



# Memphis-Shelby County Schools Department of Exceptional Children and Health Services Office of Coordinated School Health October 2023



@mscscoordinatedschoolhealth

## This Month in Coordinated School Health

### Breast Cancer Awareness Month

Everyone knows someone who has been impacted by breast cancer. Each year in the U.S., 264,000 women and 2,400 men are diagnosed with breast cancer, and 42,000 women and 500 men will die from this disease. Regular breast self-exams and screenings can detect breast cancer in early stages. When breast cancer is detected early, survival rates increase. While there is no known way to prevent breast cancer, early detection is key!



### Meet Our Team!

Jim Harbin has dedicated two years to the Office of Coordinated School Health, where he leads initiatives in Physical Activity, Physical Education, and Health Education. Prior to his role in the Coordinated School Health Team, Jim kick-started his career in the classroom as a Health Instructor. Beyond his professional pursuits, he cherishes moments spent with his family and passionately follows his favorite sports teams, including the Memphis Grizzlies, Tennessee Titans, and Memphis Tigers.



### Eight Components of Coordinated School Health

#### Physical Education/Physical Activity

Quality physical education promotes each student's optimum physical, mental, emotional, and social development through a variety of planned individual and cooperative physical activities and fitness assessments; and provides fitness activities and sports that all students, including students with special needs, can enjoy and pursue throughout their lives.

#### Special Project Coordinators

Shelby Culver, MPH

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### Healthy School Teams

Visit Alliance for a Healthier Generation's website to get started on your school's 2023-2024 School Health Index\*

### World Mental Health Day October 10

World Mental Health Day is a chance to talk about how we look at mental health, and how important it is to get help if you are struggling. We are working to ensure that mental health is treated just like physical health. In 2023, let's make mental health and well-being for all a global priority.



\*If you need assistance starting your Healthy School Team, please contact your Special Project Coordinator for more information

### Bullying Prevention Month/ Unity Day October 18

Bullying is unwanted, aggressive behavior among individuals that involves a real or perceived imbalance of power. Students who are bullied and those who bully others may have serious and lasting problems, such as depression and anxiety, health complaints, and decreased academic achievement. Encourage students to be upstanders, not bystanders, to prevent bullying!



### Shoutouts!

**HELEN HOLLIMAN**,  
Professional School  
Counselor  
Sheffield High CCTE

**KAREN BERNARD**,  
Outreach  
Coordinator  
The Works, Inc.

### PE Teachers!

Please complete the Physical Activity compliance survey that was emailed to you for each school that you service. Reach out to your Special Project Coordinator for more information and/or the link to the survey.

### UPCOMING EVENTS

OCTOBER  
4

WALKING SCHOOL BUS -  
SEA ISLE ELEMENTARY

OCTOBER  
18

BULLYING PREVENTION  
UNITY DAY

OCTOBER  
22

DANCE ACROSS TENNESSEE

NOVEMBER  
11

RESTORE CORPS 5K/10K &  
KIDS FUN RUN

NOVEMBER  
16

QUARTERLY SHAC MEETING

### RESOURCE CORNER

Visit the Tennessee Department of Education's Coordinated School Health website.

Visit [Active Schools](#) to find FREE resources for incorporating more physical education and increasing physical activity in your school.

Visit our partners at [Everfi](#) for FREE resources and digital lessons for grades K-12.

Visit [Action for Healthy Kids](#) for more information on health training programs for youth.

Visit our partners at [Healthy Kids and Teens](#) for tools and resources to create healthier schools.

Manager

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