



Bee Well

Thomas County Wellness Newsletter - November 2020

Step it Up Challenge



We are winding down our first challenge of the year, and it is amazing to see how many people are participating and just how many steps you take during the school day. And in a hotly contested race this year, you never know what might happen so keep going and finish up strong!

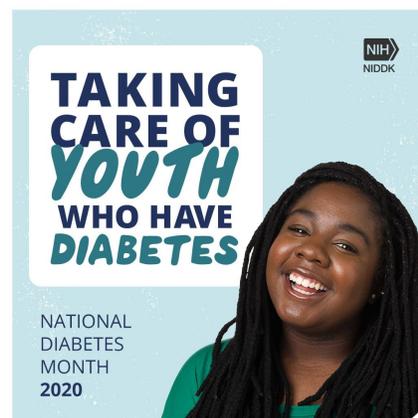
As a reminder, please make sure you are updating your steps on a regular basis. Our challenge ends on Sunday, November, 22nd, so with just under three weeks left you can head into the Thanksgiving Break with a huge boost of confidence for sticking to your commitment and accomplishing your wellness goals! Again, thank you all for making this such a fun and competitive event.

Monthly Observances

November is National Diabetes Month, a time when communities across the country team up to bring attention to diabetes. This year's focus is on taking care of youth who have diabetes.

Diabetes is one of the most common chronic conditions in school-age youth in the United States, affecting about 193,000 youth under 20 years old. Regardless of their age, sometimes youth who have diabetes need support with their diabetes care (National Institute of Diabetes and Digestive and Kidney Diseases, 2020).

This year the American Diabetes Association's theme for the month is "[We Stand Greater Than](#)" and they have a wealth of resources for people with diabetes including a number of special events hosted on their Instagram page. Be sure to check out their website for additional information.



Healthy Schools

Our schools have always strived to create and maintain a healthy learning environment for our students and staff, and this year our efforts have been nothing less than remarkable. With the first nine weeks coming to an end you should all pat yourselves on the back for a job well done. To compliment the work underway at each school, the following resources may be helpful for battling chronic conditions (like diabetes), the upcoming cold and flu season, and COVID-19.



Chronic Conditions

Many students and staff suffer from chronic conditions that may arise during the course of the school day. Our school nurses do an excellent job of working with our students and their families to create management plans for these conditions but these free, downloadable posters are a great resource for what to do in the event that any of these medical emergencies (anaphylaxis, asthma, diabetes, and seizures) occur within the classroom. While the [SHAPE America resources](#) are tailored for the Physical Education teacher, these can easily be adapted for use outside of the gym.

Cold & Flu Season

As we head into the cold and flu season, the best way to protect yourself and your family is to get vaccinated. According to James Fortenberry, MD, Chief Medical Officer at Children’s Healthcare of Atlanta (CHOA). “And this year—more than ever—it’s important to get your flu shot. These precautions will help reduce the risk of spreading of all respiratory illnesses.” For more information, including reasons your child needs a flu shot, common flu questions answered, and how to fend off the flu, be sure to check out CHOA’s [webpage](#). And, as a reminder, all staff who receive a flu vaccination earn a ½ day off!



COVID Resource Videos

To further efforts to keep schools safe and healthy, the National Association of School Nurses (NASN) developed three educational videos related to hygiene. These [videos](#), which are available in English and Spanish, teach the importance of washing your hands, wearing cloth face coverings, and staying home when you are sick.

Harvest of the Month

Sweet Potatoes are November’s [Harvest of the Month](#) and are a member of the morning glory family. This root vegetable thrives in the Georgia climate and is in season from August to November. Sweet potatoes are a great source of fiber, minerals, and vitamins - Vitamin A in particular - and offer a wide array of [health benefits](#).



For more information about sweet potatoes here in Georgia, check out these [facts](#) and to preview class activities with sweet potatoes, click [here](#).

While sweet potatoes are a traditional part of the Thanksgiving dinner, there are plenty of other ways to incorporate them into your diet. Sweet potato fries, chips, and [sweet potato hash](#) are great additions to your recipe index. But just in case you need something to do with any remaining Thanksgiving turkey, check out this quick and easy [Leftover Turkey & Sweet Potato Frittata](#).

Thanksgiving Meals

Speaking of Thanksgiving dinner, our nutrition staff is excited to offer our annual



Thanksgiving meal to all teachers and staff. Since each school's cafeteria is operating differently, not all schools will be serving a Thanksgiving meal to our students on Thursday, Nov. 19. However, we know that this is a meal that many of our teachers and staff enjoy sharing with us, and we would like to offer them the opportunity to eat with us that day. **If you are a teacher or staff at Bishop Hall, Pathways, Renaissance, TCMS, or the Board Office and would like to order a Thanksgiving meal for lunch on Thursday, Nov. 19 please indicate that on the [Google Form](#).** Our other schools will be assisting us in preparing these meals and

we will need an accurate count by Thursday, Nov. 12.

We thank you for your support of our nutrition department, and wish you all a Happy Thanksgiving!

Be Well SHBP

Holiday RealAge Sweepstakes

Would you like a chance to win a \$250 Amazon eGift Card?

If you are enrolled in the State Health Benefit Plan (SHBP) through either Anthem Blue Cross and Blue Shield or UnitedHealthcare (non-Medicare Advantage), you and your covered spouse can take (or update) the RealAge® Test before November 16th, and automatically **be entered into the Holiday RealAge Sweepstakes for a chance to win a \$250 Amazon eGift Card.**



Follow these steps to enter the Holiday RealAge Sweepstakes:

If you have never registered for an account on BeWellSHBP.com [register here](#); if you already have an account, use your email and password to [log in here](#) (or log in to your account through the Sharecare app).

