

ORS Coordinated School Health News

November 2020

A Note from your Coordinator

Happy Turkey Month! It's hard to believe Thanksgiving is already here! In this newsletter, you will find lots of information on what is going on around the district to improve the health of our students and staff. Some important things to check out:

- Stress Management Professional Development for Teachers
- Holiday Makeover to help make the holidays healthier
- Gold's Gym discount for employees
- Smoothie Time Contest



I hope you have a wonderful holiday! If you haven't already, please follow us on facebook and twitter to stay up to date and make sure you don't miss any contests!

Marcia Wade

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Coordinated School Health Action Goals for 2020-2021 School Year

1. Oak Ridge Schools will reduce its current childhood obesity percentage (21%).
2. Oak Ridge Schools will implement tobacco/vaping prevention and reduction strategies throughout the district.
3. Oak Ridge Schools will provide students and staff with various programs throughout the year to help manage stress, health and emotions.

How are we reducing childhood obesity?

Quality Physical Education Programs

Our Physical Education Programs throughout the district are working hard to bring our students quality instruction that focuses on standards and keeps our students active and engaged! Our elementary programs are focused on teaching students the skills they need to remain active and enjoy physical activity. RMS students are learning about the lifetime sport of volleyball. ORHS Wellness classes this semester were taught a unit on disc golf and have encouraged students to visit the 2 local disc golf courses Oak Ridge has. Check them out for yourself!



**Parachute Time at
Glenwood**



Disc Golf at ORHS



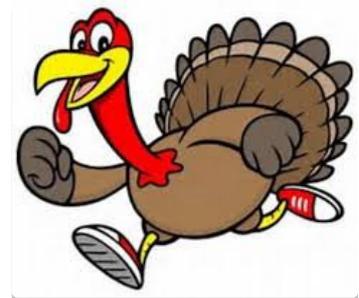
Volleyball at RMS

[Oak Ridge Recreatio...](#)

orrecparks.oakridgetn.gov

Turkey Trot is Postponed, Not Cancelled

The annual Turkey Trot for K-5th grade Oak Ridge students has been postponed until the Spring. Our turkeys may be running the race with some leprechauns, but we plan on having it. Stay tuned for more information to come out in January!



Preschool Students Learn about Healthy Holiday Eating!

In partnership with UT Extension, our preschool students participated in a Virtual Nutrition Education Class where they learned about healthy eating and food choices. Then they got to "fill their plates" with

a fun, hands on activity. Thanks Tribby Kelly and UT extension for working together to make this a valuable learning experience for our youngest students!



How are we helping to prevent tobacco/vaping use among our students?

The Great American Smoke out!

The Great American Smokeout took place on November 18th! In partnership with the Oak Ridge Youth Advisory Board and ASAP of Anderson, we celebrated the passing of the city of Oak Ridge's Ordinance #7-2020 that prohibits smoking on city playgrounds. This includes the playgrounds on our school campuses! We worked with Keep Anderson County Beautiful and picked up cigarette butts and trash at Melton Lake Park and Glenwood Elementary School! We were also able to speak with Glenwood After School students about the dangers of smoking and the importance of keeping our parks smoke free! Thank you Glenwood Elementary and the city of Oak Ridge!



How are we helping our students and staff to manage stress, health and emotions?



