

**March
2020**

Coordinated School Health Newsletter



DCHS Biting Tigers Win 1st Place in State Jr. Chef Competition

The Tennessee Dept. of Education School Nutrition Program recently hosted the 2nd annual high school Junior Chef Competition.

In the first round, teams competed across the state to develop a nutritious, student-friendly recipe. In the second round, the top eight finalists from the Recipe Contest were invited to prepare their recipe at the Tennessee State Junior Chef Competition.

The DeKalb Co. High School FCCLA Culinary members, The Biting Tigers, entered the TN Junior Chef Competition with their recipe of Lasagna Cups. The lasagna cups feature crispy wonton wrappers filled with a cheese and herb blend, homemade turkey meat sauce, and more than five different vegetables.



The Biting Tigers consists of Elisabeth Saylor (senior), Sophia Angeletti (sophomore), and Jacklyn Kleparek (freshman).

The Biting Tiger's recipe and determination led the team to becoming a top eight finalist in the recipe contest and then led to winning 1st place at the TN Junior Chef State Competition. Team senior, Elisabeth Saylor also received the "Spirit Award" for her leadership for the Biting Tigers.

The team was coached by: Linda Parris Culinary Arts Teacher/FCCLA Adviser, Amy Lattimore, School Nutrition Supervisor, and Elise Driver, Coordinated School Health.

The team will now move on to the next round for the Southeast Region Junior Chef Competition at Sullivan University in Louisville, KY in the spring of 2020.

The DeKalb County Health Department will be hosting a

Child Abuse Prevention Event!

Join us for a fun-filled day!

When: Friday, March 27, 2020

Where: 254 Tiger Drive

Time: 9am-3pm

Activities for children, food & more!



**There will also be a BLOOD DRIVE on March 27th
from 10am-2pm**

(The Blood Mobile will be in the DCHD parking lot)

**To schedule an appointment for the Blood Drive,
go to: bloodassurance.org/dekalbhealth
or contact Ashby Woodward at 615-597-7599 or
Ashby.Woodward@tn.gov.**



Staff Wellness

DWS

DWS has a new room for staff to recharge, with the implementation of the staff wellness room!

This room features a workout area and a relaxation and distress area, equip with massage chairs, salt lamps, and fluorescent light covers.



The DMS SADD Club partnered with CSH to promote kindness and self acceptance through motivational decals. The decals were placed on bathroom stall doors throughout the school with the hopes of spreading positivity.

