



SES Staff Wellness

SES faculty and staff are participating in CSH's Biggest Loser Program. For six weeks, participants are weighed weekly and also receive nutrition education materials upon each weigh in. The top loser each week receives a prize!



The top three overall losers will receive **FREE** memberships to the DeKalb County Complex Fitness Center.

Collectively, staff have lost 48.4 pounds so far!

Coordinated School Health 2020-21 Health Screening Data

BMI Screenings	Normal	Obese	Overweight	Underweight	Grand Total
DeKalb County High School (9th)	75	38	35	3	151
DeKalb Middle School (6th & 8th)	85	47	34	5	171
DeKalb West Elementary (K, 2nd, 4th, 6th, & 8th)	90	55	31	4	180
Northside Elementary (2nd & 4th)	77	67	35	6	185
Smithville Elementary (K & 2nd)	126	69	44	7	246
Grand Total	453	276	179	25	933

Blood Pressure Screenings	Normal	Pre-HT	Stage 1 HT	Stage 2 HT	Grand Total
DeKalb County High School (9th)	80	22	37	4	143
DeKalb Middle School (6th & 8th)	204	23	26	3	256
DeKalb West Elementary (K, 2nd, 4th, 6th, & 8th)	141	20	27	2	190
Northside Elementary (2nd & 4th)	101	16	25	2	144
Smithville Elementary (K & 2nd)	220	13	7	1	241
Grand Total	746	94	122	12	974

Vision Screenings	Fail	Pass	Grand Total
DeKalb Middle School (6th & 8th)	39	219	258
DeKalb West Elementary (PK, K, 2nd, 4th, 6th, & 8th)	37	175	212
Northside Elementary (2nd & 4th)	29	116	145
Smithville Elementary (PK, K, & 2nd)	39	257	296
Grand Total	144	767	911

Hearing Screenings	Fail	Pass	Grand Total
DeKalb Middle School (6th & 8th)	4	256	260
DeKalb West Elementary (K, 2nd 4th, 6th, & 8th)	4	188	192
Northside Elementary (2nd & 4th)	4	140	144
Smithville Elementary (K & 2nd)	7	233	240
Grand Total	19	817	836



DPC will be hosting a family friendly event

HOPEFEST

Celebrate Recovery-Celebrate Life

Elizabeth Chapel Baptist Church
(1850 Allen Ferry Rd. Smithville)

Saturday, May 22, 2021

11am-2pm

(outside if good weather, indoors if it is raining)

Kid-friendly activities, face painting, free community resource information, etc.

DPC will also be providing FREE grilled hotdogs, chips, and drinks.



The Biting Tigers Return

The TN Dept. of Education School Nutrition Program hosted the 3rd annual Junior Chef competition this year for high school students. Due to the coronavirus pandemic, this year's competition consisted of a recipe contest where students submitted a recipe that will be judged by a team of experts. The

first, second, and third place winning teams will receive scholarships from Sullivan University, and the first place team will then compete in the Southeast Regional Junior Chef Competition.

DCHS entered the contest with last year's reigning champs, The Biting Tigers! The DCCHS Biting Tigers consist of Jacklyn Kleparek (sophomore), Sophia Angeletti (Junior), Kaitlyn Jackman (Junior), and coach/culinary teacher Linda Parris. They entered the recipe, Turkey Balls and Zoodles, which is comprised of spicy traditional turkey meatballs covered in a fresh marinara sauce topping over zucchini cut noodles.

The Biting Tigers took 3rd place in this competition! Each team member received a \$4,000 scholarship to Sullivan University in Louisville, KY. Congrats team!

