, HMS and RES that compete in the following: **Students should have excellent attendance and grades.*

1. HHS: Track & Field, Soccer, or Softball
2. HMS & RES: Track & Field or Soccer

H

CONGRATULATIONS TO OUR



**ATHLETE
OF THE MONTH**

Jaden Sallie



@houston high school

SPONSORED BY ALISHA DUMAS STATE FARM
2135 MERCHANTS ROW #5
GERMANTOWN, TN 38138-3816





CONGRATULATIONS TO OUR



**ATHLETE
OF THE MONTH**

John Lee



SPONSORED BY ALISHA DUMAS STATE FARM
2135 MERCHANTS ROW #5
GERMANTOWN, TN 38138-3816



Houston Hearts Gala

The Houston Hearts Gala was the evening of March 30th and what an incredible event it was!!

The students started setting this event up at 7 this morning and it was absolutely amazing! The amount of people that attended, celebrated, and had a blast was remarkable!



None of this would have been possible without the vision and dedication of Houston Hearts founder, Eden Johnson! She set out on this dream over a year ago and made incredible and inspiring things happen!

The entire GMSD community celebrates her and the Houston Hearts Club's accomplishments! Also, they raised over \$6,000 at their Gala this evening!! All the funds will go to supporting the work of Project Adam: Lawson's Legacy at Methodist LeBonheur!



Mojo Nutrition & GMSD

It's trivia time for GMSD!!

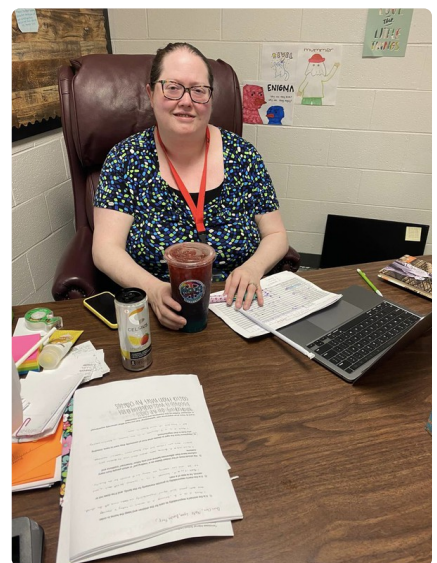
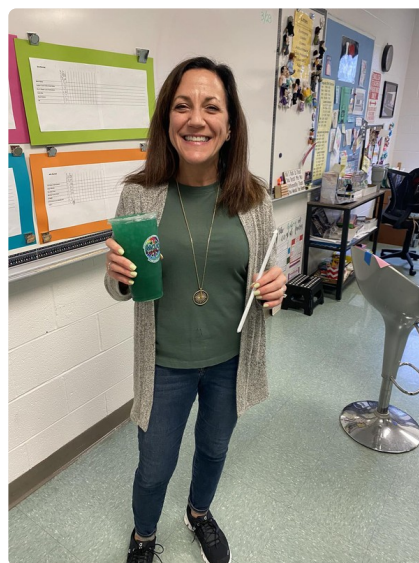
Each week, CSH will post a trivia question the CSH Facebook page. If you answer correctly before anyone else, you will receive a drink of your choosing from Mojo Nutrition delivered to you at work!

If you're not following us on Facebook, you're missing out on lots of great opportunities!! Give us a follow and see the opportunities that await!!

*Mojo Nutrition is able to support your sport, club, and school! All you need to do is select a day and let them know. They will contribute 10% off all funds for the day you select back to your organization!



Germantown Coordinated School Health: <https://www.facebook.com/gmsdhpelw>



Smith's Plumbing Services

A huge shout out goes out to Owner of Smith's Plumbing Services, Dustin Smith, for stepping up to provide a much needed sponsorship to the Stang Gang Cheer Squad of HHS!!

The cheerleaders of this amazing squad were invited to perform at halftime for the Memphis Grizzlies on March 22, 2023. Dustin stepped up to provide a donation in the amount of \$740.00 to ensure that all of these incredible young people were able to attend and perform!



Leadership Germantown

DES played host to the Physical Education component of the Leadership Germantown's education day at GMSD. We were able to utilize amazing DES students to help showcase unique programs we have in GMSD to keep our students engaged and active, such as:

1. Lu' Interactive Technology
2. Cardio Fitness Drumming
3. Archery



The Leadership Germantown Class of 2023 was impressed with our programs and had a blast being physically active with our students!!

