

**September
2018**

Coordinated School Health Newsletter



We would like to welcome Martha Taylor to the Coordinated School Health team! Martha is the new CSH Assistant!



Project iGuardian

DeKalb County Coordinated School Health and DeKalb County UT Extension are partnering with the U.S. Dept. of Homeland Security to present Project iGuardian.

Project iGuardian is focused on keeping children and teens safe from online predators through education and awareness.

A Project iGuardian parent presentation will be held on September 4, 2018 from 6:00pm-7:30pm at the DeKalb County Complex auditorium. U.S. Department of Homeland Security Investigations Special Agent, Jonathan A. Hendrix, will be arming parents with knowledge and resources to understand the dangers their children encounter exploring the digital world. This presentation was also previously presented as an in-service for all staff of DeKalb County Schools and a student version of the program was presented to all students in 6th-9th grades.

5WAYS TO BE SMARTER THAN THE SMARTPHONE!

- 1. Be a parent and a resource.**
Establish clear guidelines, including time limits and consequences for inappropriate behavior, but be open so your child will come to you with any problems.
- 2. Set up password protection.**
This will keep everyone but you and your child from accessing personal information stored on the phone.
- 3. Update the operating system.**
New versions often contain important security fixes.
- 4. Approve apps before they are downloaded.**
Make sure you understand their capabilities and approve their content.
- 5. Understand location services.**
GPS features are useful when using maps, but you'll want to disable location-tagging when your child posts anything online.

ACTIVE SEATING...TAKING LEARNING TO THE NEXT LEVEL!

REDUCE SQUIRMING AND FIDGETING WITH ACTIVE SEATS THAT ARE DESIGNED TO STIMULATE THINKING AND ALLOW CONTINUOUS, NON-DISTRACTING MOVEMENT FOR STUDENTS.

CSH HAS ALREADY PURCHASED OVER 180 ACTIVE SEATS FOR OUR SCHOOL SYSTEM! WE LOVE HELPING OUR STUDENTS IN THIS WAY!



REGIONAL FIELD DAY- DWS and NES participated in the 3rd Annual CSH Regional Field Day in Smith County. A boy and girl from 5th-8th grades was chosen to compete in 6 categories. DeKalb County came in 2nd place this year!



Student and Staff Flu Shots

The DeKalb County Health Department will be administering student and staff flu shot clinics this year. All student forms will be given out the week of September 10th. All returned flu shot forms MUST be turned into the school by Tuesday, September 18th.

The Health Dept. will be administering student and staff flu shots on the following dates:

- ♦ Tuesday, October 2, SES in AM and DWS in PM
- ♦ Wednesday, October 3, DMS
- ♦ Thursday, October 4, NES in AM and DCHS in PM



**FREE
FOR ALL STAFF**



LYNN'S ULTIMATE BODY BURN

Are you ready to burn calories, sculpt lean muscle, and reduce body fat? Get ready for Lynn's Ultimate Body Burn. A mix of resistance training with cardio blast circuits to increase your metabolism and feel exhilarating throughout your day.

Please bring an exercise mat, hand weights, and plenty of water.
All levels of fitness welcome!

**The following dates:
August 30,
September 6, 13, 20, & 27**

**Time:
3:30pm-4:30pm**

**Location:
SES Gym**