

ORS Coordinated School Health News

September 2020

Meet Your New Coordinator

Greetings! My name is Marcia Wade and I am excited to join Oak Ridge Schools. This is my 17th year in education. I taught 15 of those years in Anderson County as a Physical Education teacher, PE Academic Coach, and advocate for health and physical activity. In addition to teaching, I have spent the past 10 years working as an educational consultant, supporting and speaking about movement based learning programs, such as Math and Movement. I live in Oak Ridge with my husband, Nathan and our two children, Katie (10) and Hunter (9). I am excited to continue Coordinated School Health's important work! If you need to reach out to me, feel free to email me at mkwade@ortn.edu or call 865-425-9028.



Find the shoe and WIN A PRIZE from Coordinated School Health

Somewhere in this newsletter is a picture of an SHOE. The first 4 people to find the SHOE and send an email to mkwade@ortn.edu with its location will win a special prize. Here is the picture you are looking for:  (Hint: This shoe is not the one you are looking for)



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?

PowerUp Peanuts Fitness Program at Oak Ridge Preschool

Our youngest students participate in the PowerUp fitness program every morning from 7:15am-7:45 am to get them ready for their day! **This program is adaptable for students Pre-K-8th grade. If you would like more information on how to get this program going at your school, please contact the Coordinated School Health office (mkwade@ortn.edu).**

Check out PowerUp's website at <https://www.powerupfitness.net/>



Live Sugarfreed Campaign

The Live Sugarfreed campaign is designed to help reduce obesity, heart disease and diabetes by eliminating sugary drinks in our diets and replacing it with water. Be looking for more information on this great event in next month's newsletter! #LiveSugarfreed



How are we reducing and preventing tobacco/vaping use?

The Great American Smokeout

In November, CSH will partner with local organizations to bring awareness to the risks of smoking, while also sharing resources for those who want to stop smoking. Look for more information on this in next month's newsletter.



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

Got Stress? Goodie bags are coming to a school near you!

CSH is working on getting stress relief/wellness goodie bags into the hands of our students and staff. We would like these bags to contain fun, stress reducing items such as stress balls, bubble wrap, jump ropes, bubbles, etc. We also want to provide resources for our students/parents in these bags, for example, access cards for parents on how to use GoNoodle at home and VAPE free cards for our middle and high schools. Don't worry, all our bags will be age appropriate! This is where we could use your help! ☺ We are currently working with partners in the community to fill these bags, but if you can make a donation or know an organization that can help us, please reach out to the CSH office at mkwade@ortn.edu or call 865-425-9028.



Items Needed:

- stress balls
- plastic toy pinwheels
- bubble wrap

- bubbles
- jump ropes
- gift cards to Walmart, Dollar tree and other retailers

Youth Leadership Summit at ORHS

ORHS hosted its first ever Youth Leadership Summit through Teen Truth. Ninety-eight nominated student leaders worked all morning (9/16) to identify barriers and develop solutions to address the social-emotional issues on campus.

Over the last three years, the Oak Ridge High School Counseling Department has been working alongside students to create opportunities to build a more positive school climate and culture. They established a peer to peer mentoring program last year, and just finished training their newest Wildcat Mentors. These mentors work with small groups of freshmen once a month to provide them a safe place to ask questions, work on team building activities and promote resilience.



What a great way to improve students' social and emotional well-being! Keep it up ORHS!

Healthy Advocate of the Month Nominations

Healthy Advocate of the Month

Do you know of someone who is committed to improving the health of themselves and those around them? Nominate them by filling out this form. Each month there will be a Healthy Advocate of the Month. This person or group will be recognized for their commitment and given a prize from Coordinated School Health. You can email CSH at mkwade@ortn.edu or fill out the form below.

Healthy Advocate Nomination Form

Nomination form for a person or group who is committed to improving their own health and/or the health of those around them. While priority is given to Oak Ridge Schools Employees, this person/group does not have to be an employee of Oak Ridge Schools, but they do need to work/partner with Oak Ridge Schools in some capacity. Remember health can refer to physical, emotional, social or mental well-being.

* Required

Name of person being nominated *



Marcia Wade, Coordinated School Health Coordinator

Facebook

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