



A Health Word E-Style

2010
September



RSU #20

September:

- **Fruit & Veggie Month**
- **Suicide Prevention Week (9/5-11)**
- **Backpack Awareness day (9/15)**
- **Harvest Lunch (9/21)**
- **Family Healthy & Fitness Day (9/25)**
- **TV/SCREEN Turn off Week (9/19 -25)**

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School is Open



Drive Carefully

**Wellness Team Meeting
September 20th
3:45
East Belfast School
Library
NEW MEMBERS
Welcomed!!**

Welcome Back

Welcome to the start of a new school year. Much has been happening over the summer to support a Healthier Waldo County. Local business, community organizations and health professionals are supporting a unified message, **Let's Go Waldo! 5-2-1-0**, a community-based initiative to promote healthy lifestyle choices for children and families. This initiative is based on an easy-to-remember message:

- 5** or more servings of fruits & vegetables
- 2** hours or less recreational screen time
- 1** hour or more of physical activity
- 0** sugary drinks, more water & low fat milk

* NO screen time under the age of 2. NO TV/computer in the child's bedroom.

The goal of the initiative is to promote and provide, through policy and environmental change, healthier dietary habits and increased physical activity as proven strategies for raising a healthier generation. Why is this important? Our nation is in a health crisis! Over the last 2-3 years obesity has tripled. In Maine alone, 20-24% of individuals are 30 lbs or more over weight. Statistics shows 36% of the incoming kindergarten students and 27% of high school students are overweight. These unhealthy weight statistics are costing the state of Maine \$2.13 billion annually in health related expenses. In our school district alone, 36% of students are over weight or obese. The strategies that **5-2-1-0** promotes will not only create healthier generations, they could save us money.

People on all fronts are rallying to change this current weight gain trend. There are organizations working in our schools, childcare centers and YMCAs, and at the local, state and national level to help our students and families make healthier dietary choices and increase physical activity. At a national level the first lady, Michelle Obama, has prioritized healthy living as her major agenda. Her "Let's Move" initiative consists of four pillars: more nutrition information,

increase physical activity, easier access to healthy foods, and personal responsibility. This initiative is being implemented as a way to battle childhood obesity, and everyone has a part to play.

Over the past school year RSU #20 has taken steps to improve the health of our students. Health promoting policies have been written, healthy snacks have been provided and encouraged, and physical activity in the classroom has been increased by utilizing programs such as Take Time. And at the close of the 2009-2010 school year, the food director took steps to promote the **5-2-1-0** message in the food service program. Congratulations on everyone's efforts. No action was too small!!

There is still much to be done, and only by working collaboratively we can turn the weight gain trend. By supporting our students and colleagues and by becoming advocates and role models of the **5-2-1-0** messages, we can reach the goal of raising a healthier generation. As your school physician, I support the **5-2-1-0** message in my office, in the community, and with my colleagues. I discuss it regularly with patients in the office, as the medical evidence shows it works!

The change we are working towards will take all of our concerted support. **Let's Go Waldo 5-2-1-0** is a simple message to guide our way. The **Let's Go Waldo** committee will be meeting regularly through the year to address new ways to promote healthy choices in our community, and we welcome new members. No step is too small; it's like casting a pebble in a pond. The ripple of healthy choices spreads!

We wish you all a healthy and active school year.

In health,

Dr Joseph Anderson, School Physician
Linda Hartkopf, RSU #20 School Health Coordinator



LET'S GO WALDO

September is..... 2 hours or less of screen time!

Screens are everywhere. In a typical home there may be two televisions, a portable video game, and a laptop or desktop computer. Here are some interesting facts about TV:

- Number of minutes per week that parents spend meaningful conversations with their children: 38.5
- Number of minutes per week the average child watches television: 1,680
- Number of 30-second commercials seen in a year by an average child: 20,000
- Percentage of children ages 6-17 who have TV's in their bedroom: 50
- Hours per year American youth watches television: 1500
- Percentage of Americans that regularly watch television while eating dinner: 66

Take action, turn it off and have fun! Join other families across the nation on September 19 -25 as part of National TV Turnoff week.

Television is generally a passive "non-activity" which detracts from more healthy, interpersonal, productive, rewarding and community-oriented activities.

National TV-Turnoff Week is about having more fun and turning "on" your life. It's an opportunity to rediscover the wide range of activities that exist when one unplugs from the sedentary, image-based, simplistic and commercial world of television.

TRY THESE ALTERNATIVE ACTIVITIES WITH YOUR FAMILY

- ☺ Go for a bike ride
- ☺ Go for a nature hike
- ☺ Put together a puzzle
- ☺ Play a board game
- ☺ Turn on the music and dance
- ☺ Go to a school sporting event

From the Kitchen.....

RSU #20 Food Service Program

Maine Harvest

During the month of September, Food Service Director, Perley Martin, will feature Maine grown produce on the menu. Produce will be purchased from a variety of farmers in Waldo County and the state.

The Troy Howard Middle School Garden will be a major contributor due to a bumper crop. Tomatoes, cucumbers, Sun Gold cherry tomatoes, beans, spinach and lettuce will greet students visiting the salad bar.

