

First Nine Weeks
Aug/Sept/Oct 2007



Welcome to all new school system employees.

Congratulations to Carol Bailey on being selected 1 of 9 in the state to instruct "Take10".

Teachers the **Take10** material will be **Free!**

Registration will be provided by the Coordinated School Health Office-942-0945 ext 101 or ext 102

Did you Know?

Water Fact- If you aim for eight 8-ounce glasses of water a day that can help you fight sinus infections. " This note from Preventions Best

Remember:
Red Ribbon Campaign in October

October is Breast Cancer Awareness Month-Have you had your mammogram?

What is Coordinated School Health? Coordinated School Health (CSH) is a systematic approach to ensure that a school community effectively links health with educational success.

What are CSH priorities? CSH priorities include: increasing students' physical activity and healthy eating behaviors, providing students with comprehensive health education, and supporting the Governor's Project Diabetes initiative.

Why do we need this

for our school system? We need to increase healthy eating habits and physical education/activity to counteract sedentary lifestyles and prevent chronic disease, specifically diabetes. 43% of all Tennessee students are either at-risk for overweight or are overweight.

By this time next year, what changes do we hope to see in our schools as a result of CSH initiative?

We know that years living an unhealthy lifestyle will

take time to change, but we must start now if we are ever going to reverse course. We hope to see improved nurse to student ratios, increased class time instead of being sent home for illness, reduced absenteeism, increased access to health care services, and students acquiring additional information & skills for making healthy decisions for life.

Check the weekly tips on the Marion County Dept. of Ed. website

Amos Nance-" All About Hair" will begin Yoga classes in January. He will also work with your schedule.

Jackie Thompson- Aerobic classes at JES on Monday, Tuesday and Wed. @5:00. Classes are free to JES staff and 4.00 to others.

Curves-Offering 10% off a 1 year membership.

The Fit Stop- Group Rate for all Marion County School Employees. Call 942-2012 for details.