

TIGER NEWS

*Bessemer City Schools
Newsletter*



Inside this Issue



HAPPY, HEALTHY HOLIDAYS

Words we don't always use together. Why 'HOLIDAYS' and 'HEALTH' go hand in hand.

COACHES' GAME PLAN ON HEALTH

Congrats to our fall sports teams for a great season. As we head into the holidays, hear the important calls some of our coaches are making about health wise!

GONE, BUT NOT FORGOTTEN

How students and staff at Charles F. Hard Elementary School are keeping the memory of a beloved educator alive.

A MESSAGE FROM YOUR SUPERINTENDENT

Is it the holiday season already? If you're anything like me, 2021 has been a whirlwind. We are just busy people. The holidays bring a burst of excitement, and this year we can finally begin to gather safely again, thanks to COVID vaccination developments and lower numbers of infections.

With all of the excitement, we want to remind you of the most important item on your list of priorities: your health. This edition of Tiger News will focus on physical and mental health, and of course, staying safe from COVID. Take a moment. Slow down. Take time to care for yourself, so you can better care for others.

Have a happy and safe Thanksgiving.

Dr. Autumnm Jeter, BCS Superintendent



HOLIDAY REUNIONS - KEEPING THEM SAFE

Nurse Benjamin goes the extra mile to safely see family again.



Family Gatherings

For the first time in two years, Nurse LaShanda Benjamin will spend Thanksgiving with her family. She's getting on a plane and flying home to South Carolina. Like most of us, COVID-19 has kept her apart from her loved ones. She can't wait for the big reunion.

"I am going home. I will be there in person. I'm so excited, and it's a much needed break," says Nurse Benjamin. We all know her as the lead nurse with Bessemer City Schools. She says her family took the extra steps to ensure everyone's safety by having all eligible members vaccinated. She is encouraging the rest of us to do the same if we intend to gather safely during this holiday season.

Bessemer City Schools has made it convenient for students, staff, and community members to protect themselves from the virus. They've partnered with Jefferson County Department of Health to offer monthly COVID-19 vaccination clinics. In January, they will open the clinic to 5-11 year olds with parent consent.

The District is also collaborating with UAB to provide COVID testing up until next year. Testing will take place Tuesdays, with each school having a designated day. Testing is open to anyone, but they're specifically targeting those who are asymptomatic, but are possible carriers.

We have made tremendous strides in the fight against COVID-19. However, as our health leaders remind us, we are not in the clear yet. If you are not vaccinated, please consider doing so. If you have questions, contact one of our own health experts, Nurse LaShanda Benjamin, RN, BSN at Lbenjamin@bessk12.org.

***Still not vaccinated?
Have questions? Get
upfront, informed
answers from Nurse
Benjamin. Email
lbenjamin@bessk12.org***



Nurse Lashanda Benjamin pictured above at a previous family gathering.



BCS Sports: Health Tips From Our Coaches

Tiger News



Fitness Tip Volleyball Coach Justin Thigpen

Congrats to BCS Volleyball Coach Justin Thigpen and team for a season of growth. Literally. Student interest increased this year enough for both varsity and junior varsity teams. 15 girls are planning to return next year!

But, for Coach Thigpen, coaching goes beyond the NET. He teaches his athletes two lessons that will take them through life: hard work and discipline.

"Working hard and staying disciplined – will get them wherever they want to go."

This is advice he also applies to maintaining your physical health. You don't have to be an athlete to do it. Coach Thigpen's advice for working on your own fitness?

"Watch what you eat. Get your 30 minutes of exercise a day. That will make a huge difference." - Coach Justin Thigpen



Want to stay mentally sharp?
Go & Play!

BCS Basketball Coach Ron Hamilton knows that athletics offers tremendous health benefits both mentally and physically.

