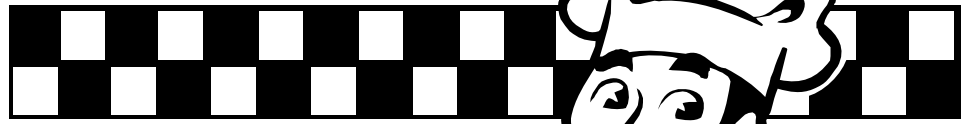
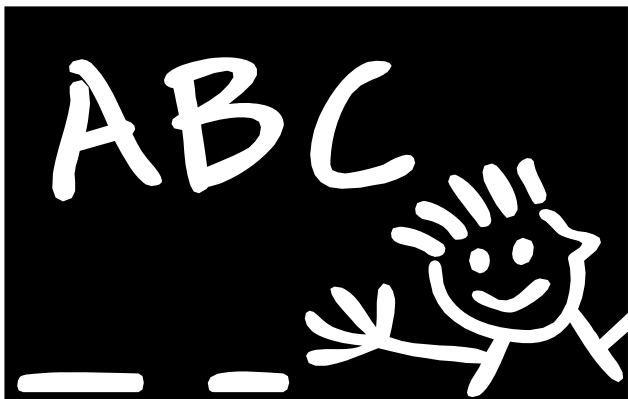


Fairborn City Schools

Building Healthy Student Bodies



menu



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BUILDING HEALTHY STUDENT BODIES

A message often heard these days' deals with the "terrible state of health" that presently affects our younger generation. Contributing factors for this state of affairs are as follows:

- far too many poor diets
- lack of physical exercise
- too much "screen" time
- lack of adequate time allotted for sleeping and
- inadequate preventative dental and physical assessments

Consequences of these not only can affect a student's school attendance but can also contribute to possible lower test scores and poor academic achievement. Healthy students are better learners! Many of these factors also tend to carry over into adulthood health consequences.

For children who are overweight, both their physical and mental health can be affected. Health providers are seeing an increase in risk for discrimination, poor body image, low self-esteem and social isolation, while the numbers for both adults and adolescents diagnosed with diabetes, hypertension, coronary heart disease, sleep apnea and orthopedic problems are sky-rocketing.

To address some of these issues, the Fairborn City School District has established a Wellness Planning Committee and we would like to share this brochure with our students and parents. It is not intended to replace routine care by your family health provider, but rather to provide you with what we hope is practical, educational and useful information.

It is our hope that we may continue to work together to help create a safe and healthy learning environment for our students so that they will mature into responsible, healthy community members.



Paula Montgomery
Child Nutrition Supervisor



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Fairborn City School Nurse

Anatomy of MyPyramid

One size doesn't fit all

USDA's new MyPyramid symbolizes a personalized approach to healthy eating and physical activity. The symbol has been designed to be simple. It has been developed to remind consumers to make healthy food choices and to be active every day. The different parts of the symbol are described below.

Activity

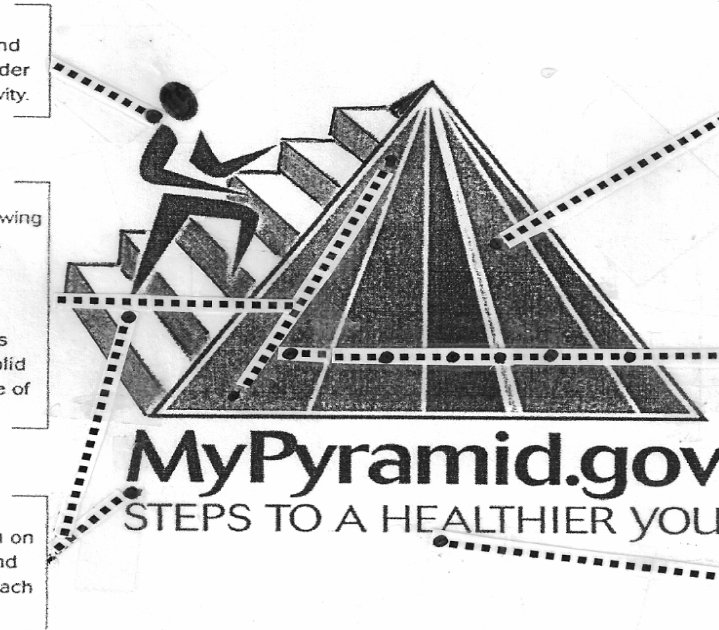
Activity is represented by the steps and the person climbing them, as a reminder of the importance of daily physical activity.