Other farms include: apples from Mildel Farm, melons from Cross Family Farm, color carrots from Maine Harvest Link and a variety of fresh produce from Maine Coastal Regional Re-Entry Center garden project located in Swanlake.

Feature fruit or vegetable will be highlighted during school announcements. Display cards posted in the cafeteria will target local produce.

Meatless Mondays

New to the RSU #20, Meatless Monday! Meatless Monday came as a suggestion from the Parents Lunch Committee. Food Director Perley Martin and staff embraced the idea as a means to showcase creative meat-free meals, support the 5-2-1-0 message and the health of our students.

Meatless Monday campaign is backed by health advocates, chefs, and moms who want to tackle the problem of cholesterol and heart disease.



Consider This

Three simple things you can do to keep your body in tip top shape:

- **Give up your daily soda** Columbia University say that just 100 grams of sugar – that's the amount in one can of soda – can hinder your white blood cells' ability to kill cold and flu germs by up to 40 percent!
- **Replace the chips and cookies in your snack drawer with apples and carrots.**
- **Take a deep breath** Expert Dr. Andrew Weil says, deep breathing sends a burst of oxygen through your bloodstream. That extra oxygen melts tension, improves digestion, and sharpens your mental abilities.



Backpack Facts: What's All the Flap About?



National School Backpack Awareness Day is an annual event held on the third Wednesday of every September. Across the country, backpack events educate parents, students, educators and school administrators, and communities about the serious health effects that backpacks that are too heavy or worn improperly have on children. Backpack Day is also a time to promote the full range of occupational therapy benefits and services.

- More than 79 million students in the United States carry school backpacks.
- More than 23,000 backpack-related injuries were treated at hospital emergency rooms, doctor's offices, and clinics in 2007.
- It is recommended that a loaded backpack should never weight more than 15% of the student's total body weight (for a student weighing 100 pounds, this means that the backpack should weight no more than 15 pounds).
- About 55% of students carry a backpack that is heavier than the recommended guideline of 15% of the student's total body weight.
- In one study with American students ages 11 to 15 years, 64% reported back pain related to heavy backpacks. Twenty one percent reported the pain lasted more than 6 months.
- In a study on the effect of backpack education on student behavior and health, nearly 8 out of 10 middle school students who changed how they loaded and wore their backpacks reported less pain and strain in their backs, necks, and shoulders.
- According to a study by Boston University, approximately 85% of university students self-report a discomfort and pain associated with backpack usage.
- The way backpacks are worn affects your health. The height of the backpack should extend from approximately 2 inches below the shoulder blades to waist level or slightly above the waist. It is recommended that individuals always wear the backpack on both shoulders so the weight is evenly distributed.

Save the Date

4th Annual Maine Harvest Lunch
Tuesday, September 21, 2010

Feature Menu:

Herbal Roast Chicken	Mainely Poultry
Fresh Broccoli	Maine Grown
Roasted Color Potatoes	Maine Harvest Link
Fresh Melon	Cross Family Farm

Backpack Strategies for Parents and Students

Aching backs and shoulders? Tingling arms?

Weakened muscles? Stooped posture? Does your child have these symptoms after wearing a heavy school backpack? Carrying too much weight in a pack or wearing it the wrong way can lead to pain and strain. Parents can take steps to help children load and wear backpacks the correct way to avoid health problems.

Loading a Pack

- A child's backpack should weigh no more than about 15% of his or her body weight. This means a student weighing 100 pounds shouldn't wear a loaded school backpack heavier than about 15 pounds.
- Load heaviest items closest to the child's back (the back of the pack).
- Arrange books and materials so they won't slide around in the backpack.
- Check what your child carries to school and brings home. Make sure the items are necessary for the day's activities.
- If the backpack is too heavy or tightly packed, your child can hand carry a book or other item outside the pack.
- If the backpack is too heavy on a regular basis, consider using a book bag on wheels if your child's school allows it.

Wearing a Pack

- Distribute weight evenly by using both straps. Wearing a pack slung over one shoulder can cause a child to lean to one side, curving the spine and causing pain or discomfort.
- Select a pack with well-padded shoulder straps. Shoulders and necks have many blood vessels and nerves that can cause pain and tingling in the neck, arms, and hands when too much pressure is applied.
- Adjust the shoulder straps so that the pack fits snugly on the child's back. A pack that hangs loosely from the back can pull the child backwards and strain muscles.
- Wear the waist belt if the backpack has one. This helps distribute the pack's weight more evenly.
- The bottom of the pack should rest in the curve of the lower back. It should never rest more than four inches below the child's waistline.
- School backpacks come in different sizes for different ages. Choose the right size pack for your child as well as one with enough room for necessary school items.

Occupational Therapy Tips for Health & Success in School

Occupational therapy practitioners help people with a broad range of health and wellness issues that affect their ability to participate in and enjoy everyday activities. They work in schools to help students learn, play, and interact with others. Here are just a few tips from occupational therapists to help you stay healthy and succeed in school:

Organize Yourself

Occupational therapy practitioners look at how individuals, tasks, and settings fit together. They provide guidance on doing whatever you want to do in the best and easiest way possible.