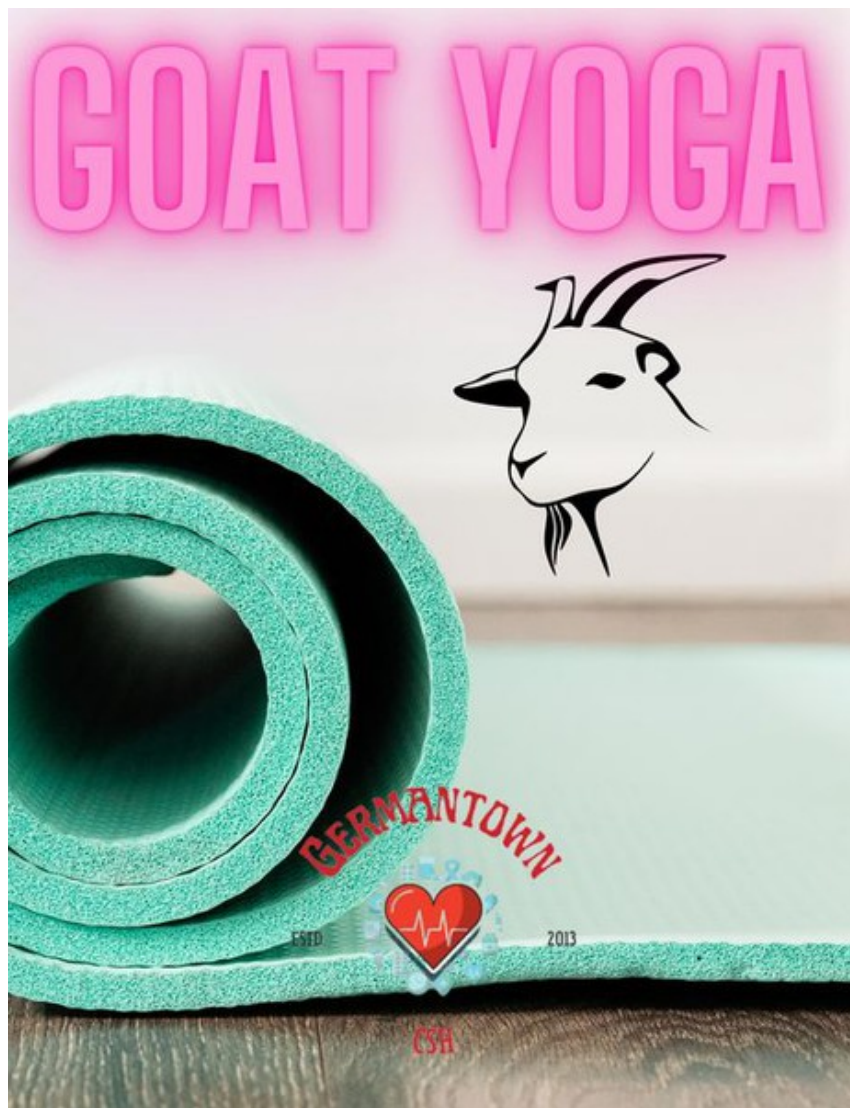


Wolkapony Goat Ranch

GMSD CSH is working with the Wolkapony Goat Ranch to provide a GOAT Yoga session to 30 GMSD employees (5 from each building)!!

The goat yoga session consists of therapeutic relaxation techniques blended with yoga and goats!! Once a date is finalized, we will select the 30 participants for this unique experience!!

Goat Yoga Session: Monday, April 3rd @District Office (4:30-5:30)



Memphis Chiropractic & GMSD

Do you want to be pampered at work? Would you enjoy a chair massage from a licensed professional? Look no further than brining out Memphis Chiropractic to your school to have this take place for your staff!

CSH has been collaborating with Dr. Nick Clavens of Memphis Chiropractic to provide complimentary chair massages to employees! We've been lucky to bring them to nearly every GMSD building, going back to late last year.

We will work with any GMSD building look to bring them out for complimentary chair massages and create a sign-up for staff to reserve a slot. Let CSH know if you'd like to have them out sometime this semester!



Next up: Houston High School in April or May!

HHS & CPR Training

CSH, Methodist Le Bonheur, and Germantown Fire Department are teaming up this Spring to CPR certify all our 9th & 11th graders!

