

**November
2017**

Coordinated School Health Newsletter



Water Bottle Refill Stations at NES

Northside Elementary has been the recipient of two water bottle refill stations. CSH purchased the stations, School Nutrition will pay for the new filters each year, and the Healthier TN Community along with DeKalb Prevention Coalition, donated 800 reusable water bottles to every student and staff member at NES. We hope that by putting in the water bottle refill

stations that we can encourage students to drink more water instead of sodas and also be more eco-friendly. The water bottle refill stations have a filter and can fill 3 times faster than a regular water fountain. There is a sensor so the student will not have to touch anything on the station, just place the bottle and it fills and cuts off by itself. They also have a counter on them that records every time a 20oz water bottle is filled so we can see how many plastic bottles we are keeping out of our landfills. Due to this great partnership we will be able to make a difference in the health of our students and staff, we would like to thank the principal, Mrs. Karen Knowles, for allowing us to implement this initiative at NES.

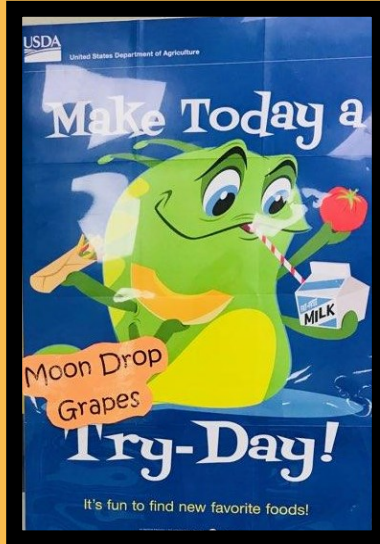


Fabulous Food Fridays at Smithville Elementary

SES has partnered with School Nutrition and CSH to implement Fabulous Food Fridays in their after school program. Every Friday, the teachers in the after school program pick a book to read and then correlate a healthy snack with the particular book. The fabulous cafeteria staff prepares the snacks! Way to go SES!



TRY-DAY FRIDAYS HAVE BEEN EXTENDED TO ALL ELEMENTARY SCHOOLS THIS YEAR. DWS TRIED MOON DROPS IN OCTOBER.



Mrs. Linda Parris has been able to implement a Tower Garden in her foods classes at DCHS with some help from CSH. Now her students can grow some of the herbs and vegetables they use for their dishes!



Center Hill Martial Arts Club has been visiting the P.E. classes at DMS. They will be incorporating basic techniques with a focus on citizenship, leadership, and self-discipline. They will address bullying and introduce peer mediation skills. The focus will be not only on training physical attributes (the techniques of martial arts), but also in training the mental and emotional attributes of courtesy, integrity, perseverance, self control, and respect.

