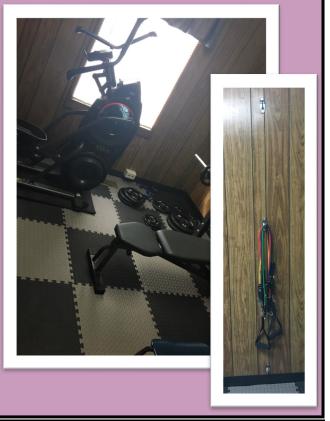
## **Coordinated School Health Newsletter**



## DCHS's Alternative Learning Center now has their very own workout room!



Equipped with an elliptical, weight bench/weights, and resistance band wall system.





2021 will see Ranger
Ramble for a 12-month
Virtual Junior Ranger
Journey via Facebook,
YouTube and other
electronic mediums meant
to bring the natural,
cultural and scenic areas
of Tennessee to anyone
who wants to participate.

Each month will be themed according to the program's eight topics: Safety, History, Astronomy, Water, Plants, Wildlife, Geology and Conservation. Ranger Ramble hopes to see you on the flipside!

For more information and to register for the Ranger Ramble's Virtual Junior Ranger Program, visit <a href="https://www.facebook.com/RangerRamble">www.facebook.com/RangerRamble</a>.

DWS's P.E. Dept.
received a Railyard
Fitness Obstacle
Course! The
components can be
set up in multiple
different
configurations to
promote balance,
coordination, and
strength.





SES received some new Ergo seats for their Kindergarten students!



This February, Active Schools is hosting an Active Classrooms Month!

Check out the Active Schools website, it's a great resource for promoting and supporting physical activity among children and youth: www.activeschoolsus.org/campaigns/



Active Classrooms Month is designed to increase awareness of how movement can be integrated into learning (in person or virtual) and will include a variety of activities, including a series of weekly webinars.