



## May is Bike Safety Month!

Bicycling is fun, it helps us keep fit, and it gives us a great way to actively commute. It also helps kids develop judgment, self-confidence and lifelong skills. It is important that students know that a bicycle is not a toy; it's a vehicle.

The safest place to ride is on the street, where bicycles are expected to follow the same rules of the road as motorists. Keep in mind that children younger than 10 are not mature enough to make the decisions needed to safely ride in the street and are better off riding on the sidewalk.

Here are some basic safety tips to share with students regarding safe biking.



**Wear a Properly Fitted Bicycle Helmet.** Bike helmets protect the brain if the child crashes or falls off of their bike and can save their life. For more information about how to properly fit a bike helmet, see the National Highway Traffic Safety Administration's publication "Easy Steps to Properly Fit a Bicycle Helmet." (see website below)

**Check Your Equipment.** Before riding, inflate tires properly and check that the brakes work.

**See and Be Seen.** Wear neon, fluorescent, or other bright colors so others can see you. Avoid riding at night. If you do have to ride at night, wear reflective tape or flashing lights, add reflectors and/or a headlight to your bike. Remember, just because you can see a driver doesn't mean the driver can see you.

**Control Your Bicycle.** Always ride with at least one hand on the handlebars (two are better). Ride in a straight line and signal your moves to others. Use your eyes AND ears, don't wear a headset when you ride.

**Watch for and Avoid Road Hazards.** Watch out for anything in the road that could make you lose control of your bike. If you are riding with friends and you are in the lead, yell out and point to the hazard to alert the riders behind you.

**Ride With the Traffic Flow.** Ride on the right side of the street, in the same direction as other vehicles. Go with the flow- not against it.

**Obey All Traffic Laws.** When you ride in the street, obey all traffic signs, signals, and lane markings.

**Yield to Traffic.** If you are coming from a smaller roadway (out of a driveway, from a sidewalk, a bike path, etc.) and there is no stop sign or traffic signal, you must slow down and look to see if the way is clear before proceeding. This also means stopping for pedestrians who have already entered a crosswalk. When turning left or right, always look behind you for a break in traffic, then signal before making the turn.

For more information on bicycle safety, visit the National Highway Traffic Safety Administration (NHTSA) Web site at: [www.nhtsa.dot.gov](http://www.nhtsa.dot.gov).



## News You Can Use

### 2010 Coordinated School Health Conference Registration Available!

The Buckeye Healthy Schools Alliance (formerly the State Planning Committee for Health Education in Ohio) will be hosting the 2010 Coordinated School Health Conference on June 23 and 24, 2010 at Cherry Valley Lodge in Newark, Ohio. The 2010 theme is "Back to the Basics: Practical Ideas and Resources to Revitalize School Wellness." The conference will help participants develop priorities and implement plans that improve the school climate for students, staff and community. A pre-conference event is available on June 22. The registration deadline is June 2, 2010. For team and cost details, please visit [http://www.bhsalliance.org/BHSA2010\\_Registration\\_Brochure.pdf](http://www.bhsalliance.org/BHSA2010_Registration_Brochure.pdf).

### Verizon Foundation Literacy and Knowledge Grants Available

The Verizon Foundation works to improve lives through literacy, knowledge and by supporting non-profit organizations through grants ranging from \$5,000-\$10,000. Applications should address one of the following funding priorities: supporting innovative technology-based approaches to literacy and education for both adults and children; preventing domestic violence and helping victims gain independence; improving healthcare through technology; and educating parents and children about Internet safety. Applications are accepted between January 1– October 31. Visit <http://foundation.verizon.com/grant/application.shtml> to take an eligibility quiz and submit an online application.

## Active Recess Activity

Each month, the Health and Nutrition Flash (HNF) will offer teachers and recess monitors a different active recess activity that they can add to their activity boxes (for more information, refer to the January 2010 edition of HNF (<http://publichealth.columbus.gov/cardiovascular-health.aspx> and click on Forms and Publications). Add these Jump Rope Activities to your Outdoor Recess Toolbox.

### Jump Rope Activities

Grades: 2-6, outdoor activity

Equipment: Short and long jump ropes, cones for starting and finish lines.

Formation: Scatter each jump rope around the playground area.

Activities:

**Catch Me:** Children get in groups of three with one long rope for each group. Two children turn the rope as one child jumps inside. The idea of the game is to have the jumper jump anywhere he/she wishes and the turners have to follow them to keep the jumper jumping inside the rope.

**Jump Rope Relay:** The game begins with two teams at the start line, each having a jump rope. On the signal "go," the first child on each team skips rope while running to the turnaround line and back. When a teammate returns to the start line, the next child in line takes a turn. The first team to finish wins.

**Keep Adding:** Two students turn one long rope and there is a group of children in line waiting to enter the turning rope. With each turn of the rope, another student is added to the jumping area. The jumpers must crowd together to make room for another jumper. The game is over with a missed jump.

