

October  
2020

## Coordinated School Health Newsletter



### Stress Less at DMS!

Staff at DeKalb Middle School can now take a break and recharge in their brand new relaxation room!

The room comes equipped with private massage chairs and a beach themed area with hammock chairs.



School nurse,  
Joannie Williams,  
was kind enough  
to test out the  
new chairs!



## Healthy Students Are Better Learners

Health-related problems, if not detected and treated, can limit the ability of a child to learn. School health screenings are often the best way to detect these issues.

CSH is currently conducting annual health screenings in all schools. These screenings include vision, hearing, and blood pressure.

Grades screened include: PreK(vision), Kindergarten, 2nd, 4th, 6th, & 8th(vision, hearing, B/P), and 9th(B/P).

We also complete SPED and RTI vision and hearing screenings for re-evaluations. These can be done when needed, on students in any grade.

Parents will be notified if a student is in need of a referral.



# Active Seating at SES



Several Kindergarten classes at SES have received some new active seating options to help with social distancing goals.



**SECOND HARVEST  
FOOD BANK**  
of MIDDLE TENNESSEE

The CSH Back Pack Program has partnered with the Second Harvest Food Bank of Middle Tennessee this school year.

They will be providing us with 300 free food bags each month, for the entire school year, to help feed DeKalb County students!

We are also doing monthly home deliveries for those students that are distance learning and in need of assistance from the Back Pack Program.

Please contact 615-215-2118 or [elisedriver@dekalbschools.net](mailto:elisedriver@dekalbschools.net) for more information.