Moderation

Moderation is represented by the narrowing of each food group from bottom to top. The wider base stands for foods with little or no solid fats or added sugars. These should be selected more often. The narrower top area stands for foods containing more added sugars and solid fats. The more active you are, the more of these foods can fit into your diet.

Personalization

Personalization is shown by the person on the steps, the slogan, and the URL. Find the kinds and amounts of food to eat each day at MyPyramid.gov.



Proportionality

Proportionality is shown by the different widths of the food group bands. The widths suggest how much food a person should choose from each group. The widths are just a general guide, not exact proportions. Check the Web site for how much is right for you.

Variety

Variety is symbolized by the 6 color bands representing the 5 food groups of the Pyramid and oils. This illustrates that foods from all groups are needed each day for good health.

Gradual Improvement

Gradual improvement is encouraged by the slogan. It suggests that individuals can benefit from taking small steps to improve their diet and lifestyle each day.

Dietary Guidelines

The **Dietary Guidelines for Americans, 2005** gives science-based advice on food and physical activity choices for health.

What is a "Healthy Diet"?

The Dietary Guidelines describe a healthy **diet** as one that:

- Emphasizes fruits, vegetables, whole grains, and fat-free milk and milk products;
- Includes lean meats, poultry, fish, beans, eggs, and nuts; and
- Is low in saturated fats, *trans* fats, cholesterol, salt (sodium), and added sugars.

The recommendations in the Dietary Guidelines and in MyPyramid are for the general public over 2 years of age. MyPyramid is not a therapeutic diet for any specific health condition. Individuals with a chronic health condition should consult with a health care provider to determine what dietary pattern is appropriate for them.

Follow the Serving Sizes from MyPyramid

MyPyramid is divided into five food groups and oils. The serving size for each food group is listed below. Look on the back of STEP 1 to find recommended serving amounts from each food group.

Grains – 1 ounce equivalent to ½ cup cooked rice, pasta or cooked cereal; 1 ounce dry pasta or rice; 1 ounce slice of bread or English muffin; 1 cup ready-to-eat cereal flakes; 3 cups popped popcorn.

Vegetables and fruit - ½ cup cut-up raw or cooked fruit or vegetables. 1 cup fruit or vegetable juice, 1 cup leafy salad greens, 1/4 cup dried fruit, 1 small banana, 1 large orange (select more whole fruits rather than juice)

Milk - 1 cup fat-free (skim) or low-fat (1 percent) milk or low-fat yogurt, 1 ½ ounces natural cheese such as Swiss or cheddar, or 2 ounces processed cheese.

Meat- 1 ounce extra lean meat (90 percent or more lean ground beef), Poultry, fish or lean luncheon meats; 1 egg, ¼ cup cooked dry beans or tofu; 1 tablespoon peanut butter; 2 tablespoons hummus; ½ ounce nuts or seeds.

Oils- select canola, olive, peanut, safflower, soybean, corn, sunflower oils or *trans* fat free tub margarines. The recommended serving amount is the amount added during cooking or at the table.

Select Nutritious Snacks

Healthy challenge:

Use the following guidelines to select snacks low in sodium, sugar, fat, and saturated fat, and that contain various nutrients.

Fat - no more than 35 percent of total calorie, excluding nuts, seeds and peanut or other nut butter (3.5 grams of fat per 100 calories)

Saturated plus trans fat - no more than 10 percent of calories (1 gram per 100 calories)

Added sugars – Less than 35 percent of added sugars by weight (added sugars exclude naturally occurring sugars from fruit, vegetable and dairy ingredients) (10 grams per ounce of dry weight) (4 grams of sugar=1 teaspoon sugar)

Sodium - No more than:

- 230 mg per serving of chips, crackers, cheeses, baked goods, French fries and other snack items.
- 480 mg per serving for cereals, soups, pastas, and meats.
- 600 mg for pizza, sandwiches, and main dishes; and 700 mg for meals.

Nutrient content- contains one or more of the following:

- 10 percent of the DRI or (naturally occurring/without fortification) vitamins A, C or E, calcium, magnesium, potassium, iron or fiber.
Half a serving of fruit or vegetable: or 51 percent or more (by weight) whole grain ingredients.

SNACKS - THE # 1 DIETARY CULPRIT

Children can learn healthy, or unhealthy, eating habits by watching the food patterns of their parents, participating in school nutrition education, being influenced by TV advertisements, eating the foods which are served in the school's cafeterias and having access to vending machines. Choosing too many "junk foods" can contribute a high amount of calories to the diet, and excessive amounts of sugar, fat and sodium.

Developing guidelines for food and beverages available both at home and in the school environment which meet recommended nutritional value and will be accepted by youth, is a challenging proposition for both parents and school personnel. With the acknowledged obesity epidemic in our country, soda pop manufacturers are presently looking at the issue of items available in school-based vending machines and school systems have been directed to develop and adopt a Wellness Program which addresses student's nutrition and physical activities.

