

**April
2020**

Coordinated School Health Newsletter



APRIL IS NATIONAL CHILD ABUSE PREVENTION MONTH

During this time, with the focus on COVID-19, the TN Department of Children's Services is asking all Tennesseans to pay extra attention to the children in their lives. The response to stop the spread of the virus, along with higher levels of stress and isolation during this difficult time could potentially cause an increase in child abuse and neglect and a decrease in reported allegations. With children not in school and many childcare centers closed, there are fewer teachers, childcare providers, and other professionals who will be able to recognize and report abuse and neglect.



We are urging everyone to be vigilant and report knowledge or suspicions of child abuse or neglect. Everyone has a role to play in promoting the social and emotional well-being of children and families in our communities. To report suspected child abuse or neglect, call the TN child abuse hotline at 877-237-0004.

MAKE EVERY BITE A MEDITATION

If you want to put healthier eating habits on the menu, mindfulness may be a simple and effective place to start! It's not about dieting or restrictions – it's about taking a moment to take it in.

Try these easy ways to incorporate mindful eating into your day, so you can Eat Smart at every meal:



Ponder: Check in with yourself about your hunger before you eat – you may actually be thirsty, bored or stressed.



Appraise: Take a moment to take it in. How does it smell? Do you really want it? Is it more than you need?



Slow: Slow down so your brain can keep up with your stomach. Put your fork down between bites and focus on the flavor.



Savor: Enjoy your food. Take a moment to savor the satisfaction of each bite – the taste, texture, everything!



Stop: Stop when you're full – there's no need to join the clean plate club if it means overeating.

Try one or more of these tactics to help you eat more mindfully.

And for more ways to be Healthy for Good, visit heart.org/HealthyForGood

ReadyRosie

All Tennessee families can sign up NOW for a free subscription to ReadyRosie through September 1, 2020.

Through a partnership with the Governor's Early Literacy Foundation, families can access ReadyRosie's Modeled Moments library. Hundreds of short videos available in both English and Spanish, provide families with simple, fun and engaging instructional activities that they can then replicate with their own children and are rooted in learning goals for children on topics such as literacy, early math, health and well-being.

Easily sign up to receive emails or text messages with curated videos.



Check out the Pure Edge website <https://pureedgeinc.org> for some strategies that include well-rounded curriculum, and training modules to develop social, emotional, and academic learning skills through mindful movement, breath and rest.

This website offers daily webinars on self care, mindfulness, and brain breaks for parents, educators, and students.

Rogers in Health has developed resources for mental health available to teachers, caregivers, and parents. Follow this link to their [Compassion and Resilience toolkit](#) for more great practices like the ones below.

We cannot control what happens with COVID-19. But, we can control our attitude and our response. The goal is to prevent the spread of the virus, limit overloading medical professionals, and minimize the communal panic.

- ♦ Turn off the news, limit social media use, and create boundaries around discussing COVID-19.
- ♦ Find fun, entertaining things to do at home.
- ♦ Avoid hoarding, as doing so hurts members of our community who lack resources to do so.
- ♦ Use our time wisely and learn a new skill, practice an old hobby.
- ♦ Engage with people from a distance, creatively.
- ♦ Avoid spreading misinformation about the virus.
- ♦ Share stories of hope and resilience instead of fear and panic.
- ♦ Help others in more vulnerable situations, be kind and gracious during this time of stress.

"You
create
your own
calm."