

## **POSITIVE ACTION PREVENTION PROGRAM**

The Positive Action Prevention Program is an alcohol and drug abuse prevention program for adolescents. It is a nationally recognized, evidence-based program that improves academics, behavior, and character. The positive action philosophy is that you feel good about yourself when you think and do positive actions, and there is always a positive way to do everything. Positive thoughts lead to positive actions, positive actions lead to positive feelings about yourself, and positive feelings lead to more positive thoughts. Mrs. Tammie Gribble is a prevention specialist from Cheer Mental Health and is currently teaching this program at DCHS to the 9th grade students through their Wellness class. There are twelve, one hour long sessions, that take place once a week. This program was board approved on September 8, 2016. Parents must sign a permission form in order for their children to participate in this program.

## **Coordinated School Health Newsletter**

**November  
2016**



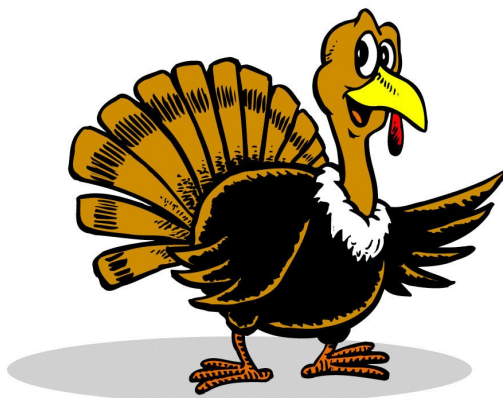
## **1st Annual Turkey Trot set for November 12, 2016**

Come out and join us for our 1st Annual Turkey Trot Walkathon on November 12, 2016 at Green Brook Park. We are holding the Turkey Trot to Benefit The Back Pack Program.

We encourage each participant to bring non-perishable food items for a donation to The Back Pack Program. We hope to be able to obtain a large number of food items while also getting the word out to the public about what a great program we are able to provide

for our students. Registration will start at 9:00 am and the walkathon will start at 10:00 am and end at 11:30 am. We have nine age categories for males

and females. The participant that has the most laps around the park in each category will receive a prize! We will have fun snacks, games, face painting, and a great time for the entire family! The event will happen rain or shine.



## **Cooking Matters!**

UT Extension, School Nutrition, and Coordinated School Health will be partnering to teach the Share Our Strength-Cooking Matters course. There are six classes that are each two hours long. Participants will learn important nutrition information, how to read recipes, safe food handling, how to make a healthy meal on a budget, and so much more! The classes are aimed at parents with children ages 5 & under. Space is limited, so reserve your spot now! Classes are Nov. 3, 10, & 17 and Dec. 1, 8, & 15. Call April Martin at 615-597-4945 or email at [amartin3@utk.edu](mailto:amartin3@utk.edu).

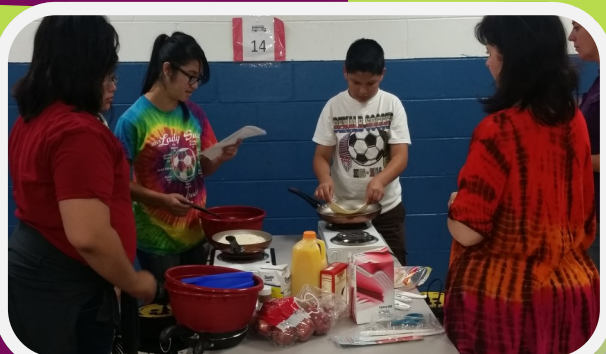




DeKalb West School participated in the 1st Coordinated School Health Regional Field Day in Smith County. We hope to get more schools involved next year!



UT Ext. and CSH came to teach Adventures in Cooking at DeKalb Middle to Ms. Wisinger's summer school students.



## Family Health Night

DeKalb County Coordinated School Health and the School Nutrition Department held their first Family Health Night on September 27, 2016. There were physical activity sessions, nutrition sessions, and various agency exhibits. Elise Driver, Coordinated School Health, and Amy Lattimore, School Nutrition Supervisor, would like to ex-



tend our gratitude to the principal and the great staff of volunteers at Northside Elementary, the agencies, the students and their parents, who made our 1st Family Health Night a success! We hope that everyone who participated had a fun and informative time.

## DeKalb Co. Working

### Towards a Healthier TN Community

The Governor's Foundation for Health and Wellness has announced DeKalb County has been named a candidate for official designation as a Healthier Tennessee Community. Healthier Tennessee Communities are those that encourage and enable more physical activity, healthy eating



and tobacco abstinence at the local level.

To be designated an official Healthier Tennessee Community, DeKalb County must identify wellness champions to lead initiatives that engages people in workplaces, schools and faith organizations. Our community has established a Healthy DeKalb Council, which meets the last Tuesday of each month. We work to initiate and sustain at least three community-wide events and activities that support physical activity, three events and activities that support healthy eating and one activity that encourages tobacco abstinence. Our community is expected to track and measure outputs and accomplishments of the program. We have one year to complete our work.

**If you would be interested in being a part of the Healthy DeKalb Council and our initiatives towards becoming a Healthier Tennessee Community, please contact Coordinated School Health.**