



“Intelligence and skill can only function at the peak of their capacity when the body is healthy and strong.” – John F. Kennedy

FITNESSGRAM®

GADOE requires that the Fitnessgram assessment be conducted at least 1 time for each student enrolled in any course beginning with 36. Student rosters are now available in the Fitnessgram portal so that you can enter student statistics. If you need log-in information, please email me, Aronica Gloster (glostar@boe.richmond.k12.ga.us)

There have been updates to the Fitnessgram site and the format of the student report. **Remember that students in grades 4 - 12 and parents MUST receive a copy of the student report.**

To learn more about updates to the Fitnessgram or for step-by-step instructions for using Fitnessgram: <https://help.fitnessgram.net/teachers/>

CPR/AED Instruction



During the 2018 – 2019 school year, we have documentation that 826 middle and high school students received CPR and AED instruction in our schools. We want to make sure that **all** schools provide instruction on these important skills during 2019 - 2020.

Over the last year, several high schools have received CPR/AED kits to use in your health classes to meet the GADOE requirements. We are continuing to work with the American Heart Association and Student Services to obtain kits for all high schools so that we can fulfill this mandate. Schools who have not received kits will get them this year. Pencil in your calendars September 18 (Early Release Day) in the afternoon (1:30 – 2:30) for an opportunity to be trained on using the kits, if needed. Details are forthcoming.

Remember that we must receive verification of CPR instruction in Student Services. Please use the verification form (attached.) It is also available on the RCSS Health & PE site.



Choosing the Best Curriculum is used to teach Sex Education in Middle and High Schools. As it is a grant-funded program, it is important we follow guidelines to implement with fidelity. Here are important updates:

- Rosters have been uploaded into the Golden Eye system. If you haven't done so, please set up your classes to enter attendance when you are teaching the curriculum.
- Books should be arriving at your schools around the 15th of September (if not earlier.) They have been mailed to the following people:

SCHOOL	SHIP TO PERSON
Belair k-8	Lori Wooley
FREEDOM PARK	Amanda Darville
GLENN HILLS MIDDLE	Deborah Butler
HEPHZIBAH MIDDLE	Shannon Jones
HORNSBY MIDDLE	Sumner White
LANGFORD MIDDLE	Charmaine Foster
MURPHEY MIDDLE	Connell Reddick
PINE HILL MIDDLE	Lawrence Bing
RICHMOND HILL K-8	Nicole Baker
SPIRIT CREEK MIDDLE	Holice McClain
TUTT MIDDLE	Debra Arico

SCHOOL	SHIP TO PERSON
A.R. JOHNSON MAGNET	Crystal Langston
ACADEMY OF RICHMOND COUNTY	James Mitchell
BUTLER HIGH SCHOOL	Courtney Johnson
CROSS CREEK HIGH SCHOOL	Kim Schlein
DAVIDSON FINE ARTS	Adam Kowalczyk
GLENN HILLS HIGH SCHOOL	Gayle Dillon
HEPHZIBAH HIGH SCHOOL	Angela Anderson
LANEY	William Wallace
PERFORMANCE LEARNING CENTER	Brian Regitko
RICHMOND COUNTY TECHNICAL CAREER MAGNET	Anthony Wilson
RPM	Adrienne Bogans
T.W. JOSEY HIGH SCHOOL	Nichelle Chapman
WESTSIDE HIGH SCHOOL	Dartayvia Thomas
Innovation Academy	Thomas Powell

- **Choosing the Best Path (8th grade):** Make sure that you utilize the updated manual and books. There have been some changes to this curriculum
- **Online Videos for CTB:** You now have access to online videos for teaching CTB. You must create an account and get approval from me to access the videos. Here are the instructions:

Teacher Process:

- Access Choosingthebestonline.com.
 - Click on the Create New Account tab at the login screen.
 - Fill out the information, choose your district and click "ADD". (You must use your RCSS email.)
 - If teaching multiple grade levels, only 1 level is needed when completing the "creating an account" process.
 - Once you have clicked "ADD", an email will be sent to the district admin letting them know they have a new user wanting approval to the system. They can click the approve or deny button on the email.
 - Please access the site and create your account as soon as possible to ensure your ability to view the videos when you are ready to teach.
- **Observations:** Each semester CTB reps must observe instruction of the curriculum. We will randomly choose 2 teachers to observe per semester. (Those who have been observed before will tell you it's painless ☺.) Please click the link below to enter the timeframe you plan to teach the curriculum:

