

# Shelby County Schools Coordinated School Health

Sept 2020



## National Suicide Prevention

### How to become someone's lifeline...

Suicide is the 10th leading cause of death in the US and adults and kids are included in these alarming statistics.

How can you be a lifeline for yourself and for someone else:

#### How to Take Care of Yourself

1. Ask for help
2. Remember that this feeling can be overcome
3. Make a safety plan
4. Evaluate the relationships in your life



#### How to Help

1. Take your loved ones seriously
2. Learn the warning signs
3. Listen with empathy and provide support
4. Don't keep suicide a secret

#### Resource

[Suicide Prevention Lifeline Website](#) ; Phone Number: 1-800-273-8255

**Stay Alert**

**September  
Dates**

*National Childhood  
Obesity Month*

*Fruits and Veggies  
Matter More*

*National Yoga  
Awareness*

*National Suicide  
Prevention Month*

*5-2-1-0*

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**Go online for  
more info about  
these important  
observances!**

# YOGA AWARENESS CHILDHOOD OBESITY

Sept 2020

## 6 Ways to Celebrate

National Yoga Month ...

**Try Something New like SUP  
or AcroYoga**

**Do Yoga In the Park**

**Have a Yoga Get Together w/  
Friends**

**Treat Yourself to Yoga Gear**

**Meditate on Gratitude**

**Go to a Yoga Studio**

Check out this [link](#) with more info!

**Manager**

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## Childhood Obesity

Causes and Consequences ...

**Behavior** and **Community Environ-  
ment** are two large causes of obesity. This can include your sleep routine, your activity levels, the foods you consume daily. Your environment plays a role as well. Schools are very important in fighting childhood obesity. Schools provide opportunities to practice healthy behaviors – kids spend around 900 hours per year in school. We want all schools to be healthy environments.

Some of the long term consequences can be high blood pressure and high cholesterol, type 2 diabetes and cardiovascular disease and so many more health risk.

Click on the [link](#) to learn more.

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