



February is American Heart Health Month!

In celebration of American Heart Month, take time to teach your students that hearts are important for more than making valentines! Heart Power! Online are great resources from the American Heart Association that teachers can use to teach students about the function of the heart and why it is important to take care of it.

Specifically, HeartPower! This is an online curriculum-based program for teaching about the heart and how to keep it healthy for a lifetime. HeartPower!'s four key messages about heart health have been categorized by curriculum, lifestyle message, format and grade levels. Pre-K-8 teachers can use these science-based online resources to introduce students to healthy habits and choices that can improve their quality of life for many years. The curriculum even helps students learn decision-making skills that can save lives, including their own!

All resources are downloadable and printable, and best of all, they're free. Visit <http://www.americanheart.org/presenter.jhtml?identifier=3003357> for more information.

Eating well, living tobacco-free and being physical activity are vital to maintaining a healthy heart. Below is another indoor recess idea that teachers and recess monitors can use to keep students active on an indoor recess day. Add this activity to the indoor activity box you created last month (see <http://publichealth.columbus.gov/cardiovascular-health.aspx> and click on Forms and Publications).

Indoor Zone Activity: Heartstarters

Grades: K-6

Equipment Needed: none

Sample Activities:



Jumping Jacks: stand with feet together and arms at sides. Bend your knees and jump, moving the feet apart until they are wider than your shoulders. At the same time, raise your arms over your head. You should be on the balls of your feet. Keep your knees bent while you jump again, bringing your feet together and your arms back to your sides. At the end of the movement, your weight should be on your heels.



Imaginary Jump Rope: Jog while moving the arms as if jumping rope.



Scissors: Start with one leg forward and one leg back, one arm outstretched in front and one arm down at the side. At the same time, switch the legs and arms so that the front leg moves backward and the back leg moves forward while changing the up arms to down and the down arms to up. Continue switching arms and legs



Clapping Jacks: Hop on one foot and kick the other leg outward while clapping the hands upper the raised leg. Repeat, kicking with the other leg. Continue alternating legs.



Mountain Climber: In a push up position, bend one knee so it is forward while the other leg remains straight. Switch legs so the other knee is bent and forward. Repeat.



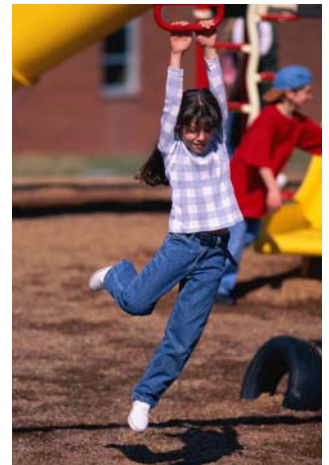
News You Can Use

NFL Network Helps Middle Schools Improve Physical Activity

The NFL Network has announced ten \$1,000 grants available to middle schools to improve physical education. The *Keep Gym in School* grant program will improve fitness programs, allow recipients to buy equipment and help improve facilities. Visit www.KeepGymInSchool.com to learn more and to nominate a middle school by the March 1, 2010 deadline.

Save the Date! Healthy Kids, Healthy Schools: Wellness Policies in Action Conference

Action for Healthy Kids, Zone 8 is pleased to announce its annual conference on March 3, 2008 from 8:00-3:30PM at the Educational Service Center of Central Ohio, 2080 Citygate Drive Columbus, Ohio 43219. Cynthia Symons will be back by popular demand to speak about Coordinated School Health: The Real Education Reform. There will also be special break out session for school administrators, nurses, parents, and physical education teachers. The cost is \$45 to attend this event. If a school district sends three or more people, a \$5 discount will be given to all participants from that district. More information regarding this event, including the registration form can be found at <http://www.ohioactionforhealthykids.org>.



2009- 2010 Buckeye Best Schools Award Application Now Available!

Healthy Students make better learners! The Buckeye Best Healthy Schools Awards recognize schools that demonstrate a commitment to the health and wellness of their students and staff through the establishment of programs and policies that foster such goals. These include improving nutrition, increasing physical activity and stopping or preventing the use of tobacco. For a copy of the application, please visit <http://healthyohioprogram.org/ataglance/bbintro.aspx>. Applications are due to the Ohio Department of Health by March 31, 2010.

Advocacy News

Tobacco Prevention Advocacy Day- Wednesday, March 17, 2010

Tobacco prevention advocates have been making great strides in educating legislators about the value and importance of tobacco prevention, however legislators need to hear from their constituents regarding the issue. The American Heart Association's 2010 Tobacco Prevention Advocacy Day will be on **March 17, 2010**. Participants will have the chance to share their opinions regarding tobacco prevention with their legislators. All appointments will be scheduled for participants, and participants will receive free training about advocacy including pre-event conference calls so participants feel comfortable with the process. Participants are also invited to join the American Heart Association and their legislators for a free luncheon. To learn more about the event and to register, visit <http://yourethecuregra.blogspot.com/search/label/Ohio%20Lobby%20Day>

