

COACHING BOYS INTO MEN

CBIM is a violence prevention program for athletic coaches of high schools designed to inspire them to teach their young male athletes about the importance of respect for themselves, others, and particularly women and girls.

The Dept. of Health came and did a training with our coaches at DCHS on July 26, 2017. Over the course of a season, CBIM coaches will lead their players through 12, 15-minute weekly activities that address themes such as personal responsibility, respectful behavior, and relationship abuse.

**September
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Coordinated School Health Newsletter



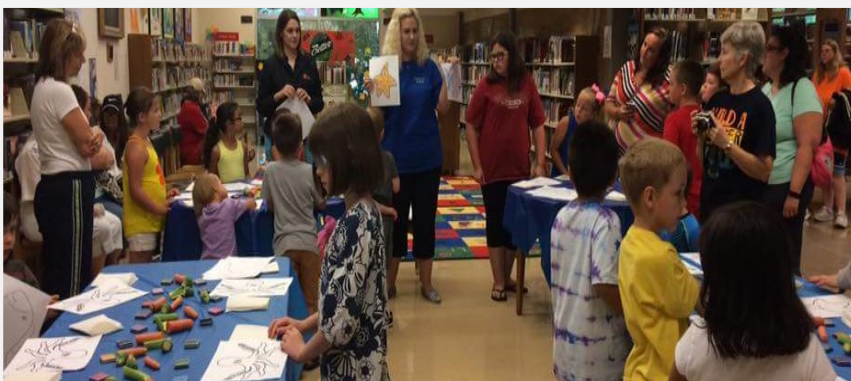
Active Seating at DeKalb Middle



DMS has been working with CSH to implement active seating into some classrooms. Active seating is designed to allow continuous small movements of students using the ergo seats, wobble stools, or stability balls. This allows the release of excess energy and improves focus in the learning environment while also increasing physical activity.



CSH, DeKalb County Health Dept., and School Nutrition participated in the Summer Reading Program by Justin Potter Library on June 22, 2017. CSH read, "The Rainbow Fish" and then did a veggie stamping art project. Members of the health dept., Jonathon Smith and Megan Kinslow, did a fun physical activity session. Mrs. Amy Lattimore provided lunches for the participants.





DCHS received an elliptical and stationary bike for their staff. This is a part of CSH Staff Wellness component.

DMS received recess carts for 6th, 7th, and 8th grade RTI classes. The goal is to add motivation for these students to excel so they may utilize this equipment!



NES and DWS participated in this year's CSH Regional Field Day in Smith County. The event was for 5th-8th grades. One boy and one girl were picked in each grade, in each six categories. We came in 2nd place!