During the training, HHS students will learn how to perform high-quality CPR and emergency rescue utilizing an AED machine. Students will walk away with a certification and the competency to save a life if they ever find themselves in a cardiac emergency situation.

***The dates of the CPR trainings are as follows:**

April 4th = 11th Grade

May 4th = HMS 7th Grade

RES 7th Grade = TBD



The Memphis Showboats

Looking forward to a great new partnership with The Memphis Showboats!!


Check out their group ticket prices and make plans to attend a game once their season kicks off in April!

We are in the process of planning out fun and creative ways to bring the Showboats to GMSD!



MEMPHIS SHOWBOATS 2023 TICKET PRICES

2023 Showboats Home Schedule

<p>Sat, Apr 15 at 3:30 PM vs.  Philadelphia Stars</p> <p>Sat, May 20 at 11:30 AM vs.  Pittsburgh Maulers</p> <p>Sat, Jun 10 at 2:00 PM vs.  New Orleans Breakers</p>	<p>Sat, Apr 29 at 6:00 PM vs.  Houston Gamblers</p> <p>Sun, May 28 at 1:00 PM vs.  Houston Gamblers</p> <p>Sat, Jun 17 at 3:00 PM vs.  Birmingham Stallions</p>
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SIMMONS BANK LIBERTY STADIUM



GROUP TICKET PRICES			
	Individual	10-49 Tickets	50+ Tickets
Midfield	\$40	\$30	\$20
Sideline	\$25	\$20	\$15
End Zone	\$10	\$7	\$5

GROUP BENEFITS:

- Two (2) Complimentary Tickets for the Group Leader to your group's game
- BIG savings over gate prices
- Access to fun & unique Fan Experiences
- Digital Ticket Transfer to easily distribute tickets
- Group recognition on the scoreboard

*All benefits & fan experiences subject to availability

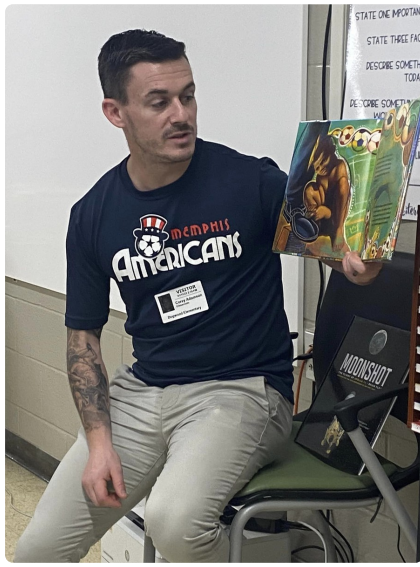
**Questions? Contact David Ridenhour at
901.264.0062 or dridenhour@legends.net**

Memphis Americans & GMSD

Interested in having a professional soccer player visit your classroom and read to your students?!!

Email CSH to get on the schedule to have one of the players from the Memphis Americans soccer team visit your class! They will read a book to your class, answer questions, take pictures, and sign autographs!





Germantown Education Foundation

Germantown Education Foundation

GEF Run for Education

5k and Family Fun Color Run

Sunday, April 23, 2023

Benefiting Germantown Municipal School District

Register Today for our 8th Annual Run



The mission of the Germantown Education Foundation is to mobilize community resources to support and benefit schools and educational programs in the GMSD.

Through grants, projects and initiatives, the Germantown Education Foundation helps advance the academic achievement of students by improving the quality of teaching and learning in our six municipal schools and one online academy.

YOUR support makes it happen.

Studies show that communities with outstanding and innovative educational programs retain economic prosperity. Education is a driving force behind these communities' ability to attract business and community leaders who take pride in where they live and work.

Your 2023 GEF Run for Education registration benefits everyone in our community.

"For every dollar spent on public schools in a community, home values increase \$20." National Bureau of Economic Research.

We ask you to join our effort to keep our schools among the best in Tennessee and the nation by registering for the 2023 Run for Education today.

Arrive Alive Tour & Alive @ 25

A huge thanks goes out to the City of Germantown for making it possible to have the Alive @ 25 organization at HHS for 2 weeks in March to teach students the importance of being an alert and safe driver.



The Arrive Alive Tour was at HHS for over 2 days in March and 230 HHS students had an opportunity to get in the driver seat of the Arrive Alive impaired / distracted driving simulator.