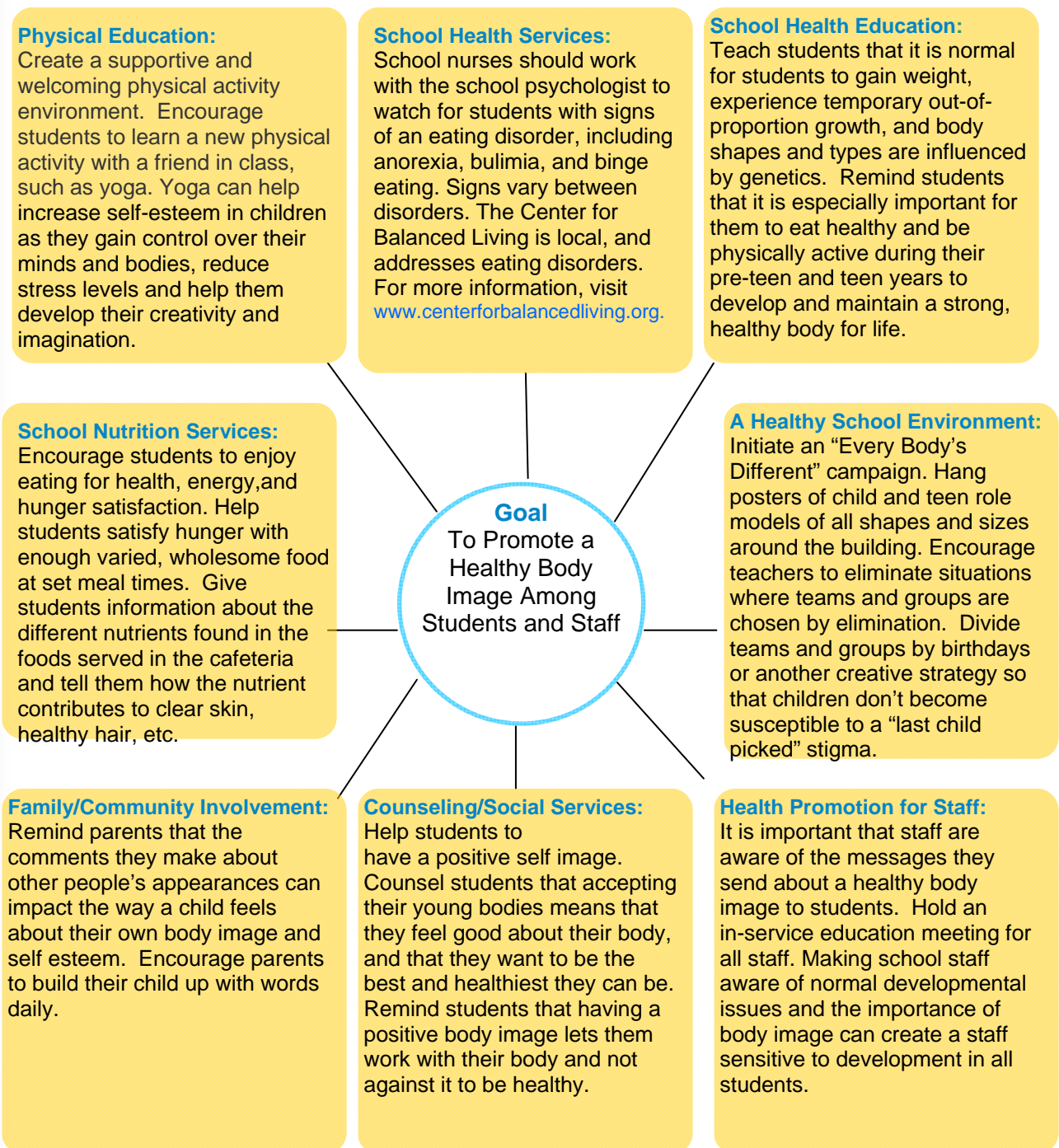


Buckeye Best Tips

In every issue, Buckeye Best Tips addresses a question from Centers for Disease Control and Prevention's School Health Index (which can be found at <http://www.cdc.gov/healthyyouth/SHI/brochure.htm>) and suggests what schools can do to focus on that issue using the Coordinated School Health Approach. This month's Health and Nutrition Flash focuses on how schools can promote a healthy body image. Although females are more likely to be concerned about body image, males may be affected by body image issues—especially during pre-teen and teen years. Promoting a healthy body image also correlates with the Middle and High School Health Index, Modules: 2, CC.6, N.1; 5, N.1; 6, N.1; 7, N.1.

It Takes a Coordinated Approach

Addressing School Health Goals Using the Coordinated School Health Model





Staff Wellness

Tips to help you Get Enough Rest

The amount of sleep a person needs depends on many factors, including age. Most adults need seven to eight hours of sleep per night, however some people need as few as five or as many as ten hours. Experts say that if you feel drowsy during the day, even during sedentary activities, you haven't had enough sleep.

The amount of sleep a person needs also increases if they have been deprived of sleep in previous days. Eventually, the body will demand that the sleep debt be repaid. The body may *get used* to a sleep-depriving schedule, but it does not adapt to getting less sleep than it needs. Often the body experiences impaired function, judgment and reaction time.

Regardless of what's causing sleep problems, it is important to establish and maintain healthy sleep habits. The National Sleep Foundation offers some tips that will help you sleep well:



At night:

- Use the bedroom for sleep only.
- Establish a regular bedtime routine and a regular sleep-wake schedule.
- Do not eat or drink too much close to bedtime.
- Create a sleep-promoting environment that is dark, cool and comfortable.
- Avoid disturbing noises – consider a bedside fan or white-noise machine to block out disturbing sounds.

During the day:

- Consume less or no caffeine, particularly late in the day.
- Avoid alcohol and nicotine, especially close to bedtime.
- Exercise, but not within three hours before bedtime.
- Avoid naps, particularly in the late afternoon or evening.

Keep a sleep diary to identify your sleep habits and patterns that you can share with your doctor. For more information, visit the National Sleep Foundation's website at <http://www.sleepfoundation.org>.



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