Source: The Zone Playground/Indoor Physical Activity Model. Created by Lois Carnes, M.Ed.  
Copyright 2008 by Lois Carnes. <http://www.ohahperd.org/displaycommon.cfm?an=7>

## 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>). It suggests what schools can do to focus on that issue using the Coordinated School Health Approach. This month's Buckeye Best Tips focus on ideas to promote **sun safety** at school.

### It Takes a Coordinated Approach

#### Physical Education:

Choose PE uniforms that are a dark color. If you can see light through a fabric, UV rays can get through too. If possible, avoid being outside between 10am and 2pm. UV rays are stronger during this time of the day. If you do have to be outside, make sure students apply sunscreen first and allow them to wear hats.

#### School Health Services:

Make sure that teachers and playground supervisors are aware of which students are taking medications that recommend limiting sun exposure. These students will need to stay inside for recess or wear extra clothing, hats and sun glasses if they do go outside.

#### School Health Education:

Remind students that everyday sun exposure can damage their skin and just one blistering sunburn can double their chances of developing skin cancer. Teach students about the different types of UV rays (UVA, B and C), and the many ways (hats, sunglasses, umbrellas, etc.) they can cover up to keep their skin safe.

#### School Nutrition Services:

Declare a "No Fry Day" the Friday before Memorial Day weekend. Promote the day during morning announcements. Highlight that all items served in the cafeteria that day are **non-fried**. You can also download a **free "No Fry Day"** poster at: [http://www.sunsafetyforkids.org/dontfryday/poster/poster\\_web.pdf](http://www.sunsafetyforkids.org/dontfryday/poster/poster_web.pdf)

#### Goal

To encourage students and staff to protect their skin from sun damage.

#### A Healthy School Environment:

Survey the school's outdoor play area to make sure there are spots on the playground that get plenty of shade for students to play in. Work with school administration and facilities staff to plant shade trees. Check out the Arbor Foundation website to find out how to get free trees. <http://www.arbordayfoundation.org/>

#### Family/Community Involvement:

Include a bottle of sunscreen on the list of school supplies children need at the beginning of the school year so students can protect their skin during recess. Share this Sunburn Instruction Sheet with parents : [http://kidshealth.org/parent/firstaid\\_safe/outdoor/sun\\_safety.html](http://kidshealth.org/parent/firstaid_safe/outdoor/sun_safety.html)

#### Counseling/Social Services:

Work with teachers, school staff, athletic coaches and after school activity leaders to educate on the dangers of sun exposure, heat exhaustion and heat stroke. Ensure that all staff know the proper steps for addressing each condition. For a **free** poster on symptoms and action steps go to: <http://www.nalc.org/depart/safety/pdf/heatposter4.jpg>

#### Health Promotion for Staff:

Encourage staff to be good role models for students by applying sunscreen before they go outside and by reminding students to wear sunscreen every day. Invite a local dermatologist to the school to do skin damage screenings to show staff how much sun damage their skin has. This activity can also be done with students in health class.



## Staff Wellness

### Stroke 101

In addition to National Bike Month, May is also National Stroke Month. A stroke occurs when a blood vessel that carries oxygen and nutrients to the brain is either blocked by a clot (ischemic stroke) or bursts (hemorrhagic stroke). When that happens, part of the brain cannot get the blood it needs, so it starts to die. There are several risk factors that increase the risk of stroke. While some risk factors such as age and family history cannot be controlled or modified, most can, including:

Controllable Medical Risk Factors	Controllable Lifestyle Risk Factors
<ul style="list-style-type: none"> <li>• High blood pressure</li> <li>• High cholesterol</li> <li>• Diabetes</li> </ul>	<ul style="list-style-type: none"> <li>• Tobacco use and smoking</li> <li>• Alcohol use</li> <li>• Not being physically active</li> <li>• Being overweight or obese</li> </ul>

#### Risk factors for stroke that cannot be controlled include:

- **Age**
- **Family history and race.** African Americans have a much higher risk of death from a stroke than Caucasians do.
- **Gender.** Stroke is more common in men than in women, however more women than men die of stroke. Use of birth control pills and pregnancy pose special stroke risks for women.
- **Prior stroke, Transient ischemic attacks or heart attack**

#### Stroke Symptoms include a sudden:

- Sudden numbness or weakness of face, arm or leg - especially on one side of the body.
- Confusion, trouble speaking or understanding.
- Trouble seeing in one or both eyes.
- Trouble walking, dizziness, loss of balance or coordination.
- Severe headache with no known cause.

#### It's important to **act F.A.S.T if you think someone is having a stroke:**

- **F**ace. Ask the person to smile-does one side of the face droop?
- **A**rms. Ask the person to raise both arms- does one arm drift downward
- **S**peech. Ask the person to repeat a simple sentence. Are the words slurred? Can he or she repeat the sentence correctly?
- **T**ime. If the person shows any of these symptoms, time is important. Call 911 immediately.

Source: National Stroke Association, <http://www.stroke.org>.

#### Creating Healthy Communities Network

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