



Oak Ridge Schools—HEARTbeat  
Office of Coordinated School Health February 2016  
**Dental Health Month**

- ⇒ National WEAR RED Day is Friday, February 5th!
- ⇒ February 9th - ASAP Youth Coalition Field Trip to Nashville Day on the Hill.
- ⇒ February 10th—Staff CPR Certification @ Glenwood—ACEMS
- ⇒ February 10th—Building Level Healthy School Teams meeting 2:00pm.

**Upcoming Events:**

- \* Oak Ridge Schools on the Run to STOMP OUT Tobacco—Saturday, March 5th at 8am!
- \* ORS—COOR Wellness Fair—Wednesday, March 30th 11am -3pm @ Civic Center.

Now more than ever, kids are faced with a variety of food choices -- from fresh produce to sugar-filled processed convenience meals and snack foods. What children eat and when they eat it may affect not only their general health but also their oral health. Americans are consuming foods and drinks high in sugar and starches more often and in larger portions than ever before. It's clear that junk foods and drinks gradually have replaced nutritious beverages and foods for many people. For example, the average teenage boy in the U.S. consumes 81 gallons of soft drinks each year!



Alarming, a steady diet of sugary foods and drinks can ruin teeth, especially among those who snack throughout the day. When sugar is consumed over and over again in large, often hidden amounts, the harmful effect on teeth can be dramatic. Sugar on teeth provides food for bacteria, which produce acid. The acid in turn can eat away the enamel on teeth. Almost all foods have some type of sugar that cannot and should not be eliminated from our diets. Many of these foods contain important nutrients and add enjoyment to eating. But there is a risk for tooth decay from a diet high in sugars and starches. Starches can be found in everything from bread to pretzels to salad dressing, so read labels and plan carefully for a balanced, nutritious diet for you and your kids.

**Reduce your children's risk of tooth decay:**

- ⇒ Sugary foods and drinks should be consumed with meals. Saliva production increases during meals and helps neutralize acid production and rinse food particles from the mouth.
- ⇒ Limit between-meal snacks. If kids crave a snack, offer them nutritious foods.
- ⇒ If your kids chew gum, make it sugarless – Chewing sugarless gum after eating can increase saliva flow and help wash out food and decay-producing acid.
- ⇒ Monitor beverage consumption. Instead of soft drinks all day, children should also choose water and low-fat milk.
- ⇒ Help your children develop good brushing and flossing habits.



## Ready! Set! Breakfast!

Imagine you are a car and after a long night of sleeping, your fuel tank is empty. Breakfast is the fuel that gets you going so you can hit the road. You need to provide enough new energy for your body to get started and to keep you functioning until lunch.

A six-year study compared the mental and physical efficiency of a group of adults throughout the day, some of whom ate healthy nutritious breakfasts while others did not. When compared to those who ate breakfast, the people who did not became less efficient as the day went on. Their productivity improved after eating lunch, but by the end of the day their work completion was slower than those who had eaten breakfast.

For children, a good breakfast is even more important. Children who do not eat a good breakfast become tired in school and have shorter attention spans, especially late in the morning. In one study, test scores of children who did not eat breakfast were generally lower than those who had eaten a well-balanced morning meal. Another good reason to make sure that children have a balanced breakfast is that four out of five children do not get enough vitamins and minerals from lunch and dinner alone. By adding breakfast, children are more likely to get the vitamins and minerals they need. Also, children who don't eat a good breakfast tend to eat more junk food during the day -- snacks that are high in fat and sugar and low in nutritional value.

