

# ORS Coordinated School Health News

January 2021

## A Note from your Coordinator

Happy New Year! 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:

- Oak Ridge Nutrition Contest
- Goodie Bags delivered
- Rethink your Drink Campaign
- CPR/AED training



I hope you had 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  
[mkwade@ortn.edu](mailto:mkwade@ortn.edu)



## January CSH Contest- Free drink from Oak Ridge Nutrition

Congratulations to November's CSH Winner's: Paula Kerr (JMS) and Michelle Benditz (LES) who won a free Smoothie from Smoothie King. This month's contest is to find the SNOWFLAKES. There are three snowflakes hidden somewhere in the articles below. Find the SNOWFLAKES and email [mkwade@ortn.edu](mailto:mkwade@ortn.edu) their location. The first 4 people to do so will win a free drink from Oak Ridge Nutrition! Here is what you are looking for---❄️ (this is not one of the winning snowflakes).

Good luck!

# How are we reducing childhood obesity?

## Health Screenings

Every year, Coordinated School Health and the Nursing Services Department conducts health screenings in Kindergarten, 2nd, 4th, 6th, 8th and 10th grades. These screenings consist of measuring the height and weight of students to determine their Body Mass Index. We also conduct blood pressure and vision screenings. These tests provide vital information and helps us to identify students that may need additional help or services. These tests will also provide us with valuable information on how the pandemic is physically impacting our students.



Unfortunately, due to COVID, we have been unable to screen for blood pressure and large group vision screenings. We have been able to conduct height and weight screening at several schools already. Thank you to all the principals, nurses, and teachers that are coming together to make this happen. Expect to see CSH at a school near you soon!

**rethink**  
**YOUR DRINK**

**Drink WATER instead of sugary drinks**

## Rethink your Drink Campaign- Jan 25th-29th

Did you know?

- A child's risk of becoming obese increases drastically with each additional serving of soda per day! 🌟
- Drinking soda almost doubles the risk of tooth decay and cavities in children.

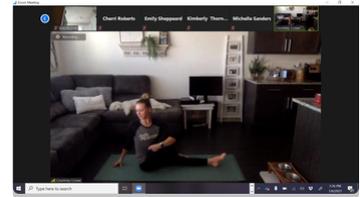
Throughout the month of January, CSH will be promoting the Rethink your Drink Campaign, encouraging our students and staff to drink water instead of sugary drinks. Look for announcements and social media posts all this month.

**Schools will compete to see who can drink the most water the week of Jan 25th- 29th.** Using each school's water bottle filling stations, we will count how many water bottles are filled up. **The school with the most water bottles filled will get \$250 for their Healthy School Team.** There will be two divisions, preschool/elementary and middle/high school. Good luck and thank you for helping to promote this healthy habit!

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

### Stress Management PD for Teachers was a great success!

On January 6th, CSH and Profile by Sanford provided teachers with the opportunity to relax and learn how to reduce their stress. We tried out progressive relaxation techniques and yoga breathing exercises. What a great PD!



This PD was also recorded so you can take this course as your non-contract PD hours. 🌟 Just go to Canvas, then go to the Staff Support Section and search for term "stress".

Profile by Sanford also provides a variety of resources to help people lose weight and become healthier. Check out the flyer below to see the discount they offer to Oak Ridge Schools' employees.

PROFILE BY SANFORD  
**TRANSFORMING** *lives*  
**ONE relationship AT A TIME**



BB Profile has given me the tools to redefine my health and how I look at food and to be strong and dedicated to making these changes that have improved my life and made me feel alive again! QQ

– Julie Capaldo

START DATE

1/14/19

LOST

125 lbs.



