

Coordinated School Health

JANUARY-FEBRUARY
2009

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A Message From Coordinated School Health

Special points of interest:

- *Message from CSH*
- *5K Walk/Run to benefit MC Food Bank and Serenity Pointe, Christian Women's Job Corps.*
- *BMI*
- *YMCA*

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The health concerns of children and youth are becoming acute at a time when school, public education, and health care are undergoing intensive scrutiny. Education reform calls on schools to offer improved academic programs and to change the way they function. Schools are devising ways to develop active learners, use standards-based curricula, work with parents and the community, make more decision at the school level, and increase accountability. Under school reform initiatives, educators are examining the causes of underachievement, frequently identifying poor health or psychological or social problems as factors.

To assist schools, Coordinated School Health programs have been established. Coordinated School Health helps children meet educational, health, and developmental challenges by integrating health programs that support the educational process, provides services for students, and improves children's health prospects.

Students who are hungry, sick, troubled, or depressed cannot function well in the classroom, no matter how good the school is. Schools can improve academic performance through fostering health and fitness for students by providing access to health care and counseling services, and a health-promoting school environment.

Schools can do more than any other single institution to improve the well-being and competence of students. Schools are society's vehicle for providing young people with the tools for successful adulthood. No tool is more essential than good health.



Strawberries are the only fruit with seeds on the outside. The average strawberry has 200 seeds. Also, strawberries are a member of the rose family.

St. Patrick's Day Walk/Run

CSH will co-sponsor a 5K St. Patrick's Day Walk/Run scheduled for March 14th in South Pittsburg. The 1 Mile Fun Run will begin at 7:30 a.m. CST. The 5K Road Race will begin at 8:00a.m.CST. Registration for both will begin at 6:30a.m. CST. The run will

benefit the Marion County Food Bank, Serenity Pointe, and Christian Women's Job Corps. Entry fee will be : \$20.00 until Feb. 27th and \$25.00 after this date. \$15.00 for the 1 Mile Fun Run/Walk Refreshments will be available

and all runners will receive a T-shirt.

Information will be in the papers and on flyers at your schools.

Contact AJ Fox @ 423-228-3186or email: afox@trinitycable.net



2008-2009 Health Screenings

The office of Coordinated School Health has screened approximately 1,950 students this year. The referral notes are being sent to parents as we complete the data collection. To date 200 have failed their vision and 2 have failed their hearing screenings. The results of the Body Mass Index (BMI) for 2007-2008 are:

- Average BMI 615 screened average 20.71%
- Underweight 3 total average 0.49%
- Healthy Weight 343 average 55.77%
- At Risk for Obesity 113 average 18.37%
- Overweight 156 average 25.37%

**** With 43.74% of our students at risk for overweight or overweight, we have to be watchful for diabetes, heart disease, asthma, and cholesterol related illnesses that affect our students.

The 2008-2009 results for the BMI screenings will be available in the summer.



YMCA and Coordinated School Health

Thanks to all employees who completed the wellness survey. CSH is working to provide all employees with a wellness room where they can work out with a group or by themselves. The YMCA has offered to partner with CSH to provide various services for our em-

ployees. More information will be coming as progress is made. **** If anyone has any type of fitness/exercise equipment they would like to donate to our room, please contact our office. We will be glad to take it off your hands!!

Valentines Facts and Fables

In the Middle Ages, young men and women drew names from a bowl to see who their valentines would be. They would wear these names on their sleeves for one week.

Alexander Graham Bell applied for his patent on the telephone, an "Improvement in Telegraphy", on Valentine's

Day, 1876.

About 1 billion Valentine's Day cards are exchanged each year. That's the largest seasonal card-sending occasion of the year, next to Christmas.

About 3% of pet owners will give Valentine's Day gifts to their pets.

California produces 60 percent of American roses, but the vast number sold on Valentine's Day in the US are imported, mostly from South America. Approximately 110 million roses, the majority red, will be sold and delivered within a three-day time period.