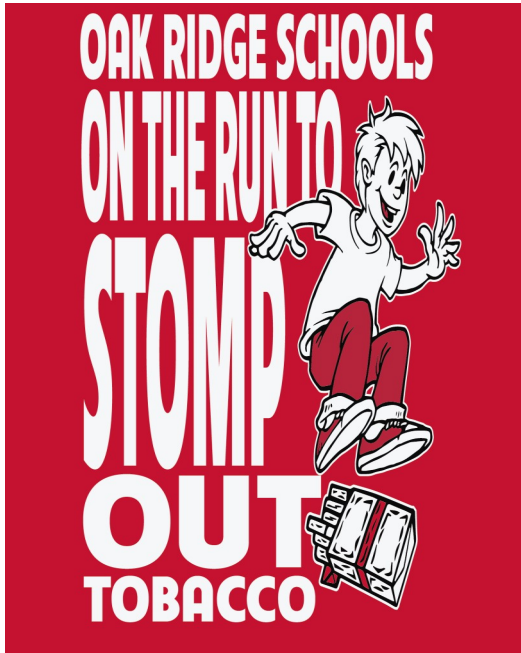
Breakfast helps improve mental performance and concentration during morning activities. Children who skip breakfast will be more sluggish, less attentive, and have less energy to carry out their morning tasks. Teachers observe that children who come to school hungry experience more learning difficulties compared to well-nourished children. Studies show that breakfast eaters perform much better in their school work and show extra energy in sports and other physical activities. Besides assuring optimal development and growth, positive effects on alertness, attention, performance on standardized achievement tests, and other skills important for academic success are enhanced for those who eat breakfast on a daily basis.

For more information please visit <http://www.aboutkidshealth.ca/en/news/columns/fitnessandnutrition/pages/the-importance-of-a-healthy-breakfast.aspx>.

Also, please visit the Oak Ridge Schools Food Service (Aramark) page at <http://www.ortn.edu/?DivisionID=4713&ToggleSideNav=>.



# Oak Ridge Schools on the Run to STOMP OUT Tobacco 5K



The ORS 5K will be an event to provide physical activity opportunities to our students and at the same time raise awareness to *#ChooseNotToUse* tobacco! All proceeds from this event will go directly to implementing healthy initiatives and events for our students and community members throughout the school year.

The race will begin at 8am. Race-day registration and packet pick-up will begin at 6:30am in the Melton Lake Pavilion. It will end 15 minutes before the start of the race so be sure to get there early!

After the race, we will have an awards ceremony starting at approximately 9:45am. There will be awards for the following categories: Student awards include 'Lil Bit, Junior & Senior Divisions. Adult awards include overall male/female finisher, Masters, Grand Masters, Senior Grandmasters. All female and male top three finishers in each age category will also receive an award. All student participants will receive a participation ribbon.

Register by mail using the form sent home with your students or received through Skyward. You can also register online at <http://www.imathlete.com/events/EventOverview.aspx?fEID=26457>.

Registration ends 3/4/16. Race day registration will be available but a t-shirt is not guaranteed. Pre-Race Packet Pickup will be available on Race Day Only between 6:30am – 7:45am at Melton Lake Pavilion.

For more information, or if you would like to volunteer, contact Jenifer Laurendine at 865-425-9028 or through email at [jllaurendine@ortn.edu](mailto:jllaurendine@ortn.edu).

# STOP the SPREAD of GERMS!

Keeping hands clean through hand hygiene is one of the most important steps we can take to avoid getting sick and spreading germs to others. Many diseases and conditions are spread by not washing hands with soap and clean, running water. If soap and water are unavailable, use an alcohol-based hand sanitizer that contains at least 60% alcohol to clean hands.

## 1. When should you wash your hands?

- ◇ Before, during, and after preparing food
- ◇ Before eating food
- ◇ Before and after caring for someone who is sick
- ◇ Before and after treating a cut or wound
- ◇ After using the toilet
- ◇ After changing diapers or cleaning up a child who has used the toilet
- ◇ After blowing your nose, coughing, or sneezing
- ◇ After touching an animal, animal feed, or animal waste
- ◇ After handling pet food or pet treats
- ◇ After touching garbage

## 2. How should you wash your hands?

- ◇ Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- ◇ Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between our fingers, and under your nails.
- ◇ Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
- ◇ Rinse your hands well under clean, running water.
- ◇ Dry your hands using a clean towel or air dry them.

## 3. What should you do if you don't have soap and clean, running water?

- ◇ Washing hands with soap and water is the best way to reduce the number of germs on them in most situations. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol. Alcohol-based hand sanitizers can quickly reduce the number of germs on hands in some situations, but sanitizers do not eliminate all types of germs and might not remove harmful chemicals.
- ◇ Hand sanitizers are not as effective when hands are visibly dirty or greasy.
- ◇ How do you use hand sanitizers?
- ◇ Apply the product to the palm of one hand (read the label to learn the correct amount).
- ◇ Rub your hands together.
- ◇ Rub the product over all surfaces of your hands and fingers until your hands are dry.



Please visit <http://www.cdc.gov/handwashing/when-how-handwashing.html> for more information from the Centers for Disease Control.