172 surveys were completed and one thing we can say for certain is that our Mustangs are pledging to be safe and alert drivers!!



GMSD Staff Discounts

Visit all the great discounts you have available to you by clicking the following link:

<https://www.thephysedexpress.com/staff-discounts.html>

Secure a new discount for GMSD Employees and receive a drink of your choosing from Starbucks or The Nutrition Hub delivered to you at work!

Our newest discount comes from The Toasted Yolk. All GMSD Employees will receive 10% off their orders Monday-Friday!

Email CSH (andrew.martin@gmsdk12.org) with the discount you secure and receive a treat!



Biggby Coffee
Receive 10% off



Flip Side
Receive 15% off



Memphis Grizzlies Youth Camps

Grizzlies Youth Basketball Camp registration is now live!!

As you go through registration, there are two GMSSD locations under the "4 Day Camp" option:

1. Riverdale Elementary: June 12-15
2. HMS: July 24-27



Grizzlies Youth Basketball

Via camps, clinics, leagues, tournaments and special events, we provide youth of all ages and skill levels exciting, memorable and rewarding experiences that focus on skill development while having fun. As an accredited program of the Jr.

l.facebook.com

NEW**NEW**

Forest-Hill Garden Club

Forest-Hill 2nd grade teacher and GMSD Elementary Teacher of the Year, Jon House, launched a new club for the foxes of FHES!

The club is for students in grades 3rd-5th and allows the students to learn about the scientific processes involved in gardening and obtain hands on practice at the same time. Students will be able to help grow fruits, vegetables, and flowers that will be able to eventually be sold as part of the program.



Stang Gang Cheerleaders

The Stang Gang Cheer squad, organized by O'Malley Nobert, performed at the Memphis Grizzlies halftime show on March 22nd!!

1/2 time show with the best kids on planet earth 🌎. So proud of their hard work and focus. End ...



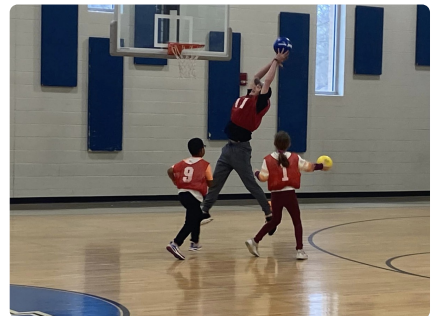
Harry Potter in RES Physical Education

Physical Education Teachers at Riverdale Elementary implemented an awesome game of quidditch with their students during Read Across America Week to bring literacy to life in their PE classes!

Coach Julie Knowles and Cameron Yoho had their classes excited and engaged from start to finish!! We do Physical Education better in GMSD!! Students were able to see how the game was performed in the movie and understand the modifications made in the PE setting.



We salute all GMSD educators that found creative and fun ways to celebrate Read Across America!



National Breakfast Week

GMSD students and staff showed out during the week of March 6th-10th by showcasing unique and fun ways to celebrate this important and nutritious week.

Administrators from each building took their talents to the Cafeteria to help serve breakfast, students in Addison Camp's Nutrition class cooked omelettes, and GMSD's Lead Chef found creative ways to bring this topic to life in their Fuel-Up to Play 60 club at FES!

BREAKFAST HEROES



Germantown Municipal School District on Reels | Germantown Municipal School District · Original audio

1.2K views, 13 likes, 3 comments, 1 shares, Facebook Reels from Germantown Municipal School District. Germantown Municipal School District · Original audio

[facebook.com](#)

Tripp Turner Athletic Facility



Houston High School Officially Names the Tripp Turner Athletic Training Center

March is National Athletic Training Month, and we are wanting to recognize the Athletic Training staff at Houston High School. Tripp Turner has been the athletic trainer at Houston for 28 years, and he is a champion for the Germantown community.

[l.facebook.com](#)



FAMILY LIFE TRAINING

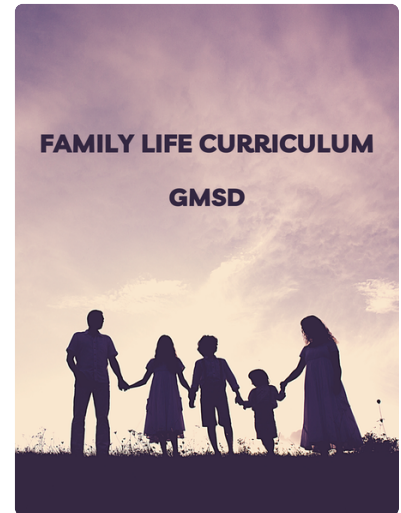


Family Life Instruction

GMSD uses the Michigan Model for Health curriculums and programs to provide a holistic approach to instruction.

