

January
2018

Coordinated School Health Newsletter



The Back Pack Program Christmas Boxes

The Back Pack Program had 75 families this year to provide food boxes for during Christmas break, which broke down into 189 children. Due to our community donations and The Community Foundation of Middle Tennessee, we were able to supply a substantial amount of food to each family. Thank you to the great help delivering from the Board of Education staff, we were able to get all the deliveries done in two days.

Thank you to everyone that has contributed to The Back Pack Program. Whether it be time, money, or food, all donations help us continue to provide for our students.



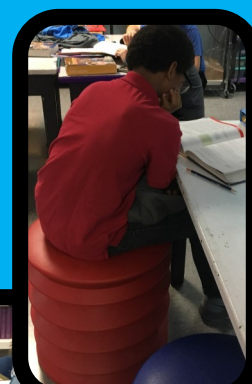
Active seating=Active minds



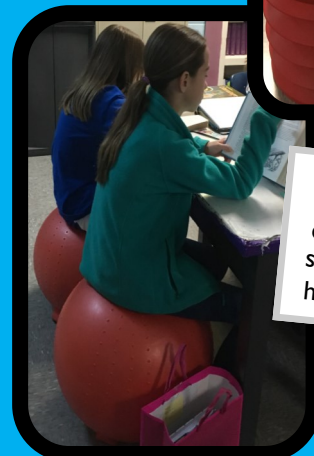
Mrs. Crystal Young using ergo seats and wobble chairs in her classroom.



Mrs. Courtney O'Conner's standing desk.



Mrs. Suzette Barnes using ergo seats and stability balls in her classroom.



CSH assistant and LPN, Cindy Childers, has been teaching Nurse Health Lessons to all SES 1st grade once a month. Some of the lessons so far have been handwashing/cough and sneeze hygiene, food groups, and general safety.

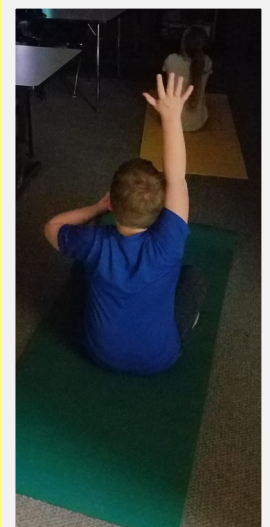


Yoga at NES

NES staff, Amanda Mathis and Kristy Lasser, have been instructing student yoga in the after-school program every Monday and Wednesday at 4:15pm in the Multipurpose room.

CSH was able to purchase yoga mats for the program.

What a great way to destress! Great job NES!



CSH, School Nutrition, and UT Ext. all partnered to teach Cooking Matters for Teens. Our final class consisted of each team selecting and cooking the meal of their choice, while opting for healthier options in the meal. A panel of judges scored each meal on creativity, taste, presentation, and nutrition.