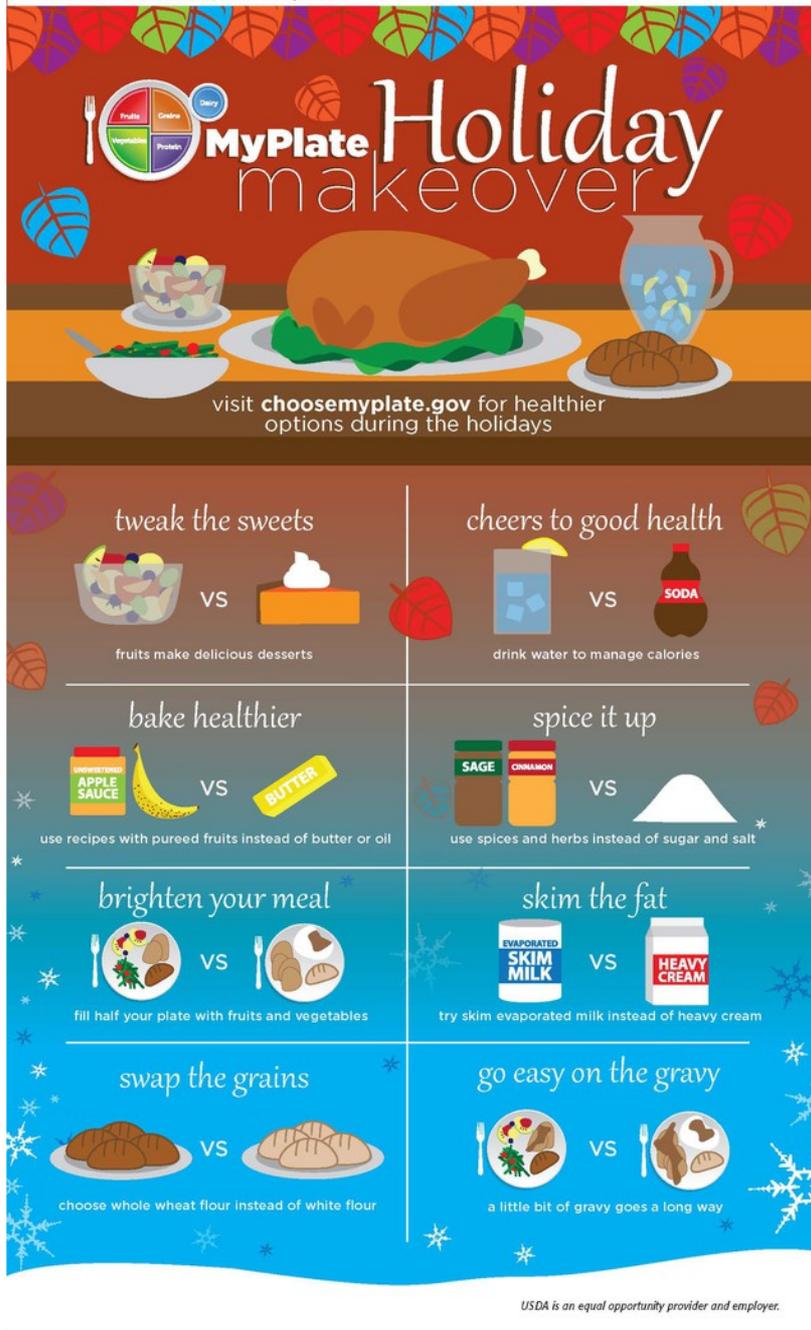
Stress Management Professional Development for Teachers

On January 6th, CSH and Profile by Sanford will provide ORS teachers with a professional development opportunity to give teachers an afternoon of self care and stress management. This PD will be talking through some actionable ways to reduce stress in the classroom and will walk through some specific relaxation techniques that teachers can use wherever they are.

The class will be from 2:00-4:00 at SAB. Log onto Frontline to sign up for the in person class or the zoom class. We hope you will join us!

Holiday Makeover

Check out how you can make your holiday a little healthier by reading the flyer below!



