

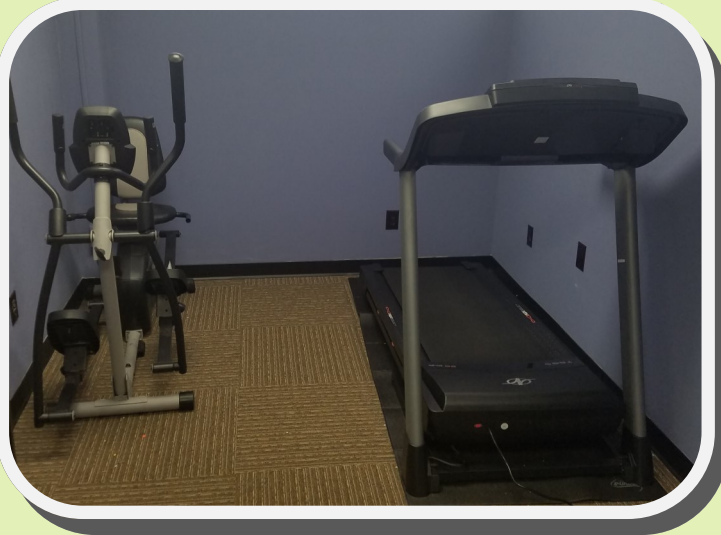
**November
2018**

Coordinated School Health Newsletter

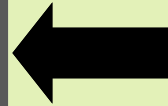


STAFF WELLNESS

There have been some new installments around our school system! CSH's Staff Wellness component lets us provide equipment to encourage physical fitness for our staff!



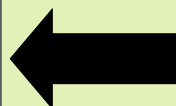
New workout room at the BOE!



DMS'S Cafeteria staff received an elliptical!



DWS Cafeteria staff received a recumbent bike!



3RD ANNUAL COORDINATED SCHOOL HEALTH

TURKEY TROT Walkathon

NOVEMBER 10, 2018

GREEN BROOK PARK

10:00am Registration
11:00am Start-12:30pm End
12:45pm Prizes

RAIN OR SHINE



Benefits The Back Pack Program

Food * Games* Face Painting*Crafts

Prizes will be given to top finishers in each age group.

New this year-Costume Contest!
Judging will be from 10:00am to 10:45am.
Costume contest winners will be announced before walk begins.

Participants are asked to bring non-perishable food items for a donation to The Back Pack Program.

Northside Elementary Receives Under Desk Bikes

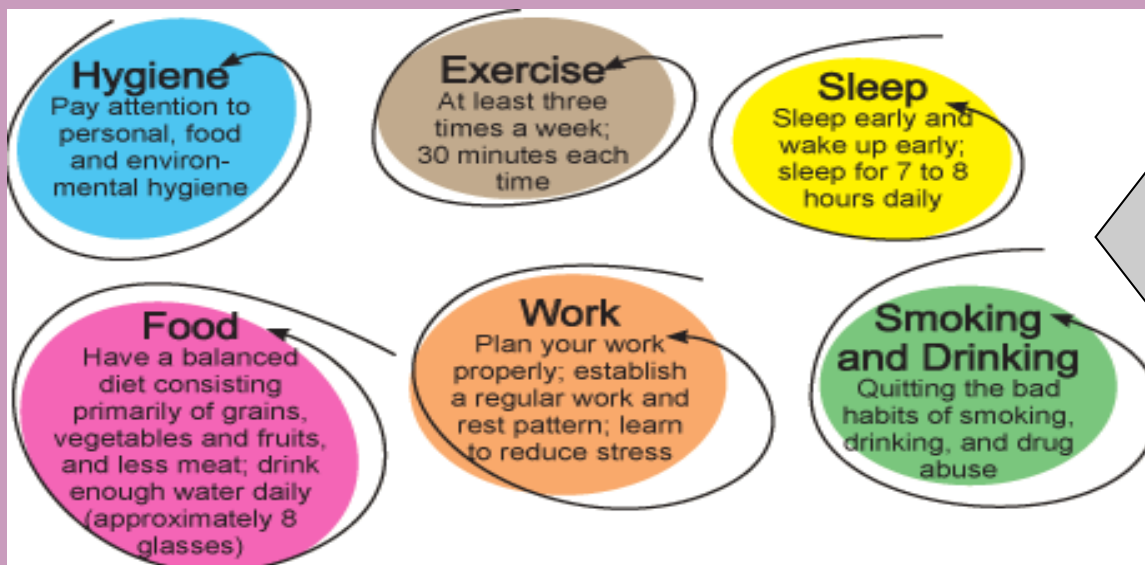
NES received a grant from The Tennessee Department of Health Office of Minority Health to purchase 44 under the desk bikes for students. As part of the grant guidelines, the bikes will be distributed to select classrooms and the BMI and blood pressures will be measured on those particular students to assess the benefits of the bikes.



Stay Happy, Stay Healthy!

CSH has been teaching health lessons in the afterschool programs at all three elementary schools once per month this school year.

Past and future topics include: handwashing/cough hygiene, basic hygiene/lice, food groups, physical activity, emotional health, general safety, importance of sleep, dental care, sun safety.



*Practice
Healthy
Habits*