Another area of concern with snack foods is the increase in the number of children having food allergies. Eight foods account for 90% of all food allergic reactions: peanuts, tree nuts, milk, eggs, fish, shellfish, soy and wheat. Therefore nutritional content and avoidance of exposure to food allergens must both be taken into consideration when looking at available snack items.

Suggested good snack items include: low fat yogurt, pretzels, plain popcorn, bagels with low-fat cream cheese, fresh fruits and vegetables, string cheese, sugar-free puddings, whole grain crackers, frozen 100% juice bars, fig cookies, bottled water, cereal bars, low fat milk, animal crackers, 100% vegetable juices and baked chips.

The position of the Ohio Action for Healthy Kids State Team is "to ensure that healthy snack foods and beverages are provided in vending machines, school stores and other venues in all Ohio schools. Policies and practices should be established that promote healthy consumption of snack food and beverages and contribute to lifelong healthy eating habits of Ohio's children. To guarantee successful implementation of these policies, a partnership should be formed among school administrators, teachers, food service and other school staff, parents/guardians, school board members, healthcare professional and community leaders."

**Determine Your Calorie Level Based on Your Gender
and Activity Level**

Estimated amounts of calories needed to maintain energy balance for various gender and age groups at three different levels of physical activity. The estimates are rounded to the nearest 200 calories and were determined using the Institute of Medicine equation.

		Activity Level b,c,d		
Gender	Age (years)	Sedentary b	Moderately Active c	Active d
Child	2-3	1000	1000-1400	1000-1400
Female	4-8	1200	1400-1600	1400-1800
	9-13	1600	1600-2000	1800-2200
	14-18	1800	2000	2400
	19-30	2000	2000-2200	2400
	31-50	1800	2000	2200
	50+	1600	1800	2000-2200
Male	4-8	1400	1400-1600	1600-2000
	9-13	1800	1800-2200	2000-2600
	14-18	2200	2400-2800	2800-3200
	19-30	2400	2600-2800	3000
	31-50	2200	2400-2600	2800-3000
	51+	2000	2200-2400	2400-2800

Helpful Healthy Tips

- Eat a variety of Foods. Nutrition for good health should come from a variety of foods, not from vitamin pills.
- Maintain a Healthy Weight. Check with your doctor to see if you're at a healthy weight. A combination of exercise and healthy eating will help to maintain it.
- Use salt and sodium only in moderation. Watch the amounts of salty foods you eat such as pickles, lunch meats, pretzels, chips and canned vegetables.
- Choose a diet low in fat, saturated fat and cholesterol. Broil, bake or boil instead of frying. Use oils sparingly. Choose lean meats, fish, poultry and low fat dairy products.
- Use sugars in moderation. Avoid excessive sugary snacks.
- Concentrate on fruits, vegetables and grains. Eat 5 servings of vegetables a day and include 6-12 servings of dry peas, beans, bread, cereals, pasta and rice.
- Learn to read and understand labels.
- Remember that all calories are not created equal. There are 9 calories per gram of fat; 4 calories per gram of protein and carbohydrates.

KEY RECOMMENDATIONS FOR THE GENERAL POPULATION

ADEQUATE NUTRIENTS WITHIN CALORIE NEEDS

- Consume a variety of nutrient-dense foods and beverages within and among the basic food groups while choosing foods that limit the intake of saturated and *trans* fats, cholesterol, added sugars, salt, and alcohol.
- Meet recommended intakes within energy needs by adopting a balanced eating pattern, such as the U.S. Department of Agriculture (USDA) Food Guide or the Dietary Approaches to Stop Hypertension (DASH) Eating Plan.

WEIGHT MANAGEMENT

- To maintain body weight in a healthy range, balance calories from foods and beverages with calories expended.
- To prevent gradual weight gain over time, make small decreases in food and beverage calories and increase physical activity.

PHYSICAL ACTIVITY

- Engage in regular physical activity and reduce sedentary activities to promote health, psychological well-being, and a healthy body weight.
 - To reduce the risk of chronic disease in adulthood: Engage in at least 30 minutes of moderate-intensity physical activity, above usual activity, at work or home on most days of the week.
 - For most people, greater health benefits can be obtained by engaging in physical activity of more vigorous intensity or longer duration.
 - To help manage body weight and prevent gradual, unhealthy body weight gain in adulthood: Engage in approximately 60 minutes of moderate to vigorous intensity activity on most days of the week while not exceeding caloric intake requirements.
 - To sustain weight loss in adulthood: Participate in at least 60 to 90 minutes of daily moderate-intensity physical activity while not exceeding caloric intake requirements. Some people may need to consult with a healthcare provider before participating in this level of activity,
- Achieve physical fitness by including cardiovascular conditioning, stretching exercises for flexibility, and resistance exercises or calisthenics for muscle strength and endurance.