The infographic is titled "MyPlate Holiday makeover" and features a central illustration of a holiday meal including a turkey, a bowl of fruit, a pitcher of water, and bread. Below the title, it says "visit choosemyplate.gov for healthier options during the holidays". The infographic is divided into eight sections, each with a title, an illustration, and a tip:

- tweak the sweets**: fruits make delicious desserts (vs. pie)
- cheers to good health**: drink water to manage calories (vs. soda)
- bake healthier**: use recipes with pureed fruits instead of butter or oil (vs. butter)
- spice it up**: use spices and herbs instead of sugar and salt (vs. sugar)
- brighten your meal**: fill half your plate with fruits and vegetables (vs. meat and bread)
- skim the fat**: try skim evaporated milk instead of heavy cream (vs. heavy cream)
- swap the grains**: choose whole wheat flour instead of white flour (vs. white flour)
- go easy on the gravy**: a little bit of gravy goes a long way (vs. a large amount of gravy)

USDA is an equal opportunity provider and employer.

Featured Gym of the Month- Gold's Gym

This month's featured gym is Gold's gym, located at 302 S. Illinois Ave. They offer a variety of amenities, including cardio equipment, pool/spa, boxing area, free weights, group exercises/classes, personal training and a kids club. Jesse, the general manager has this to say about his club, " Gold's Gym of Tennessee is extremely excited to be partnering alongside the Oak Ridge School System. Our promise to each and every new member is to help them find their starting point and be with them every step of the way. Our goal is to make Oak Ridge healthier one person at a time. We would love to welcome YOU to the Gold's Gym Tennessee Family". Check out the flyer below or their website for more information: <https://www.goldsgym.com/oak-ridge/>.

You can find more information on Gold's gym and other gym partners of Oak Ridge Schools on our staff wellness page located at: <https://www.ortn.edu/central-office/pupil-services/coordinated-school-health/staff-wellness/>



GOLD'S GYM

SPECIAL OFFER FOR EMPLOYEES OF OAK RIDGE CITY SCHOOLS

- \$30 Monthly Gold Individual Membership
- \$1 TO JOIN** \$50 Monthly VIP Membership (includes 2nd membership)
- \$75 Monthly Family Membership (includes up to 4 members)

MEMBERSHIP INCLUDES

- Unlimited Access to all 15 Gold's Gym Tennessee Locations
- Free Unlimited Group Classes
- Free Unlimited Cycle Classes
- Free Fitness Assessment and 30-Day Plan for Each New Member
- Two Free Personal Training Sessions
- Month-to Month Membership

STRONGER WORKOUTS. STRONGER COMMUNITY. STRONGER EXPERIENCE.

- | | | | |
|--|--|--|----------------------------------|
| Chattanooga Area
Hixson, Downtown, & Lee Highway | Knoxville Area
Lenoir City, Farragut, Walker Springs, Oak Ridge & hapman Highway | Middle Tennessee
Murfreesboro, Smyrna, Bellevue, Hendersonville, & Clarksville | West Tennessee
Jackson |
|--|--|--|----------------------------------|



Sign up at goldsgymtn.net/golds-gym-corporate-sales-e or scan QR Code to access site.

With select new Gold's Gym memberships. Commitment may be required. Must have a valid credit card or ACH on file. Must bring proof of employment. Must be at least 18 years old and a local resident with valid ID. Not redeemable for cash. Participating Gold's Gyms only. Annual fee and other restrictions may apply.



It's
SMOOTHIE
Time!



November's CSH contest

Congratulations to October's Find the Pumpkin Contest: Jessica Williams (ORHS), Corey Huddleston (JMS), Lauren Mayes (RMS/JMS), and Rosanna Henry (SAB). November's winners will receive a Free Smoothie from Smoothie King! This month you have a little more work to do to win the contest. Follow these directions to enter to win:

1) Go to our Facebook page

<https://www.facebook.com/OakRidgeSchoolsCSH/>

2) Like our Page

3) Find the post title "November Newsletter Contest".

4) Make a comment or post a picture of you or someone in your family doing something healthy. For example, you can post a picture of you walking in a park with your dog, or a healthy meal you prepared, or make a comment that you just took a hike. You get two entries if you make a comment with a picture!

That's all you have to do! After time is up, we will draw 5 names from those that participated and announce the winners on facebook. Good luck!





Marcia Wade, Coordinated School Health Coordinator

 Facebook

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