[Choosing the Best and CPR Instruction Dates](#)

Sex Education/Family Dynamics Committee



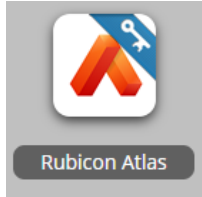
Each school district must establish a Sex Education (Family Dynamics) Committee to periodically review sex and AIDS education instructional materials and make recommendations to the Board concerning age and grade level use. We are seeking teachers who would be interested in serving on the RCSS Sex Education/Family Dynamics Committee. The commitment is 2 years and participants would meet approximately 4 times per year. The committee includes parents, students, teachers, administrators, and community representatives.

Meeting dates:

1. Wednesday, October 2, 2019 – 5:00 PM – 6:30 PM
2. Wednesday, December 4, 2019 – 5:00PM – 6:30 PM
3. Tuesday, March 24, 2020 – 5:00PM – 6:30 PM

If you are interested in serving on the Family Dynamics Committee, please complete and return the **attached interest form by Monday, September 16, 2019.** Access form here: [Family Dynamics Committee Interest Form](#)

Teaching Resources:



Rubicon Atlas: Updated for Physical Education

Thanks to those of you who worked this summer on developing the Physical Education curriculum for our district! This is a reminder to PE teachers to check out Rubicon Atlas which has the new curriculum maps tied to the new Georgia Standards of Excellence. Remember that this is the implementation year for the GSE.

Physical Education Georgia Standards of Excellence: <https://www.georgiastandards.org/Georgia-Standards/Pages/Physical-Education.aspx>



Vaping Alert Information

Recently, the Georgia Department of Public Health released an alert about severe pulmonary disease seen in the users of vaping products. The alert was shared with health providers across the state. Click here for the alert and information about a Juul cessation texting program for youth to help them quit e-cigarettes.

Youth and young adults can access the program by texting "DITCHJUUL" to 88709. Parents and other adults looking to help young people quit should text "QUIT" to (202)8999-7550.

As we are approaching Red Ribbon Week in October, you are encouraged to incorporate this information into your lessons around substance abuse.



Richmond County Public Schools has secured a great digital resource to help support the wonderful work you are already doing in your classrooms. The resources brought to us by [EVERFI](#) are **standards-aligned, highly engaging, web-based, self-graded (pre and post-tests for each lesson) and student-paced**. We will have a presenter to share more about this resource during the October 15 PL session; however, feel free to explore!

[Here](#) you will find a list of **ALL** resources you have access to.

The resources I think you would be most interested in are:

[Character Playbook](#): Building and Maintaining Healthy Relationships (Middle School)

[Prescription Drug Safety](#): Abuse Prevention (High School)

[AlcoholEDU](#): Abuse Prevention (High School)

[Healthier Me Middle](#): Wellness Fundamentals (Middle School)

[Mental Wellness Basics](#): Mental Health Awareness (Middle School/High School)

[Honor Code](#): Bullying Prevention (Middle School/High School)

[Compassion](#): Social Emotional Learning (Elementary School)

[Healthier MeElementary](#): Wellness Fundamentals (ES)

Action Steps:

-If you **do not** already have an EVERFI account, please go to www.everfi.com/login to set it up. (Attached is a guide you might find helpful.)

-Choose the resource that most interests you as the course to get started with. **You can add as many of the other courses as you want as soon as you set up your account.**

-Directions for student registration is at the bottom of the guide.

If you **do have** an account, please go in and set up the classes for the resources you plan to use this year.

Need assistance registering your students? Have any questions? Please contact Holly Juras with EVERFI at hjuras@everfi.com or [\(404\) 218-6709](tel:4042186709). She is happy to help!

Augusta University – Cancer Information and Awareness Presentations



Augusta University has a series of presentations that they can come to share with middle and high school classes regarding health and preventing cancer. The presentations are about 30 – 45 minutes long and are based on information on the American Cancer Society and Centers for Disease Control.