The Family Life model serves as a foundation for teaching topics that pertain to human growth and development, nutrition education, physical activity, social and emotional learning, safety education and character education.

All GMSD teachers that instruct this curriculum are required to complete a brief training with CSH to ensure proper means of instruction. All new GMSD teachers (new to the district and/or new to a grade level) will need to watch a brief training video, review their grade levels resources and acknowledge they're done in a survey link. All of these can be found by accessing the GMSD Family Life Page below:



GMSD Family Life Page: <https://www.thephysedexpress.com/family-life-curriculum.html>

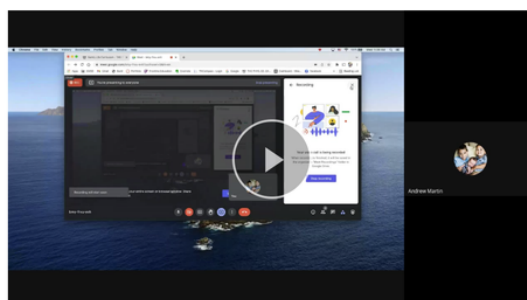
***Password: GMSD2021 (Do not share this password with non-GMSD employees)**

Acknowledgement of Training:

https://docs.google.com/forms/d/e/1FAIpQLSemmNGYCio6kSSibFN_LbyT02beFULtQgm52ZRNt0LpUptWUQ/viewform?usp=sf_link

FAMILY LIFE TEACHER TRAINING GMSD

ACKNOWLEDGEMENT OF TRAINING





HEALTH CLINIC

FOR GMSD STAFF (AND DEPENDENTS) WHO UTILIZE OUR HEALTH INSURANCE

Methodist Le Bonheur Healthcare (MLH) provides free, convenient minor medical care for Germantown Municipal School District (GMSD) employees, dependents, and retirees who utilize GMSD health insurance.

Services Offered

Most non-urgent, minor medical conditions can be treated at the GMSD Health and Wellness Center including:

- Colds, flu and sore throat
- COVID testing
- Bronchitis, pneumonia and asthma attacks
- Ear, throat and sinus infections
- Hep B and flu shots
- Rashes, bug bites and allergic reactions
- Minor headaches, eye pain or irritation
- Nausea, vomiting, diarrhea and other stomach viruses

Minor injuries treated such as:

- Sprains, strains, minor fractures and dislocations
- Cuts, scrapes and splinters
- Work-related injuries

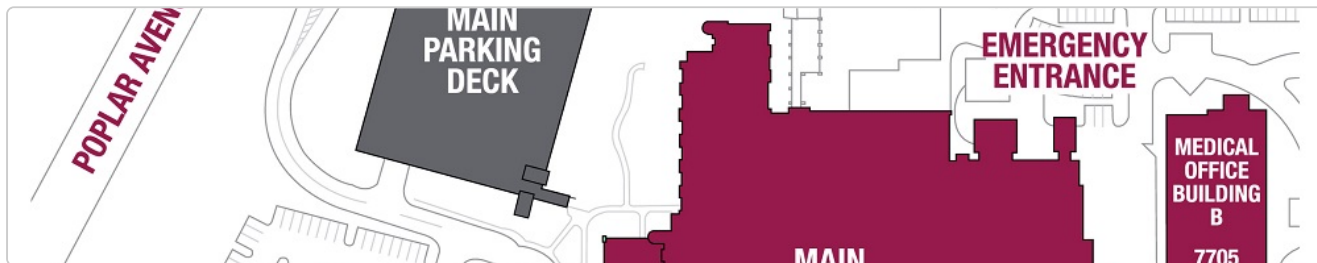
Medical needs (required by GMSD):

- Physicals for pre-employment
- Immunizations
- Medical evaluations including workers' compensation and return to work clearance
- X-rays and lab work
- Drug screens

Preventive Care:

- Annual physicals and lab work
- Sports physicals for dependents
- Support for stress-related issues provided by a licensed social worker, by appointment only

