



Oak Ridge Schools—HEARTbeat

Office of Coordinated School Health April 2016

ORS—COOR Wellness Fair

- ⇒ April is National Child Abuse Prevention Month
- ⇒ April 5th—ASAP of AC Youth Coalition PSA filming
- ⇒ April 6th—Healthy School Team Leader meeting @ SAB—2:15pm
- ⇒ April 8th—4 week Foodie Friday program with UT Extension Office at Glenwood begins during lunch
- ⇒ April 22nd—Earth Day
- ⇒ April 27th—Linden Elementary—Karns Chiropractic Pampering Event
- ⇒ April 30th—ORHS Prom
- ⇒ May 8th - Free physicals in Wildcat Arena 1-4pm

The Office of Coordinated School Health partnered with the City of Oak Ridge Wellness Committee to host the 3rd annual Wellness Fair.

The fair was held on Wednesday, March 30th from 11am-3:30pm at the Civic Center in Oak Ridge. The annual fair is a free event, which is open to employees, students, families and community members. Over 200 Oak Ridge School and Oak Ridge City employees attended the fair. Over 150 community members and students also were present.

This years fair hosted over 65 vendors. Various aspects of health, including physical, mental, emotional and social, were showcased at the fair. Vendors included Methodist Medical Center, ASAP of Anderson County, Karns Chiropractic, Mary Kay Cosmetics, Weight Watchers, Jenny Craig, Anderson County Coordinated School Health, Premier Surgical Centers, TN Department of Oral Health Services, Anderson County Health Department, Prevent Child Abuse of Tennessee, TN Highway Patrol, Oak Ridge Fire & Police Department, East TN Children’s Hospital and many more!

Medic Blood was on site taking blood donations while Zumba provided demonstrations. Project Adam (East TN Children’s Hospital) provided CPR certification for a group of pre-registered Oak Ridge Schools coaches and ORFD hosted fire extinguisher demonstrations at various times throughout the day.

A wonderful time was had by all and over 40 door prizes were given away. We want to thank all of the vendors and participants who made this event possible. Also, thanks to Dr. Bruce Borchers and Mr. Mark Watson for supporting the efforts of Coordinated School and the Wellness Committee.

If you have any questions or comments regarding the event, please do not hesitate to email Jenifer Laurendine at jllaurendine@ortn.edu or call 865-425-9028. We are always looking for new vendors and ideas for next year! Let us know what you would like to see at the 2017 Wellness Fair.



Allergy Season is HERE!

It's your son's third sneezing fit during breakfast, and as you hand him another tissue you wonder if these cold-like symptoms — the sneezing, congestion, and runny nose — have something to do with the recent weather change. If he gets similar symptoms at the same time every year, you're likely right: seasonal allergies are the culprit.

Seasonal allergies, sometimes called "hay fever" or seasonal allergic rhinitis, are allergy symptoms that occur during certain times of the year, usually when outdoor molds release their spores, and trees, grasses, and weeds release tiny pollen particles into the air to fertilize other plants.

The immune systems of people who are allergic to mold spores or pollen treat these particles (called allergens) as invaders and release chemicals, including histamine, into the bloodstream to defend against them. It's the release of these chemicals that causes allergy symptoms.

Even kids who have never had seasonal allergies in years past can develop them. Seasonal allergies can start at almost any time, though they usually develop by 10 years of age and reach their peak in the early twenties, with symptoms often disappearing later in adulthood.

Allergy symptoms, which usually come on suddenly and last as long as a person is exposed to a particular allergen, can include:

- sneezing
- itchy nose and/or throat
- nasal congestion
- clear, runny nose
- coughing