FOOD GROUPS TO ENCOURAGE

- Consume a sufficient amount of fruits and vegetables while staying within energy needs. Two cups of fruit and 2 ½ cups of vegetables per day are recommended for a reference 2000-calorie intake, with higher or lower amounts depending on the calorie level.
- Choose a variety of fruits and vegetables each day. In particular, select from all five vegetable subgroups (dark green, orange, legumes, starchy vegetables, and other vegetables) several times a week.
- Consume 3 or more ounce-equivalents of whole-grain products per day, with the rest of the recommended grains coming from enriched or whole-grain products. In general, at least half the grains should come from whole grains.
- Consume 3 cups per day of fat-free or low-fat milk or equivalent milk products.

FATS

- Consume less than 10 percent of calories from saturated fatty acids and less than 300 mg/day of cholesterol, and keep *trans* fatty acid consumption as low as possible.
- Keep total fat intake between 20 to 35 percent of calories, with most fats coming from sources of polyunsaturated and monounsaturated fatty acids, such as fish, nuts, and vegetable oils.
- When selecting and preparing meat, poultry, dry beans, and milk or milk products, make choices that are lean, low-fat, or fat-free.
- Limit intake of fats and oils high in saturated and/or *trans* fatty acids, and choose products low in such fats and oils.

CARBOHYDRATES

- Choose fiber-rich fruits, vegetables, and whole grains often.
- Choose and prepare foods and beverages with little added sugars or caloric sweeteners, such as amounts suggested by the USDA Food Guide and the DASH Eating Plan.
- Reduce the incidence of dental caries by practicing good oral hygiene and consuming sugar- and starch-containing foods and beverages less frequently.

SODIUM AND POTASSIUM

- Consume less than 2,300 mg (approximately 1 teaspoon of salt) of sodium per day.
- Choose and prepare foods with little salt. At the same time, consume potassium-rich foods, such as fruits and vegetables.

ALCOHOLIC BEVERAGES

- Those who choose to drink alcoholic beverages should do so sensibly and in moderation—defined as the consumption of up to one drink per day for women and up to two drinks per day for men.
- Alcoholic beverages should not be consumed by some individuals, including those who cannot restrict their alcohol intake, women of childbearing age who may become pregnant, pregnant and lactating women, children and adolescents, individuals taking medications that can interact with alcohol, and those with specific medical conditions.
- Alcoholic beverages should be avoided by individuals engaging in activities that require attention, skill, or coordination, such as driving or operating machinery.

FOOD SAFETY

- To avoid microbial food borne illness:
 - Clean hands, food contact surfaces, and fruits and vegetables. Meat and poultry should not be washed or rinsed.
 - Separate raw, cooked, and ready-to-eat foods while shopping, preparing, or storing foods.
 - Cook foods to a safe temperature to kill microorganisms.
 - Chill (refrigerate) perishable food promptly and defrost foods properly.
 - Avoid raw (unpasteurized) milk or any products made from unpasteurized milk, raw or partially cooked eggs or foods containing raw eggs, raw or undercooked meat and poultry, unpasteurized juices, and raw sprouts.

COMPARING BEVERAGE NUTRITION

Liquids you drink play a vital role in staying healthy. Making the right beverage choice can have a positive impact on your diet and the way you feel.

WATER-THE FORGOTTEN NUTRIENT!

- Water is the basis for all beverages (and solid foods too).
- Water has no cholesterol, fat, and no calories.
- Water has no vitamins.
- Adults should consume 8 -12- glasses of fluids daily.

MILK

- Milk is high in calcium and phosphorus, which is essential for healthy bones and teeth.
- Milk has vitamins A & B-12, riboflavin, potassium, and protein.
- 8 oz. of 2 % milk = 5 grams of fat, and 18 mg. of cholesterol.
- 8 oz. of skim milk = 0 grams of fat.

JUICE

- Many pure fruit juices, especially orange juice, are high in both Vitamin C and potassium. (Apple juice contains little vitamin C)
- Pure fruit juice has no cholesterol, fat, and is very low in sodium.
- 2 - 4 servings of fruit are recommended each day. 6 oz. of juice count as one fruit serving.
- Read food labels. Watch for fruit drinks, which often only contain 10% fruit juice.

