



Oak Ridge Schools—HEARTbeat Office of Coordinated School Health

January 2016

New Year—New Goals

We would like to welcome everyone back to school! This month, we are highlighting *New Year, New Goals*. You may find it hard to change your lifestyle until you deal with your reasons for not being active. We all know the benefits of living an active, healthy lifestyle. For a few days, try writing down your reasons for not exercising and eating healthy. Then for each of your reasons, write a response that prompts you to reconsider your choice. For Example:

Reason for not being active	Possible solution
<i>"I have no time." "I'm too busy at work."</i>	Look at other people who are active and are about as busy as you. Talk with them about how they fit in physical activity. Think of ways to manage your time better. Ask your family for help with fitting in some time for exercise. Try shorter periods of activity spread throughout the day, such as a few 10-minute walks.
<i>"I'll look silly." "I'm too out of shape."</i>	Join a group or take a class with others who look or feel like you do. You'll see that fitness is for all ages and shapes. Avoid places that make you feel more embarrassed. Start with walking, or try an exercise DVD.

Perhaps the greatest fear that holds people back is the fear of failure. The most helpful approach to this fear is to carefully define "success" and "failure" using S.M.A.R.T. goals. If your goal is to become more active than you are now, it will be hard to fail. According to the *Centers for Disease Control*, when taking on any challenge, it's a good idea to define your goals. You should identify what you want to accomplish and how you will carry out your plan. This is important when making positive change and will help you succeed. Before starting, set short-term and long-term goals. These goals should be **S-M-A-R-T**.

The Office of Coordinated School Health has many options that can help you achieve your health and wellness goals. There is the Biggest Loser contest, various employee discounts at local gyms and also a Weight Watchers @ Work program. Please contact Jen Laurendine (jllaurendine@ortn.edu or 865-425-9028) if you would like more information about any of these programs.

- S** - Specific
- M** - Measurable
- A** - Attainable
- R** - Relevant
- T** - Time-based

- ⇒ January 4th—Biggest Loser Competition Kick Off
- ⇒ January 18th—No School—MLK Holiday
- ⇒ January 19th—UT Medical Center Mobile Mammography Unit 9am-4pm—Pre-K Parking Lot
- ⇒ January 25-29th—Flu Vaccination Clinics @ Elementary



You will be receiving information this week about the Flu Shot Vaccination Clinics that will take place the last week of January at each elementary school. **Anderson County Health Department** nurses will be administering the vaccinations (mist or shot) to students who have returned the proper documentation. **Please read and return the information to your child's school no later than January 14th if you would like your child to participate.**

Is My Child Too Sick to Go To School?

Many parents have a hard time deciding if their kids are well enough to go to school. After all, what well-intentioned parent hasn't sent a child off with tissues in hand, only to get that mid-morning "come get your child" phone call?

Of course, never send a child to school who has a fever, is nauseated, vomiting, or has diarrhea. Kids who lose their appetite, are clingy or lethargic, complain of pain, or who just don't seem to be acting "themselves" should also take a sick day.

If the symptoms above are vacant, making the right decision isn't as tough as you might think. It basically boils down to one question: Can your child still participate in school activities? After all, having a sore throat, cough, or mild congestion does not necessarily mean a child can't be active and participate in school activities.



So trust your instincts. If your son or daughter has the sniffles but hasn't slowed down at home, chances are they are well enough for the classroom. On the other hand, if they have been coughing all night and needs to be woken up in the morning (if he/she typically wakes up on his own), they may need to take it easy at home.

If you decide that your child is well enough to go to school, check in first. Most child-cares, preschools, and grade schools have rules about when to keep kids home. For example, pinkeye or strep throat usually necessitates a day home with appropriate treatment. Usually, kids can't return to school or childcare until at least 24 hours after a fever has broken naturally (without fever-reducing medicines).

Oak Ridge Schools Extended Child Care *Child Illness Policy* states "Children who are ill may not attend ECC. This includes a fever, vomiting, diarrhea, or have contagious disease (chicken pox, impetigo, etc.). Oak Ridge Schools Health policy is followed in ECC. If a child feels ill during ECC, their temperature will be taken orally or under the arm. If said child has a fever of 99 degrees or higher or has vomiting or diarrhea, the parent will be called to pick up the child. Children may attend ECC while being treated for certain illnesses after the fever has been gone for 24 hours. If your child is too ill to attend school, they cannot attend ECC."

And remember, go with your gut. You know your kids best, and you know when they're able to motor through the day — and when they're not.

Reviewed by: Nicole A. Green, MD

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Information from: http://kidshealth.org/parent/general/sick/too_sick.html#cat128

Exposure of E-Cigarettes to Our Youth

E-Cigarettes have become very popular in our society. About 2.4 million middle and high school students were current (past 30-day) users of electronic cigarettes, or e-cigarettes, in 2014. Most e-cigarettes contain nicotine, which causes addiction, may harm brain development, and could lead to continued tobacco product use among youth.

During the time e-cigarette advertising has increased, there has also been increases in e-cigarette use among US youth. From 2011-2014, past 30 day use increased from less than 1% to almost 4% among middle school students and from less than 2% to 13% among high school students.

About 69% of middle and high school students were exposed to e-cigarette advertisements in retail stores, on the Internet, in magazines/newspapers, or on TV/movies. Exposure to e-cigarette advertisements may be contributing to increases in e-cigarette use among youth. Efforts by states, communities, and others could reduce this exposure.

Below are some other statistics regarding how youth are being exposed:

- * More than 10 million high school students and nearly 8 million middle school students were exposed to e-cigarette ads in 2014.
- * More than half of high school students (about 8 million) saw e-cigarette ads in retail stores and more than 6 million saw them on the Internet.
- * More than half of middle school students (6 million) saw e-cigarettes ads in retail stores and more than 4 million saw them on the Internet.
- * About 15% of all students reported seeing e-cigarette ads from all four sources, including retail stores, the Internet, magazines/newspapers, and TV/movies.

Oak Ridge Schools have included e-cigarettes in the Oak Ridge School Board Policy and the Student Discipline Code Handbook. Visit www.ortn.edu for a list of our board policies, including **Policy 1.803—Tobacco-Free Schools**. For more information on e-cigarettes, please visit <http://www.cdc.gov/vitalsigns/ecigarette-ads/index.htm>.