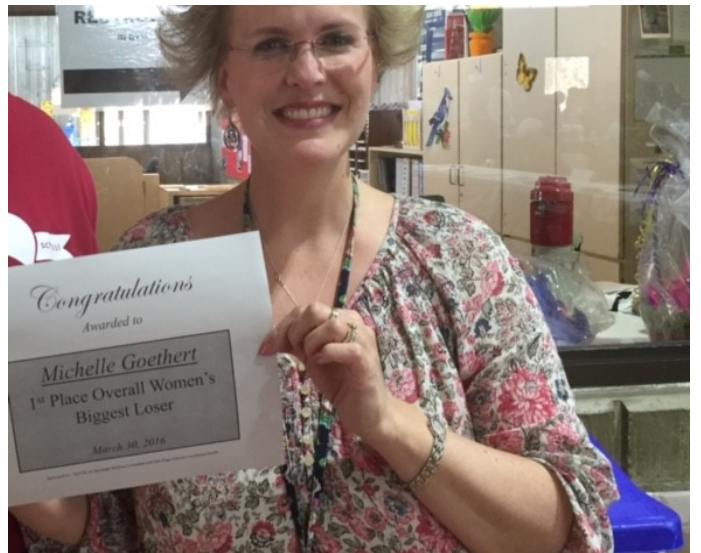
What's a Pollen Count?

Pollen counts measure how much pollen is in the air and can help people with allergies determine how bad their symptoms might be on any given day. Pollen counts are usually higher in the morning and on warm, dry, breezy days, and lowest when it's chilly and wet. Although not always exact, the local weather report's pollen count can be helpful when planning outside activities.

These symptoms often come with itchy, watery, and/or red eyes, which is called allergic conjunctivitis. If your child has wheezing and shortness of breath in addition to these symptoms, the allergy may have progressed into asthma.

For more information about allergies, asthma and controlling these conditions, please visit www.kidshealth.org.

2016 Wellness Fair Photos



Holt-Hale to Receive National PE Award

Dr. Shirley Holt-Hale, retired physical education teacher at Linden Elementary School, will receive the highest award given by SHAPE America – Society of Health and Physical Educators at its 131st National Convention & Expo in Minneapolis on Friday, April 8. Given in recognition of long and distinguished service to one or more of the professions, the Luther Halsey Gulick Medal, designed by sculptor R. Tait McKenzie, will be presented to Dr. Holt-Hale at the Hall of Fame Banquet Friday evening.

"The Gulick Award honors an individual who exemplifies the highest standards in accomplishment, innovation and leadership," says SHAPE America President Steve Jefferies, professor emeritus, Central Washington University. "For over 40 years Shirley Holt/Hale has been a dedicated teacher and author. Nationally recognized as a premier leader in physical education and physical activity promotion for youth, she was the first elementary school physical education teacher ever elected to the highest office of SHAPE America."

When asked what she considers her greatest professional accomplishment, Dr. Holt-Hale is quick to answer, "The teaching of over 4,000 students in elementary physical education, hopefully, with a lifelong love of physical activity and the skills for success in their chosen activity pursuit." For that dedication, the gymnasium at Linden Elementary School was named in her honor in 2013 with an inscription that reads, "For 38 years of teaching children's physical education with the joy and passion inspired by her mother."

In recognition of her teaching excellence, she was selected as the National Association for Sport and Physical Education (former NASPE) National Elementary Physical Education Teacher of the Year in 1988. Holt-Hale served as president for NASPE and AAHPERD (now SHAPE America); chairperson of the Physical Education Committee for National Board for Professional Teaching Standards; and was a member of the 1995 writing team for SHAPE America's National Standards for K-12 Physical Education as well as the 2014 revision of SHAPE America's National Standards with the addition of Grade-Level Outcomes. She also served as Tennessee AHPERD President twice and is currently serving as parliamentarian, chairperson of their Applied Strategic Planning Committee and a member of the Advocacy/Legislative Committee.

Holt-Hale's professional honors include the Margie Hanson Distinguished Service Award, the Honor Award (state, district and national levels); charter member of the North American Society for Health, Physical Education, Recreation and Dance Professionals; a member of the NASPE Hall of Fame, and the teaching of a physical education lesson on the lawn of the White House. She is the author of *On the Move*, co-author of *Children Moving* (9 Editions); the co-author of *Planning Lessons for Elementary Physical Education: Meeting the National Standards & Grade-Level Outcomes* (2016); and creator/writer of the SHAPE America professional development workshop, "Implementing the Elementary National Standards," available to school districts throughout the U.S. via SHAPE America.



Congratulations, Dr. Holt-Hale and thank you for your continued support of Oak Ridge Schools and our students!