SODAS, SOFT DRINKS, COFFEE AND TEA

- Soft drinks, coffee and tea contain no nutritional benefits.
- Many soft drinks, coffees and teas contain caffeine, which is a diuretic that increases fluid loss and may dehydrate the body.

FOODS FOR A NUTRITIOUS LUNCH

When lunch is planned, it should contain the following:

- One Serving of Protein
- Two Servings of Fruits and Vegetables
- One Serving of Milk
- One Serving of Bread

These quantities would meet 1/3 of your child's daily nutritional needs. Eating a breakfast at school will meet 1/4 of your child's daily nutritional needs. However, many children do not consume enough calories at three meals per day in order to meet their total nutritional requirements. Therefore, it is very important that snacks eaten in-between meals are healthy foods instead of convenient, high fat, high sugar snacks that children often choose.

Encourage your children to eat a school breakfast and lunch. Not only do these meals meet their nutritional needs, but are more economical.

DO'S AND DON'TS FOR PACKING SACK LUNCHES

Do's

- Do freeze juice cans and boxes to help insulate the lunch. They will be defrosted by lunchtime.
- Do send food that will not spoil at room temperature. For example, use mustard instead of mayonnaise.
- Do scrub the lunch box and thermos with hot, soapy water and deodorize with baking soda regularly.
- Do wash all fruits and vegetables.
- Do make sure all lids are tight-fitting and secured properly.
- Do remember to pack silverware; the schools do not provide them.
- Do pre-cool or preheat the thermos with cold or hot water before adding food.

Don'ts

- Don't pack cold foods if there's no way to keep them cold.
- Don't send pop and candy. They have little nutritional value and should not be a regular part of a meal.
- Don't send food in glass containers.
- Don't send a food your child hasn't tried before. It may be wasted.
- Don't pack food with strong odors, unless they are packed in airtight containers.
- Don't forget to ask your child if he/she liked their lunch.
- Don't use food as a reward; this could contribute to unhealthy attitudes and habits toward eating.

IF YOUR CHILD IS OVERWEIGHT

The first thing is to determine why your child is overweight. There are different reasons for different children.

- Inactivity - How much time is spent playing outdoors, running, jumping, or riding a bike?
- TV/Video Games - Is the majority of your child's time spent after school watching TV or playing video games for several hours each-day?
- Poor Food Choices - Does your child fill up on potato chips, candy or pop in between meals?
- Use of Food as Rewards - Does your child get rewarded or bribed with candy or other non-nutritious foods for doing certain tasks?
- Force Feeding or Large Portions - Is your child forced to eat too much at meal time when he/she is not hungry or not feeling well?
- Genetic Reasons - One's genetic make-up is determined by one's parents. If both parents are large-boned or have weight problems, then it is very likely the child will be likewise.

BODY MASS INDEX FOR AGE

Body Mass Index for age is the measurement used for children ages 2-20 years that allows one to plot a measure of weight and height with age on a specific gender graph. It does not directly measure body fat but is more highly correlated with body fat than weight alone. A committee comprised of members from the Maternal and Student Health Bureau, the American Academy of Pediatrics and the American Medical Association, with support from the Centers for Disease Control and Prevention now recommends that BMI for age be used for routine screening for weight status. It is designed to screen for possible weight problems, but not to diagnose them.

A BMI equal to or above the 85% or below the 5% on the graph indicates that further assessment is appropriate but does not mean that a student is overweight or underweight. Interpretation is complicated by the fact that there are sudden shifts in height and weight during growth spurts and when these are occurring, the BMI is unstable. Therefore the pattern of growth is far more important than the height and weight at any given time and a series of measurements is suggested. Physical activity and healthy nutrition are highly recommended for all students regardless of BMI results!

The following are the cut-off points used to determine where a student falls on the appropriate BMI graph:

- Below 5%: considered underweight and medical assessment is recommended.
- Between 5%-85%: height and weight are within normal range and no action is necessary.
- From 85%-95%: considered at risk for becoming overweight and a medical assessment at the time of the next annual physical exam is suggested.
- Additional factors such as family history, blood pressure, cholesterol etc. may increase risk for future chronic diseases.
- Above the 95%: considered overweight with an increased risk for chronic diseases such as diabetes. Medical assessment is recommended.

The Fairborn City School's Wellness Committee has been involved in developing a Wellness Plan for our district. They have written a Wellness Policy and are working on setting goals and objectives which will continue to evaluate nutritional health education and the physical activity and nutritional offerings at school.

PHYSICAL FITNESS

There are 2 types of physical fitness: skill-related & health-related. The latter is designed to positively impact wellness and helps promote a longer, healthier and happier life. The many benefits to being physically active include: an increased fitness level; improved self-esteem and feelings of well-being; help with weight management; enhanced flexibility; better posture; reduction of depression/anxiety; a lowered risk of heart disease, colon cancer and type II diabetes; lowered blood pressure; an increase in your good cholesterol level and assistance in building and maintaining bones, muscles and joints.