SPECIAL OFFER THROUGH YOUR EMPLOYER

**20% OFF**

A 1-YEAR PAID IN FULL MEMBERSHIP

CALL FOR A FREE CONSULTATION

(865)337-8176

OR VISIT [WWW.PROFILEPLAN.COM/TN/KNOXVILLE/113-LOVELL-ROAD](http://WWW.PROFILEPLAN.COM/TN/KNOXVILLE/113-LOVELL-ROAD)

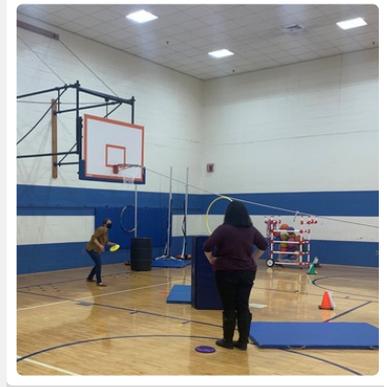
**profile**  
SANFORD

WEIGHT LOSS & HEALTH COACHING

## Glenwood Pines Disc Golf Course

The Health School Team and the PE department at Glenwood Elementary School opened the first ever Glenwood Pines Disc Golf Course. Students and staff participated in this 9 hole course in they gym over a 3 week period. In an effort to improve staff wellness, they held the Glenwood Pines Invitational and the 3rd Grade team had the winning score!





## Stress Relief/Wellness Goodie Bags given to students!

Over the past few months, CSH has been working with local organizations and businesses to provide our students with Stress Relief/Wellness Goodie bags.

In these bags, we had items such as:

- Stress balls- **Donated by Alpha Kappa Alpha Sorority and CSH Donations**
- Bubbles- **Donated by Dr. Henderson and CSH Donations**
- Bubble wrap- **Donated by our local UPS Store**
- Teen resource cards- **Donated by ASAP of Anderson**
- Healthy eating calendars, insulated bags and stickers- **Donated by UT extension ✨**
- Healthy eating tip sheets - **Donated by Profile by Sandford**
- Vaping and Tobacco Prevention Education Pamphlets- **Donated by the Health Dept**
- National Fitness Center 3 day Guest Pass- **Donated by National Fitness Center**
- GoNoodle Stickers- **Donated by GoNoodle**
- Suicide Information Card- **Donated by the Jason Foundation**

We have delivered these bags to our ConnectOR elementary students, our High School Wellness and CDC classrooms. Soon all of our middle school students will receive a bag. Thank you to all those who supported this project!



ORHS Student



Willow Brook  
Elementary Students



ORHS Student

## Heartsaver CPR/AED Training- February 3rd

On February 3rd, CSH and East TN Children's Hospital will hold a Heartsaver CPR/AED training from 2:30-4:30 at SAB in the board room. If you are interested, please sign up on Frontline. This class is limited to 10 people, so make sure to sign up early!



## Featured Gym of the Month- National Fitness

The National Fitness Center in Oak Ridge advertises to be a fitness experience like never before. Energized by motivated people of every age and fitness level, they have something for everyone-from intense group training and workout equipment to their refreshing Aquatic Center and amenities for relaxation.

They have an exclusive deal for Oak Ridge Schools families, which includes a Free 3 day pass! National Fitness is located at 750 Briarcliff Rd in Oak Ridge. Check out the flyer below for more information.



# NATIONAL FITNESS CENTER OAK RIDGE

## COME SEE WHY WE'RE THE #1 FITNESS CLUB IN OAK RIDGE!

FREE CHILDCARE | POOLS | JACUZZI | LADIES ONLY GYM AREA | ZUMBA | LES MILLS GROUP CLASSES | SAUNA  
STEAM ROOM | INDOOR TRACK | CYCLING | AQUATIC CLASSES | KIDS CLASSES & SUMMER CAMPS  
SENIOR FITNESS CLASSES | YOGA & PILATES | STRENGTH TRAINING EQUIPMENT | PERSONAL TRAINING  
BASKETBALL COURTS | CARDIO THEATER | HYDRO MASSAGE | TANNING | SMOOTHIE BAR AND MUCH MORE!



**750 BRIARCLIFF RD.  
OAK RIDGE, TN 37830  
865-483-6868**

**VISIT [NFCGYMSOAKRIDGE.COM](http://NFCGYMSOAKRIDGE.COM)  
FOR DETAILS!  
OR EMAIL [JOSHVANDERGRIFF@NFC1.COM](mailto:JOSHVANDERGRIFF@NFC1.COM)**

**BRING IN THIS FLYER FOR A FREE 3-DAY  
PASS TO OUR OAK RIDGE LOCATION!**



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