

September
2019

Coordinated School Health Newsletter



What is ADHD?

ADHD is...

- ✓ An abbreviation for attention-deficit hyperactivity disorder. It's also the official name for what is sometimes referred to as attention-deficit disorder (ADD).
- ✓ A common disorder that can impact focus, impulse control and emotional responses.
- ✓ Often diagnosed in childhood but sometimes not until the teen years or later.

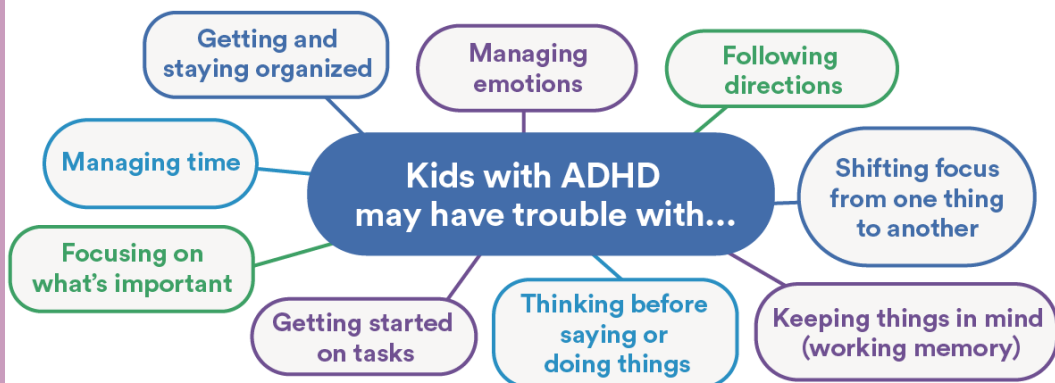
ADHD is not...

- ✗ All about hyperactivity. Kids with the inattentive type of ADHD may appear "daydreamy" or off in their own world.
- ✗ A problem of laziness. ADHD is caused by differences in brain anatomy and wiring.
- ✗ Something most kids totally outgrow. Many kids diagnosed with ADHD have symptoms that persist into adulthood.

ADHD is not just a childhood disorder. Although the symptoms of ADHD begin in childhood, ADHD can continue through adolescence and adulthood. Even though hyperactivity tends to improve as a child becomes a teen, problems with inattention, disorganization, and poor impulse control often continue through the teen years and into adulthood.

For more information or resources on ADHD visit our CSH database on the DeKalb Schools website using this link

<http://www.dekalbschools.net/Default.asp?PN=Links&L=I&DivisionID=14593&MID=630642>.



Try some active seats! Active seating is fidget-friendly, so, for children who squirm in their seats and can't resist the impulse to move, it's a way to channel their excess energy into constructive activities. Active seating acknowledges a child's need to move, but at the same time, keeps them sitting still enough so that teachers and other students may continue lessons uninterrupted.

Ways to help kids with ADHD



Behavior therapy can help kids get organized and replace negative behaviors with positive ones.



ADHD medication can reduce ADHD symptoms, but only when the medication is active in the body.



Classroom accommodations, like taking movement breaks and getting extended time on tests, can help with things like staying seated and finishing tasks.



CENTERSTONE

Per Tennessee Code Annotated 49-6-1302, counties that have a pregnancy rate greater than 19.5% of 15 through 17 year old females must have a family life education program. The most recent data in 2017 from the Tennessee Dept. of Health has DeKalb County's rate at 19%.

DeKalb County School System is partnering with **Centerstone** this year to implement the evidence-based curriculum, *Making a Difference!* This is an abstinence only program that emphasizes that young adolescents should postpone sexual activity and that practicing abstinence is the only way to eliminate the risk for pregnancy and STDs, including HIV.

This program will be taught to all 7th and 9th grade students. A permission form with more information is sent out 30 days prior to the program being taught.

FREE!
**FOR ALL DEKALB COUNTY
SCHOOL SYSTEM EMPLOYEES**

LYNN'S ULTIMATE BODY BURN

All levels of fitness welcome!

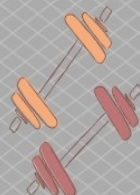
Are you ready to burn calories, sculpt lean muscle, and reduce body fat? Get ready for Lynn's Ultimate Body Burn. A mix of resistance training with cardio blast circuits to increase your metabolism and feel exhilarating throughout your day.

Please bring an exercise mat, hand weights, and plenty of water.

The following Thursdays:
August 22 & 29
September 5, 12, 19, & 26

Time:
3:30pm-4:30pm

Location:
DeKalb County Community Complex



Ergo Mania!



DeKalb West School's Ms. Lori Pryor received some Ergo seats for her computer classes.

These active seats are shaped like an accordion to encourage small movements and reduce slouching.

Ergo seats allow you to stay in an alert, upright position that helps circulation, breathing, and even focus.



Fun and Games!

NES's PE Department received a new P.E. pack! We are excited to help Coach Hall and Coach Rabidoux start off a new school year right!