Physical activity can be moderate or vigorous and to benefit a person should add up to a minimum of 30 minutes a day for adults and 60 minutes for children. Additional time spent can provide even more healthful benefits. An individual's activity can be done all at once or divided into 2-3 parts per day. The number of calories burned during an activity varies depending on the weight of the person and the type of activity in which they are engaged.

Types of moderate activity include: walking briskly, hiking, dancing, golfing, bicycling, yard work or weight training. Considered vigorous physical activity would be: basketball, aerobics, running, jogging, swimming, bicycling more than 10 miles per hour or walking at a pace of 4 ½ miles per hour. What you do isn't as important as doing it consistently! Choosing something that is fun and you like to do will enable you to stick to it a program.

Parents can help to make physical activity easier for children in many ways. They should create safe places, set a good example, promote physical activity, limit sitting-around time, establish a routine, coach a team, set up a home gym, try aerobic activities and work with the schools on the physical activities they can sponsor.

Should you have any type of medical condition, it is suggested that you check with your doctor before beginning any type of new physical activity and remember to start slowly and build up to a full program. Warm-ups are important as they get the body ready for physical work. Gentle stretching, light exercise movements and slow walking will gradually increase the heart rate and help to prevent injury to the muscles.

Physical fitness is defined as "a set of attributes that people have or achieve that relates to the ability to perform physical activities." Overall fitness is made up of five main components:

1. Cardio respiratory endurance: the ability of the body's circulatory and respiratory systems to supply fuel during sustained physical activity.
2. Muscular strength: the ability of the muscles to exert force during an activity.
3. Muscular endurance: the ability of the muscles to continue to perform without fatigue.
4. Body composition: the relative amount of muscle, fat, bone and other vital parts of the body.
5. Flexibility: the range of motion around a joint.

Remember that nutrition and physical activity work together for better health!

Calories/Hour Expended in Common Physical Activities

Some examples of physical activities commonly engaged in and the average amount of calories a 154-pound individual will expend by engaging in each activity for 1 hour. The expenditure value encompasses both resting metabolic rate calories and activity expenditure. Some of the activities can constitute either moderate or vigorous intensity physical activity depending on the rate at which they are carried out (for walking and bicycling).

<u>Moderate Physical Activity</u>	<u>Approximate Calories/Hour for 154 lb. Person</u>
Hiking	370
Light gardening yard work	330
Dancing	330
Golf (walking and carrying clubs)	330
Bicycling (<10 mph)	290
Walking (3.5 mph)	280
Weight Lifting (general light workout)	220
Stretching	180

<u>Vigorous Physical Activity</u>	<u>Approximate Calories/Hour for 154 lb. Person</u>
Running/jogging (5 mph)	590
Bicycling (>10 mph)	590
Swimming (slow freestyle laps)	510
Aerobics	480
Walking (4.5 mph)	460
Heavy yard work (chopping wood)	440
Weight Lifting (vigorous effort)	440
Basketball (vigorous)	440

Eating fewer calories while increasing physical activity are the keys to controlling body weight.

SLEEP

Insufficient sleep has numerous serious consequences, especially for students. When children and adolescents don't get enough sleep it can affect their behavior, academic performance and their social and recreational activities. These effects may cause impaired motor function, mood swings, delayed reaction time and diminished mental functioning. One of the most serious documented consequences of sleepiness is the injury and death related to delayed responses and inattentiveness when young adults are driving. Studies are now showing that sleep deprivation can also create medical problems since it can affect the hormones which regulate how the body converts food to energy and decreases glucose tolerance. This puts sleep-deprived students at a risk for becoming obese and developing cardiovascular problems related to being overweight.

The National Sleep Foundation states that a good night's sleep is as important to children as a healthy breakfast for best school performance. Experts on sleep suggest that adults should average 7-8 hours per night, children between the ages of 5-12 should get between 9-11 hours of sleep at night and teens require 9 ¼ hours.

Teens have special sleep challenges in that biologically puberty affects their internal sleep-wake clock and they are usually not physiologically ready to fall asleep until 11:00 p.m. or later. Therefore, they are more likely to have difficulty getting up in the morning, being alert for morning academics, or staying awake in class, and they may tend to complain of being tired frequently during the day.