- Keep your physical environment—your desk, locker, or room—neat so you can find things easily. Less time spent searching allows more time to study, so you'll do well on tests.
- Planning time for homework, sports, and friends helps prevent worry about fitting everything in and helps you stay focused.
- Getting adequate rest every day helps you learn, grow, and stay healthy. It also increases concentration and a feeling of well-being.
- Get plenty of sleep the night before a test. Eat a good breakfast to concentrate and stay alert. If you have trouble finishing your tests on time, talk to your teacher or school's occupational therapist about ways to help you improve your testing skills.

Having Good Friends Is Important

Occupational therapy practitioners study what makes people happy, including how people can help and understand each other.

- When it comes to friends, one good one can make all the difference.

- You probably have a lot in common with your classmates. Introduce yourself to new people and get to know them.
- Making friends will make learning fun! Planning projects and studying together is more enjoyable and can help keep you engaged in school.

Use Proper Positions To Stay Healthy When You Use a Computer

Occupational therapy practitioners understand how the body and mind work together. They can help you be pain-free and comfortable when using a computer.

- Your head should be level with the monitor, with the top of the screen at eye level.
- Your forearms should be parallel to the keyboard and held only slightly above it.
- Your lower back should be supported while sitting in front of a computer. If your chair doesn't allow this, place a small pillow or rolled up towel between your lower back and the chair for back support.
- Your feet should rest flat on the floor or on a footrest. If you cannot reach the floor, stack boxes or telephone books so you can rest your feet comfortably.
- Take a 2-minute stretch break away from the computer every 30 minutes.

Occupational therapy is a science-driven, evidence-based profession that enables people of all ages to live life to its fullest by helping them promote health and prevent—or live better with—illness, injury, or disability.

OSA Tips to Prevent Underage Drinking

Tip #5

Good: Wait up, or set the alarm for curfew time – talk with your teen about their night.

Better: Start with above and then...When your teen arrives home, look for signs of use. Teens who believe their parents will catch them are less likely to drink.

Best: Start with above and then...Be prepared in advance for what you would do the FIRST time you discover that your teen has been drinking. Think ahead of time about how you want to react, who you would talk to, and how you would enforce consequences.



Q: Why did the orange stop at the top of the hill?

A: Because it ran out of juice!



Q: What's the fastest vegetable?

A: A runner bean

Baked Zucchini Fries

Zucchini sticks are tossed with light panko breadcrumbs and then baked in the oven. Try these healthy “fries” dipped in creamy Greek yogurt seasoned with parsley and lemon. This recipe comes to us from Elizabeth of [Sophisticated Pie](#).

Serves 10

For the baked zucchini fries:

- a little olive oil, for preparing the sheet pan
- 2 eggs
- 2 tablespoons nonfat milk
- 2 large zucchinis, cut into 4-inch sticks
- 1 ½ cups panko bread crumbs*
- ½ cups Parmesan cheese, shredded
- salt and pepper, to taste

**Japanese panko breadcrumbs are thinner and lighter than traditional breadcrumbs. They can be found near the standard breadcrumbs or in the Asian food section of most grocery stores.*

To bake the zucchini fries:

Preheat the oven to 425 degrees. Prepare a large sheet pan with olive oil.

Lightly beat the eggs and milk together in a medium bowl.

In a separate medium bowl, stir the panko breadcrumbs and cheese together.



Dip zucchini sticks in the egg mixture, making sure to coat them well. Dip the egg coated zucchini into the panko mixture.

Spread out the coated zucchini pieces onto the prepared sheet pan. Season generously with salt and pepper and bake for about 15 minutes. Flip the zucchini sticks over with a spatula and bake for another 15 minutes, or until they are golden brown.

To complete the dish:

Mix the Greek yogurt, chopped parsley and lemon juice together in a small bowl. Season with salt and pepper to taste. Sprinkle with the chopped scallion on top.

Serve the yogurt sauce alongside the fries, for optional dipping. Enjoy!



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*“When you’re learning
to face the path at your
pace, every choice is
worth your while.”
-Indigo Girls*



Warning! New Tobacco Product Comes to Maine

The new smokeless tobacco product may soon arrive in Maine. These products may look and taste like candy, but contain up to three times as much nicotine as cigarettes, and can lead to serious addiction issues.

Partnership For A Tobacco-Free Maine (PTM) will be rolling out a new campaign to combat the new product. The new campaign will target parents, teachers, coaches, legislators, and community leaders.



Fresh Fruit & Vegetable Program Grant

Seven schools received the Fresh Fruit & Vegetable Program grant funded by the USDA Department of Agriculture. Funds total approximately \$51,000.

Five thousand of the funds were supported by the Waldo County General Hospital and Healthy Waldo County.

Healthy fruit and vegetable snacks will be available at: CASS, AMES, EBS, Frankfort, Searsport Elementary School, Nickerson and Searsport Middle School.