



Wellness Matters

Healthy students, healthy families, healthy schools

Volume 2, Issue 1

Wellness Committee

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Healthy Homes! Have you checked your carbon monoxide and smoke detectors to be sure they are working properly? Remember to replace batteries twice yearly.

Wellness 101

In response to the growing epidemic of obesity and related diseases, on June 30, 2004, the President signed Public Law 108-265, the Child Nutrition and WIC Reauthorization Act of 2004. School districts were required to develop local wellness policies and goals regarding nutrition education, physical activity and other school-based activities that promote student wellness. The Scotia-Glenville Wellness Guidelines and previous issues of **Wellness Matters** are available on the district website at www.scotiaglenvilleschools.org.

A new announcement from the governor and the first lady regarding the Healthy Kids initiative to fight childhood obesity is at http://www.ny.gov/governor/press/press_1105082.html

The Wellness Committee meets regularly to discuss and plan for activities that encourage our school and community members to make wise decisions regarding their health and wellness. The committee met for the first time this year in October and plans for this year have begun! The committee members agreed that highlighting success stories and tips might illustrate some of the positive steps people have taken that impact health and wellness. Please send your success stories and ideas for us to share in future newsletters. See page two of this edition of **Wellness Matters** for ideas and tips.

A Message from Our Nurses...

Now that we are well into the school year and flu season is upon us, it is important to take steps to help ensure safe schools and healthy kids! The single best way to protect against the flu is to get vaccinated each year. October through December is the best time to get your flu shot, but better late than never! The flu season typically peaks in January or later. If you believe you have contracted the flu, call your health care provider for early intervention. For more information regarding this year's flu vaccine guidelines, consult the Centers for Disease Control at <http://www.cdc.gov/flu/>



Energy Drinks...A Message from Health Education

“Energy Drinks”, the highly caffeinated drinks that may also contain other stimulants, have become increasingly popular. Medical professionals advise caution regarding energy drink consumption for a variety of reasons.

Potential dangers from the misuse or overuse of these beverages include heart irregularities, elevated blood pressure, nausea and vomiting, irritability, anxiety and electrolyte disturbances. In addition, the combination of alcohol and energy drinks poses additional hazards, masking intoxication, which may lead to overconsumption and respiratory depression. There is little scientific information regarding the safety of energy drinks, particularly those containing Taurine, an amino acid present in energy drinks. However, the quantity of vitamins and minerals found in these drinks may interfere with the absorption of other nutrients. The excessive carbohydrate content in these drinks (higher than sports drinks) can compromise hydration, slowing the rate of fluid absorption into the bloodstream and they are not recommended for use by athletes. Finally, many energy drinks contain ingredients that may interact with prescription medicines. Claims of improved performance and concentration may be misleading. To minimize health risks, limit your consumption of these beverages. Water is great for hydration and some sports drinks are appropriate for endurance athletes.

There is no need for anti-bacterial soap each time you wash up! Wash your hands with warm soap and water for 15-30 seconds. According to the Centers for Disease Control, the length of time you wash is more important than the type of soap you use!



From Athletics and Physical Education

Approximately 75 K-5 students attend the Sacandaga Fitness Club, which meets Tuesday thru Friday mornings, from 8:00-8:30 in the Sacandaga gymnasium. The club is part of the intramural program and is supervised by Physical Education teacher Barbara Wurz. While the emphasis is on a student-run program, the success can be largely attributed to Jennifer Celorio, teacher aide, and many parent volunteers.

The students are eager to be moving as the picture indicates. They may run or

walk collecting counters for each lap they complete. At the end of each day, the laps are recorded, and converted into miles for yearly totals. Students may also use the video interactive exercise bikes, treadmills or DDR pads. DDR or "Dance, Dance Revolution" is similar to a video game played with your feet! Students have 4 arrows on a dance pad, and must match the arrows to the music and arrows on a TV screen. The kids get a great workout and it is lots of fun!

The kids love Fitness Club and it is a great way to start their day

with exercise. Learning responsibility is part of the program too! Students may sign up to use a particular piece of equipment, or to help pass out lap counters. They learn that they need to be there on time to get their jobs done



Get Moving, Get Fit and Stay Healthy!

Take Charge

Choose

Healthy

Activities &

Recreation

Goals for 30-60 min.

Everyday



In the news...

Throughout the first year of the Wellness Plan implementation, many people found small changes made a big difference as we focused on health and wellness activities. Some of these are highlighted and may be helpful for others as they make plans for this year.

Last March at the Middle School, refreshments changed at Teen Town! Flavored water and juices quenched students' thirsts. Fruit snacks and popcorn were added and of course, pizza was on the menu!

At Glendaal one first grade classroom celebrates birthdays with action! On their special days, students do the *Cha Cha Slide*!

At the high school, student athletes have healthy choices after school for hydration. Drink machines in the athletic area provide choices of light sports drinks and water.

Healthy fundraising efforts in the district include flowers, wrapping paper, citrus fruit and healthy snack bar sales.

Across the district, teachers have found creative rewards or incentives with pencils, stickers and action-packed energy breaks.

Winter Fitness Center

Hours

Students 3-7 P.M., Monday through Thursday, Friday, 3-5 P.M.

Community 5-7 P.M., Monday through Thursday.

*If school is closed, the fitness center is closed.

Dance Dance Revolution!



Happy Birthday Cha Cha!



Discover great ideas for physical activity on the calendars available at [http://](http://web.aahperd.org/naspe/Toolbox/PDF/nov08/Calendar%20Elem%20Eng.pdf)

web.aahperd.org/naspe/Toolbox/PDF/nov08/Calendar%20Elem%20Eng.pdf

and

[http://](http://web.aahperd.org/naspe/Toolbox/PDF/nov08/Calendar%20Sec%20Eng.pdf)
web.aahperd.org/naspe/Toolbox/PDF/nov08/Calendar%20Sec%20Eng.pdf



Ideas Needed !

Share your healthy recipes and tips in *Wellness Matters* by sending them to ptamar@sgcsd.net or mail your info to Janet Rathjens, High School