***Email us to share your experiences at the GMSD clinic! We love hearing about how beneficial this resource has been and finding ways to continue to support YOU!!**



healow - Health and Online Wellness

healow - Find your doctor online by name, specialty or city with healow

healow.com



COACH TRAINING



GMSD Annual Coach Training

Every year, GMSD Coaches are required by TN State Law to have completed specific training in order to maintain the safety of their student athletes. The head coaches and coaches assisting should all complete the following courses:

1. [Concussion Management Training](#)
2. [Heat Illness Prevention Training](#)
3. [Sudden Cardiac Arrest Training](#)
4. **CPR & AED Use Training: 1-2 coaches on staff must be trained in CPR/AED usage!**

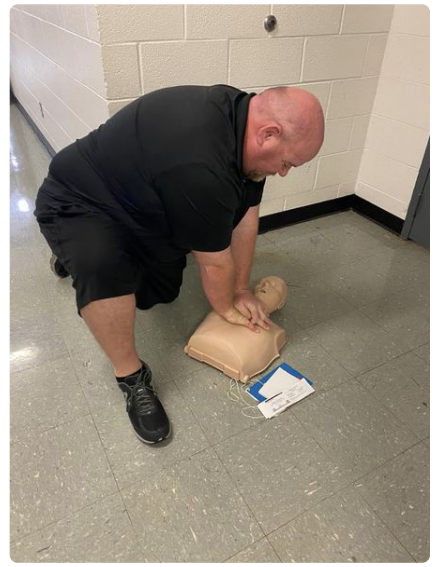
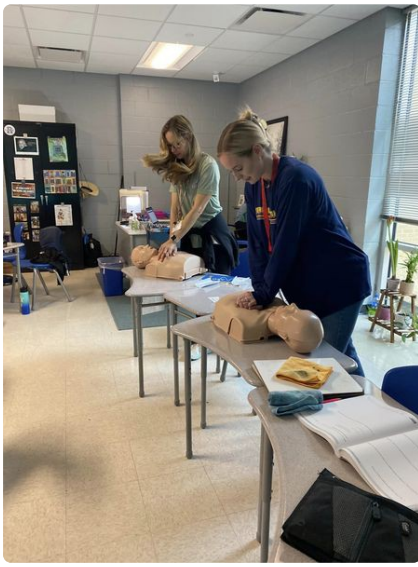


Upload all certificates of completion to your sports folder in the following Google Drive Folder:



22-23 GMSD Coaches - Google Drive

drive.google.com



HEALTHY SCHOOL TEAMS

Building A Healthy Community One Individual At A Time



Healthy School Team Leaders are an important part of each GMSD School! We are grateful for the work you do and support you provide to CSH!

We would love to see each HST leader promote the things we offer through CSH as an additional way to grow your HST! Things you can do to grow this program:

1. Promote the current CSH Initiative to the staff in your building (new challenge each month)
2. Encourage staff to follow [CSH on Facebook](#) to see our promotions and highlights.
3. Encourage staff to use the [GMSD staff discounts](#).
4. Encourage staff to use the [Virtual Calming Room](#).
5. Share your ideas and plans with CSH so we can support your HST and school.

*ALL Reports need to be completed by end of the 2022-2023 School Year. You can reference the due dates for all assignments on our HST Page: <https://www.thephysedexpress.com/healthy-school-teams.html>



CPR TRAINING

Get Trained to Save Lives



CPR Training for GMSD Employees

CPR Training for the second semester will be structured slightly differently. We will take our training to each GMSD building and will arrange a day/time through your administration!

Once we have dates, we will communicate those to you and give you the opportunity to either renew your certification (CPR & AED) or get certified for the first time!



Hands-Only CPR

Scan this to learn hands-only CPR and get your certificate of completion! Students & staff can complete this!



Germantown Fire Department

Help GFD & CSH make the City of Germantown a "Heart Safe Community" by completing our Hands-Only CPR Training!

ARE YOU FOLLOWING US?

Follow, Like, Share, Leave Us Comments!



GERMANTOWN CSH

Coordinated School Health Facebook Page

Follow Coordinated School Health on Facebook to stay up to date on all the great discounts, promotions, initiatives, highlights, and feel good stories to keep you informed!

Follow us: <https://www.facebook.com/gmsdhpelw>





Andrew Martin

CSH Supervisor

[Contact Andrew](#)