

# CSH PARENT NEWSLETTER

SEPTEMBER 2020

## WHAT IS COORDINATED SCHOOL HEALTH?

The primary mission of Tennessee Coordinated School Health is to improve student health outcomes as well as support the connection between positive health practices, academic achievement, and lifetime wellness.



## IN THIS EDITION

What's Happening

Physical Education/Physical Activity

Mental Health

Nutrition

Monthly Healthy Recipe

Student, Family, and Community Involvement

Upcoming Events

Did you know?

## WHAT'S HAPPENING

### "ELCY" THE FEEDING AND READING BUS

Our bus is on the move, and we are so excited! The schools will utilize the bus for classroom incentives, celebrations, and field days. LC Nutrition Department will utilize it to deliver meals during the summer months. We are thankful to our following partners;

Y-12 Federal Credit Union, United Way of Loudon County, Hepperly Auto Sales, Good Neighbors Shoppe, Walmart, Carriage Hill, Premier Food Equipment Service LC Family Resource, and Coordinated School Health.



PHYSICAL EDUCATION / PHYSICAL ACTIVITIES



## GO NOODLE - KIDS VIDEOS

GoNoodle - Kids Videos 4+  
Kid-Loved & Parent-Trusted  
[GoNoodle, Inc.](https://www.gonoodle.com/)



## COSMIC KIDS - KIDS YOGA, MINDFULNESS AND RELAXATION VIDEOS

The easiest way to access Cosmic Kids is to subscribe to the YouTube Channel

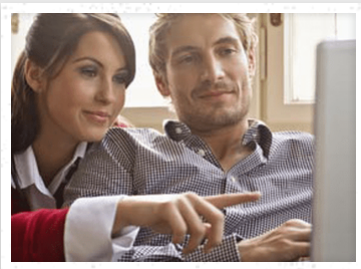
<https://www.youtube.com/user/CosmicKidsYoga>



## POWER UP FITNESS

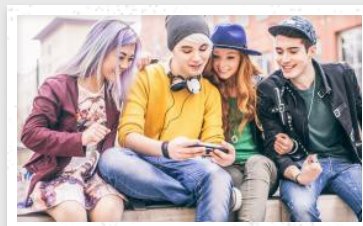
Premium Virtual Classes  
Subscription  
Our PowerUp Premium Virtual Classes include 15, 30-minute instructor-led fitness classes that include warmups, exercises, and activities from our PowerUp Your School Program for grades K-8  
[powerupfitness.net/lcs](https://powerupfitness.net/lcs)  
Password: LCS2020

## MENTAL HEALTH



## BULLYING

<https://www.mhanational.org/bullying-tips-parents>  
[Stomp Out Bullying](https://www.stompoutbullying.org/)



## BUILDING RESILIENCE IN CHILDREN AND TEENS

[cigna.com](https://www.cigna.com)



## 5 STEPS FOR A DIFFERENT KIND OF SCHOOL YEAR

[Learning Heros](https://www.learningheroes.org/)

## NUTRITION





## FOODUCATE

Eat better.  
Lose weight.  
Get healthy.  
Fooducate empowers you to achieve your diet, health, and fitness goals.

[Download on the App Store](#) [Get it on Google Play](#)



## SUGAR RUSH

Discover Added Sugars in Your Food

[Download on the App Store](#) [Get it on Google Play](#)

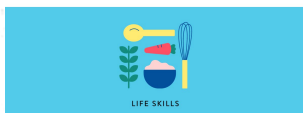


## MY INCREDIBLE BODY

Guide to Learn About the Human Body for Children - Educational Science App with Anatomy for Kids age 9+

- [iPhone](#), [iPod Touch](#), [iPad](#), [Android](#)

WIDEOPENSCHOOL  
POWERED BY GEMMA SIMONE



### Life Skills activities for Preschool

[wideopenschool.org](http://wideopenschool.org)

Take a virtual field trip (or two!) with your preschoolers to students in grade 12.