Tips which may assist in establishing good sleep patterns include:

- Recognizing that sleep is like "food for the brain."
- Making sufficient sleep a family priority.
- Encouraging good sleep habits for all family members, such as participating in quiet, relaxing activities for a period immediately prior to nightly bedtime.
- Creating a special cool, quiet, dark and comfortable place for sleeping.
- Trying to achieve a balanced schedule which avoids one that is overloaded and may tend to increase stress.
- Allowing personal free time during the day.
- Being alert for the development of possible sleep problems. These might include resisting going to bed, difficulty in falling asleep, frequent awakening overnight, snoring or excessive daytime sleepiness.
- Parents should try to be sleep models for their children by having a consistent bedtime and allowing for sufficient sleep time for themselves.
- At the beginning of a new school year, start a few weeks before school resumes helping establish a sleep-wake cycle which is based upon their school's schedule.

DENTAL HEALTH

Good oral and nutrition hygiene routines should be established in infancy and continue throughout life. Proper diet, brushing, flossing and rinsing play an important role in preventing cavities and periodontal disease as well as in maintaining a healthy smile and preserving teeth.

Your food choices and eating habits affect the health of your teeth and gums in numerous ways. Different foods supply a variety of nutrients and healthful substances which contribute to your oral health. Dairy products provide vitamin D, calcium and phosphorus, while whole grains supply B vitamins and iron to enrich the blood which contributes to healthy gums. Many fruits and vegetables are sources of vitamin C and folic acid which protect against gum disease, and lean meat, fish, poultry and beans supply magnesium and zinc for teeth and gums. Not only does eating a well balanced, healthy diet improve your oral health, it also impacts your immune system which in turn helps to maintain healthy gums.

Some tips from the American Dental Hygienist Association include:

- For infants it is important to clean their gums after each feeding, even before teeth begin to erupt.
- Toddlers can be taught proper tooth brushing techniques, but parental follow-up checks should continue until age 7-8 when a child has the dexterity to do it alone.
- It is suggested that regular oral health appointments begin around age 1 and continue throughout life.
- Check with your dentist regarding the use of fluoride supplements.
- Adolescents should be sure to brush their teeth and tongue after meals when ever possible and floss daily.
- Choose an overall eating plan that provides food variety and balance as that will maintain and preserve your teeth.
- If you wear custom-made appliances or have braces, special attention should be paid to cleaning the areas between the teeth and archwires
- Mouth guards should be worn when participating in contact sports to help protect against dental injuries.
- Drinking water throughout the day can help to reduce plaque build-up and food sticking to your teeth.
- Before using any whitening procedure, it is recommended that you first be evaluated by an oral health care professional to determine which application and program is best for you.

MENTAL HEALTH

Just as we recognize the connection between a student's physical wellness and success in school, we also see a connection between a child's mental and emotional health and school success. There are many pressures that exist for students these days, at school, at home and in the community. Those stressful situations may make it difficult for some students to focus on their schoolwork. They may experience a crisis, like the death of a loved one, the divorce of their parents or the separation of family members by military deployment. Perhaps they need help dealing with adolescent relationships at school. Sometimes students make risky decisions about things like experimenting with drugs and alcohol.

Parents are a great asset for students to talk with about these things. Should parents need additional support for their child's mental or emotional health, they may be referred within the school to the school psychologist, the school based mental health worker, the guidance counselor, the safe schools coordinator, or the school nurse. Sometimes the families and guardians will be encouraged to seek assistance from local mental health practitioners and agencies.

Quick Tips To Help Decrease Stress:

- Take a walk.
- Chat with a friend.
- Read a book.
- Write in a journal.
- Watch a funny movie.
- Meditate.
- Practice yoga.
- Drink a cup of hot cocoa with a marshmallow.
- Listen to some calming music.
- Complete what you have been putting off and get it over with.

SCHOOL SCREENINGS AND ASSESSMENTS

The Fairborn City School's Health Services Department offers a variety of routine screenings and assessments for students at various grade levels. They include: Vision, Hearing, Blood Pressure, Postural and Heights and Weights/BMI. These are provided to help identify possible developing problems or track prior existing ones. Peak Flow Readings are done for Asthmatics as needed and routine Blood Glucose Levels are monitored for our Diabetic students. They are not intended to replace routine care by a family's health care provider, but rather to provide additional health information for parents and physicians. Referrals are sent to parents when the screening results indicate that further medical evaluation would be in order.

Vision: Routine Vision exams are provided for pre-school, 1st, 3rd, 5th, 7th and 9th graders. Through a special Vision Exam Program, funded by the Fairborn Rotary, all Kindergarten students receive a thorough eye exam by local optometrists from the Fairborn Vision Center. Other students checked include those being evaluated for special education services, all new students to the Fairborn City Schools and any self, teacher or parent referrals made when observation of a student indicates that there may be visual difficulties.

