

**February  
2021**

## **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.**



**RANGER  
RAMBLE'S**

**VIRTUAL**

**JUNIOR RANGER  
PROGRAM**



**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 [www.facebook.com/RangerRamble](https://www.facebook.com/RangerRamble).**

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/](http://www.activeschoolsus.org/campaigns/)



#ActiveClassrooms FEBRUARY 2021



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.