Contact: Amy McIntyre – amcintyre@augsta.edu or (706)446-5122

“Your Health Matters Series” (3 presentations available)

Tobacco and Electronic Cigarettes: Reality Check

Nicotine can have harmful effects on young developing brains. It can prime the young brain for use of other addictive substances, reduce impulse control, contributes to deficits in attention and cognition, and can cause mood disorders. Georgia Cancer Center offers evidence based research to help young people understand the harmful effects of tobacco and electronic cigarettes.

At the end of this presentation, students should be able to:

1. Understand the addictive nature of nicotine
2. Describe the health consequences of tobacco and e-cigarette use and provide statistics and facts about tobacco use among young people
3. Be equipped with decision-making and coping skills to help build their self-esteem and encourage them to make informed choices

Fingers, Forks, and Feet: Obesity and Cancer

Nationally, 15.8% of youth ages 10-17 are obese. (www.stateofobesity.org) Excess body fat, and being overweight contributes to 13 different cancers. From 2016-2017, Georgia ranked eighth at 18.4%. The Georgia Cancer Center will teach youth how to make a healthy plate and what types of food and exercise to incorporate into their diet and daily life to maintain a healthy weight.

At the end of this presentation, students should be able to:

1. Define the terms overweight and obesity
2. Specify the health consequences of obesity
3. Recognize the roles of nutrition, and exercise in the prevention of cancer and maintaining healthy body weight

Sun Smart and Skin Safe

A few serious sunburns can increase a child’s risk of getting skin cancer. (CDC) The Georgia Cancer Center discusses the effects of sunburns and what kinds of criteria to look for in sunscreen and skin protection.

At the end of this presentation, students should be able to:

1. Understand the relevance of sun exposure as it relates to skin cancer
2. Identify the types of skin cancer including mole characteristics
3. Describe and utilize preventative measures for skin cancer

American Heart Association – Heart Healthy Challenge & Grant Opportunity



During the 2018 – 2019 school year, the elementary schools listed below participated in the Kids Heart Challenge:

- Bayvale Elementary
- Diamond Lakes Elementary
- Dorothy Hains Elementary
- Freedom Park Elementary
- Hephzibah Elementary
- Lake Forest Hills Elementary
- McBean Elementary
- Monte Sano Elementary
- Copeland Elementary
- Sue Reynolds Elementary
- Terrace Manor Elementary
- Warren Road Elementary
- Windsor Spring Elementary
- Tutt Middle

This year, we hope to have all elementary schools participate in this campaign focused on the importance of living heart healthy. You will need to register your school to participate:

<https://www.heart.org/en/professional/educator/school-programs/elementary-schools>

Included with this campaign is a grant opportunity to get up to \$3500 to use for various resources and equipment to support health. The flyer is attached.

Grant Deadline: May 1, 2020

Georgia SHAPE Grant Opportunity – Open to all schools



Deadline to Apply: September 23, 2019



The Request for Proposals (RFP) for the Georgia Department of Public Health (GDPH) Georgia Shape Round IX Grants opened on Friday, August 30th. GDPH and the Georgia Health Policy Center will be hosting webinars on September 5th and September 9th to orient interested schools to the Shape grant application. The sample application and scoring rubric are attached for your information (and are included in the application link below).

Georgia Shape Round IX Grant details:

Eligible Applicants: K-12 public schools in Georgia

RCSS Health & PE Newsletter
September 4, 2019

Eligibility

Schools must:

- Be a Georgia public school (elementary, middle, or high)
- Participate in the National School Lunch program
- Have collected and reported FitnessGram data to the GA Department of Education for the 2018-19 school year
- A school is not eligible if they received a \$4,000 or \$5,000 Shape grant in the 2015-16, 2016-17, 2017-18, or 2018-2019 school year.

Applicant grant orientation webinars:

Thursday, September 5, 2019 at 4:00 pm EST ([Click here for webinar](#))

Monday, September 9, 2019 at 4:00 pm EST ([Click here for webinar](#))

Application Due: Monday, September 23, 2019 11:59 pm EST

Anticipated Award Notification: Monday, September 30, 2019

Healthy Schools Summit (attendance required): October 15-16, 2019

Performance Period: October 2019 to June 2020

How to Apply

Complete the online application between Friday, August 30, 2019 and Monday, September 23, 2019 5:00 pm EST

Application information and details are available at: <https://ghpc.gsu.edu/2019/08/30/georgia-shape-school-grant-application/>