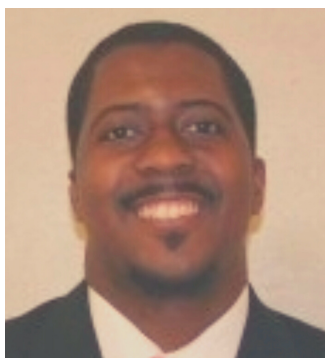
"The mental part is that it keeps your brain engaged and sharp. Keeps it active because you have to focus. You must focus to be able to counteract your opponents' actions," says Coach Hamilton.

Even if you haven't exercised in a while, you can still be the MVP of your own physical health. Coach Hamilton says start where you are.

Here's his advice:

- Start off light. Get out and get active with running or walking.
- Gradually pick up the pace according to what your body can handle.
- Walk a half mile or two, and grow from there.

So, let's get off the sidelines, Bessemer City Schools family. Get into the game of self-care by taking back our health.



Coach Ron Hamilton,
Bessemer City High School basketball



BESSEMER CITY SCHOOLS GETS FIT

“ Did you know those who join a fitness group are more likely to stick to their exercise routine? We gathered some options for you:

JOIN AS A GROUP

Bessemer

City Schools & Recreation Center

\$10 PER MEMBER
PLUS MEMBERSHIP

NO JOIN FEE
PAY 1ST MONTH TO JOIN
MONTH TO MONTH PAYMENT
NO CONTRACT
ACCESS TO ALL AMENITIES

IF YOU PLAN TO JOIN
PLEASE COMPLETE THIS [FORM](#)

MORE REC INFORMATION AT
[HTTPS://WWW.BESSEMERAL.ORG/RECREATION-CENTER/](https://www.bessemeral.org/recreation-center/)
LIABILITY WAIVER MUST BE SIGNED



YMCA

Join for FREE!

Through December the YMCA is offering:

- \$0 Joining fees
- \$0 for the 1st month of membership
- Reduced rates for various programs

Visit www.legacyymca.org

OR

Call (205) 426-1211

ADDITIONAL HEALTH RESOURCES

HELPFUL WEBSITES

Ten Ways to Manage Thanksgiving Better When You Have Diabetes

<https://health.usnews.com/wellness/food/articles/ways-to-manage-thanksgiving-when-you-have-diabetes>

15 Ways to Calm Yourself Down

<https://www.healthline.com/health/how-to-calm-down>

CDC's Five Holiday Tips for Healthy Eating

https://www.cdc.gov/diabetes/library/features/holidays-healthy-eating.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Ffeatures%2Fdiabetes-management%2Findex.html

Fitness Program: Five Steps to Get Started

<https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/fitness/art-20048269>

Important Reminder for Employees

From the BCS Office of Human Resources

Dr. Corvetta Clasberry, Human Resources Director, is urging employees to make their health a priority as well. If you have not created your account for the employee assistance program (EAP), you are encouraged to do so for your mental health, social welfare and financial stability! All sessions are totally confidential.

Employees interested in the EAP, [click here for more information.](#)

IN CASE YOU MISSED IT!

There are so many things happening at BCS, we'd love to share them all, we just don't have enough page. However, here are a few things we didn't want you to miss!



IN LOVING MEMORY

Charles F. Hard Elementary School unveiled a memorial garden in honor of Ms. Karen Ward, who passed away early this fall. They began planting it in October and unveiled it Tuesday, November 17, 2021.

Students and staff gathered around the garden and released balloons in her memory.



FUTURE ENGINEERS

6th graders at Bessemer City Middle School engaged in a virtual tour of Amazon. We applaud the hard work of Dr. Rene Holley for a partnership that opens the doors to a future in STEAM professions for Bessemer students.



MEET YOUR BPAC!

We are so very grateful to this team of parents for stepping up to give parents a clearer voice in our district. As a group, they will meet quarterly with the superintendent to provide insight on school-related matters - from a parent's perspective.

Pictured (back row, L-R): Dr. Jeter, Vanessa Epting, Donna Richardson Williams, Catherine Pettie

Pictured (front, L-R): Rhonda Burroughs, Our thanks to Dr. Jeter for creating the Bessemer Parents Advisory Council (BPAC).