## SEPTEMBER HEALTHY RECIPE

### Tortilla Soup

Here's a version of chicken tortilla soup that's both super-easy and delicious. To make it even quicker, use crumbled baked tortilla chips in place of the homemade tortilla strips and skip Steps 1-2. Serve with vinegary coleslaw, lime wedges, and hot sauce.

Total:

45 mins

Servings: 6

### Ingredient Checklist

- 8 corn tortillas, halved and thinly sliced
- Canola or olive oil cooking spray
- 1 tablespoon canola oil
- 3 Anaheim or poblano peppers, diced
- 1 medium onion, diced

- 1 teaspoon ground cumin
- 1 pound boneless, skinless chicken thighs, trimmed and cut into 1-inch pieces (see Tip)
- 4 cups reduced-sodium chicken broth
- 1 14-ounce can diced tomatoes with green chiles
- 2 tablespoons lime juice
- ½ cup shredded sharp Cheddar cheese
- ¼ cup chopped fresh cilantro

#### Instructions Checklist

- Step 1  
Preheat oven to 400 degrees F.
- Step 2  
Spread tortilla strips in an even layer on a baking sheet and coat with cooking spray. Bake until browned and crispy, 12 to 15 minutes.
- Step 3  
Meanwhile, heat oil in a large saucepan over medium heat. Add peppers and onion and cook, stirring, until the onion begins to soften, 3 to 5 minutes. Add cumin and cook, stirring, for 1 minute. Add chicken, broth, tomatoes, and their juice. Bring to a boil, reduce heat and simmer until the chicken is cooked through 12 to 15 minutes. Remove from the heat and stir in lime juice. Serve each portion topped with some of the baked tortilla strips, Cheddar, and cilantro.

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<https://www.eatingwell.com> 09/17/2020

## STUDENT, FAMILY, AND COMMUNITY INVOLVEMENT

### HOW TO SUCCEED IN DISTANCE LEARNING: 5 TIPS FOR FAMILIES

- \*Attend to your children's health and wellbeing.
- \*Understand your role in the distance learning model.
- \*Clarify school and teacher expectations for distance learning.
- \*Set up a designated distance learning space.
- \*Establish rules and routines for learning time.

More on this subject visit: [HanoverResearch.com](https://HanoverResearch.com)

## UPCOMING LOCAL EVENTS

[Lenoir City, TN.gov](https://LenoirCity,TN.gov)

- BREAST CANCER AWARENESS

Lenoir City Parks and Recreation and the City of Lenoir City are dedicated to providing support for Breast Cancer. Our mission is to help the families in Lenoir City affected by this disease by spending time in the community, throughout October, raising money and awareness at many different events. For more information on how you can become involved on our list of events

contact Lenoir City Parks and Recreation. Help us by joining the fight, because together we can make a difference.

865-986-1223

- DOWNTOWN STREET FESTIVAL

Lenoir City Parks and Recreation will partner once again with the Lenoir City Civitan Club for a street festival that includes a classic car show, live music, arts and crafts, and food vendors. It will take place in the beautiful Historic Downtown Lenoir City area.

Broadway ~ Lenoir City (between B Street and Kingston Street)

Saturday October 10th, 2020

10:00am – 2:00 pm

Participants of the Festival MUST pre-register to participate.

- PARK AFTER DARK

This is a fun event for the whole family! The event will include a costume contest, games, hayrides, fall pictures, and light refreshments.

Thursday, October 29, 2020

5:00 – 7:00 pm

Wampler-Keith Park

## DID YOU KNOW?

It is impossible for most people to lick their own elbow. (try it!)

## IMPORTANT CRISIS PHONE NUMBERS


**National Suicide Prevention Lifeline:** 1 (800) 273-8255

**National Domestic Violence Hotline:** 1 (800) 799-7233 or text **LOVEIS** to 1 (866) 331-9474

**Crisis Text Line:** Text **HOME** to **741741** from anywhere in the USA



### WENDY STOOKSBURY

 @LCSchoolHealth

Coordinator

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