

Marion County Coordinated School Health

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942-0945

OCTOBER - NOVEMBER 08

OCTOBER
13-17 FALL
BREAK

NOVEMBER
26-28
THANKS-
GIVING

DECEMBER
2-4 GATE-
WAY
TESTING

DEC. 22
THRU JAN
2 CHRIST-
MAS
BREAK

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Why Coordinated School Health?

It's the Kids! Children and youth are the future of our world. Their future and our hopes and dreams for them are closely linked to their ability to learn and to develop skills that will enable them to be healthy, productive citizens in a global environment.

A healthy student is capable of growing and learning; of producing new knowledge and ideas; of sharing, inter-

acting and living peacefully with others in a complex and changing society. Fostering healthy children is the shared responsibility of families, communities and schools.



Moments in America

Every 10 seconds a high school student drops out.

Every 13 seconds a public school student is corporally punished.

Every 19 seconds a child is arrested

Every 23 seconds a baby is born to an unmarried mother.

Every 35 seconds a child is confirmed as abused or neglected.

Every 4 minutes a child is arrested for drug abuse.

Every 8 minutes a child is arrested for violent crime.

Every 19 minutes a baby dies.

Every 43 minutes a child or teen dies in an accident.

Every 5 hours a child or teen commits suicide.

Every 6 hours a child is killed by abuse or neglect.

Health Screenings/Wii Presentations

Health Screenings will be conducted at the following schools on dates listed.

Jasper Elementary— 10/28/08

Whitwell High— 10/29/08

Whitwell Middle—10/30/08

Monteagle School - 11/6/08

MCH School - 11/11/08

So.Pittsburg HS- 11/12/08

Jasper Middle- 11/13/08

Whitwell ES - 12/10/08

SP Elementary- 1/13/09

The wii's will be presented on these dates:

10/6/08-WMS, SPHS

10/7/08 - JMS, JES

10/9/08 -WES, MCHS

10/22/08- So. Pittsburg ES

Red Ribbon Week

October 23 thru 31 is the national Red Ribbon Week. Coordinated School Health has items for each Middle school Guidance Counselor to receive and give to students. Coordinated School Health purchased the items thru a Tobacco Use Prevention Cessation Grant from the TN Dept. of Health. Tobacco Prevention curriculum is available for check-out through the office of CSH.



Children are our most valuable resource, and schools represent an opportunity to provide our children with valuable health skills.

October 11-12

World Championship

Drag boat Race at

Marion County Park

October 18-19

Ketner's Mill Craft

Fair

October 25-Nov. 2

Hale's Bar Marina

Fall Color Cruise

Nov. 5, 08-Feb.

28, 09 begins

Winter Magic

in Gatlinburg.

Dec. 5, 2008 at

7:30pmEST

Fantasy of

Lights Parade

in Gatlinburg.

Surprise!!!!!!

The office of CSH received funding in the spring from the "milk money" settlement. We could use these funds for improving the activity level of all students. We purchased the Get Fit, extra controllers and nunchuks for all schools. We also asked all physical education specialists if they needed any equipment and to submit a "wish list."

The equipment has **ARRIVED** and will be delivered to the schools during the week of Oct. 6-10. We hope that with the wiis, the games and the extra equipment, the students will be more physically active and healthier. As we all know, "It's the kids that count!"

The Fit Stop offering group rates for all Marion County School Employees call 942-2012 for details.

Jackie Thompson— Exercise classes at Jasper Elementary **Free** to all Jasper Elementary employees.

CSH will be a co-sponsor of a 5K run on 11/15/08 in So. Pittsburg,. More information to follow.

Coordinated School Health Website

We are very excited to say MCCSH will soon have their very own [website](#). We are currently working with Sharon Carlton to get the site up and going. Sharon, of course, is the computer person building the site. We are merely giving information we would like on the site. The website will have

information for faculty and students to click onto concerning physical activity, nutrition and overall good health tips. We also hope to have a link available for parents to download forms from home to complete and return to school, and information concerning health records needed to en-

ter school.

*** Exercise is good for the brain. It doesn't make you smarter. It makes you able to focus and learn. Don't just think physical fitness, think brain fitness.**