

January
2017

Coordinated School Health Newsletter



The Back Pack Program Christmas Deliveries

This year we had the goal of delivering a care package of food to every family on The Back Pack Program. We had 80 families total, which broke down into almost 200 children. Due to our fantastic community member donations and The Community Foundation of Middle Tennessee, we were able to supply a substantial amount of food to each family. We were also able to include a small gift for each child. We had great help delivering from the Board of Education staff, and with all hands on deck, we were able to get all the deliveries done in two days. Thank you to every-



one 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.



Health Chat is a social media community for moms with teen daughters in TN. The program is being offered by East Tennessee State University, Klein Bundenfel, Inc., and the University of Massachusetts Medical School. Moms who join will receive expert-reviewed health information on a variety of topics including mental health, bullying, body image, nutrition, physical activity, and tobacco/drug use.

In order to join, mom must:

- Have a daughter between 14-17 years of age
- Have a Facebook account or be willing to create one
- Complete a baseline survey that asks about demographic and basic health information (at tnhealthchat.org) You and your daughter will each receive a \$10 Amazon gift card for completing the survey.

To learn more, please visit

www.TNhealthchat.org or contact us! email: healthchat@etsu.edu • phone: 423-439-4788

1st Annual Turkey Trot- November 12, 2016

50 walkers, 15 volunteers
\$300+ of non-perishable
food items collected for
The Back Pack Program!
A combined 170.62 miles
walked!



Cooking Matters Course- Nov. 3, 10, 17, & Dec. 1, 8, 15.



NFL PLAY 60 CAMPAIGN

Tennessee State Parks and the Tennessee Titans have partnered as part of the NFL Play60 effort, encouraging kids to stay active, eat healthy and become more physically fit – all while enjoying one of Tennessee's great 56 state parks. Tennessee is the first state park system to participate in the NFL Play 60 campaign, which features outreach into local schools and communities to engage children with messages and activities that promote outdoor experiences, the natural world, healthy lifestyles and fun. The program features T-Rac, the

Tennessee Titans award-winning mascot, and Ramble the Raccoon, Tennessee State Parks' mascot along with a DJ and a uniformed Tennessee State Parks' ranger. It includes interactive video footage with Titans players and a video of T-Rac and Ramble visiting several Tennessee State Parks, as they hike, rappel, bike, canoe and fish. The NFL Play 60 Campaign visited SES,

NES, and DWS on November 8, 2016.



Healthy School Team Success!



NES received three recess carts for their students to encourage more activity at recess as a part of their Healthy School Team goals!

CATCH[®]
COORDINATED APPROACH TO CHILD HEALTH

DWS received the CATCH curriculum that contains nutrition and physical activity lessons and activities.