Hearing: A routine Hearing Screening is done in conjunction with the Vision Screenings as stated above.

Blood Pressure: Students in 6th and 8th grades are checked, and should the results fall above 90% for the student's age and height/weight, additional readings will be taken before a determination of what would be an average reading for the individual is graphed. Any student identified as having a BP average above normal will be checked on a yearly basis throughout their attendance in the Fairborn City Schools.

Postural Screening is done for 6th, 7th and 8th graders. They are checked for the possible development of Lordosis (sway back), Scoliosis (side-way curving of the spine) Kyphosis (hunch-back) and Leg Length Irregularity.

Heights/Weights/BMIs: These are done routinely in conjunction with the Blood Pressure Screenings, but may be done at other times at the discretion of the school nurse. All results are charted on the individual student's record so that trends may be identified in the child's growth pattern.

Assessments for nuisance and chronic medical conditions are done as needed and the school nurse works closely with the parents and the family's healthcare provider to address any concerns.

SCHOOL CLINIC INFORMATION

The clinic is available for those having playground accidents, injuries occurring at school, acute illnesses, suspicious rashes or sores and injuries which appear to have been neglected. Medications may also be given when the proper paperwork is on file, signed by a parent and the healthcare provider.

Each clinic is staffed by a clinic assistant and supervised by a licensed school nurse. They are not responsible for the care of injuries sustained away from school. They can not diagnose or prescribe medication, only provide the teacher and the parent with pertinent data regarding a student's present condition. Confidentiality is always stressed and maintained. The clinic is not a place for students who are bored with class, have discipline problems or are hypochondriacs.

The school nurse is available for conferences with the staff and parents regarding any student's health problem. They will also act as a resource teacher and assist in setting up special classroom health projects and programs. The school nurse is responsible for numerous health screenings, at various grade levels, throughout the year.

Parents are requested to assist in the control of communicable diseases by keeping their children at home when they appear to be coming down with an illness and by reporting any contagious condition. The staff is also asked to check with the student about any prior visits that day before sending them down to the clinic. After a student is assessed, they will either be returned to class or sent home following state and our school system's health guidelines.

The symptoms which are used as a basis for excluding students from the classroom include, but are not limited to: any deviation from normal behavior, flushed face or paleness, chills or fever of 100 degrees or higher, dizziness, fainting, severe headache, nausea, vomiting or continual abdominal pain, constant listlessness or irritability, rashes or open sores, severe itching, red watery eyes, extreme sore throat and abnormal sneezing or coughing. The school nurse/clinic assistants will use their judgment on all individual assessments.

Parents and teachers may consult with the clinic staff regarding any concerns they may have about health issues. By working together we will try to sustain our student's health, fitness and safety, leading to their academic success.

RESOURCE WEB SITE ADDRESSES

1. Action For Health Kids <http://actionforhealthykids.org>
2. American Cancer Society www.cancer.org
3. Anemia www.4women.gov/faq/anemis.htm
4. Children's Hunger Alliance www.childrenshungeralliance.org
5. Coronary Heart Disease/
Cardio-Vascular Disease www.nhlbi.nih.gov/health/public/heart/index.htm#chol
6. Diabetes www.fda.gov/diabetes/
7. Dietary Guidelines for Americans, 2005
www.health.gov/dietaryguidelines/dga2005/documentn/
8. Eat 5 A Day www.healthyfood.org
9. Food and Drug Administration www.fda.gov
10. Food and Nutrition Information www.nutrition.gov
11. Food Safety Information www.foodsafety.gov/
12. Health School Meals <http://schoolmeals.nal.isda.gov>
13. High Blood Pressure www.nhlbi.gov/health/dci/Disease/hbp/BbpWhatis.html
14. International Food Information Council <http://ific.org>
15. Meals 4 Kids www.meals4kids.org
16. My Pyramid www.mypyramid.gov
17. National Dairy Council www.nationaldairycouncil.org
18. National Food Service Management Institute www.olemiss.edu/depts/nfsmi/
19. Nutrition explorations www.nutritionexplorations.org/index.asp
20. Obesity and Maintaining Healthy Weight
www.nhlbi.nih.gov/health/public/index.htm#obesity
21. Ohio Department of Education /Child Nutrition www.ode.state.oh.us/food-service
22. Osteoporosis www.fda.gov/fdas/features/796bone.html
23. Physical Activity www.cdc.gov/needphp/dnpa/physical/index.htm
24. School Nutrition Association of Ohio www.schoolnutrition.org
25. The Health Collaborative www.healthcollaborative.net/
26. The National Association of School Nurses www.nasn.org
27. The Ohio Association of School Nurses www.oasn.org
28. USDA www.usda.gov