



Wellness Matters

Healthy students, healthy families, healthy schools



Volume 3, Issue 1

Wellness Committee

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Catch those coughs and sneezes in clean tissues or sneeze into the bend of your elbow! Think **prevention** this cold and flu season. Adequate sleep and healthy eating help build the immune system!



The Scotia-Glenville School District has been awarded the federal Carol M. White Physical Education Program (PEP) Grant for 2009. We were one of only 73 schools awarded nationwide. The grant “provides funding for the development and implementation of physical education programs which promote increased physical activity and healthy lifestyles for children– and support life-long physical activity.” The grant will be used to provide equipment and support for students to participate actively in physical education activities, as well for staff and teacher training to improve our physical education curriculum. The grant cannot be used for athletics or construction.

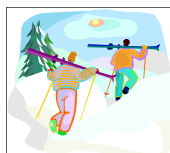


The primary focus of the grant will be to provide additional activity choices for students in physical education classes, encourage physically active lifestyles **outside** of school and help students make the connections between physical activity, nutrition and a healthy lifestyle.

Changes in curriculum and school activities will be gradual and the emphasis will be on lifetime physical activity and fitness for students and their families. Physical education teachers will provide opportunities so that students become independent learners committed to lifetime fitness.

A newsletter has been sent to parents highlighting the grant. Elementary parents, look for monthly **Nutrition Nuggets**, a newsletter that highlights food and fitness.

Barb Wurz is the district PEP Coordinator. She can be reached at the high school, 386-4246 for more information about this exciting grant.



Type I Diabetes - Sharing Our Story

Further Along the Path of Ally's Story

It was Field Day Relay try outs. Ally had Physical Education that day and knew it was the day that she could show her stuff. When it came time for her to try out, something wasn't right. She checked her blood sugar and she was low. Knowing that she could not run, she had her juice and waited for her sugar to come up. The whistle blew - the end of class arrived, and Ally missed her chance. She came home that day from school with a look of absolute devastation.

I made a call to the PE teacher, asking her please to give Ally the chance to try out, for this is something that she really can do and do very well. The teacher had apprehension, for during the school year she had not been able to observe Ally very much - usually due to her sugar level being 'off, so therefore the teacher was not aware of her talent. After a short conversation, Ally would have her chance to try out during the next PE class. Ally awoke knowing the day had arrived. I waited patiently for her to come off the bus and tell me how she did. Watching her as she ascended the bus, she didn't look like it was going to be good news. Taking a breath as she walked in the door, "How did you do?"... Her look changed, "I'M IN THE RELAY!" As she danced about, absolute devastation turned into jubilation. We could not have been any happier at that moment.

When a child has **Type I Diabetes**, everything they do - including running a race - effects their diabetes. In individuals with Type I Diabetes, their pancreas makes little or no insulin. Without insulin, glucose is not able to enter the cells and give the body the energy it needs, and the blood glucose rises. When an individual with Type I Diabetes exercises - like running a race - their body calls for more energy, more glucose is needed in the bodies cells and therefore blood glucose drops. In a person without Type I Diabetes, your pancreas and liver work together to maintain healthy blood glucose levels. But when you have Type I Diabetes, like Ally, you need to monitor your blood glucose and adjust, depending on where your sugar level is and what you are doing. Generally speaking, one thing that brings blood glucose up is sugar, and one thing that brings blood glucose down is insulin. So those with Type I Diabetes need to have a fast -acting source of sugar, together with insulin and testing supplies, with them at all times,.

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Late Fall/Winter Fitness
Center Hours 3-6 P.M.
Monday-Friday



| Height in feet and inches w/o shoes | Weight in pounds without clothing |
|-------------------------------------|-----------------------------------|
| 4'10" | 129 |
| 4'11" | 133 |
| 5'0" | 138 |
| 5'1" | 143 |
| 5'2" | 147 |
| 5'3" | 152 |
| 5'4" | 157 |
| 5'5" | 162 |
| 5'6" | 167 |
| 5'7" | 172 |
| 5'8" | 177 |
| 5'9" | 182 |
| 5'10" | 188 |
| 5'11" | 193 |
| 6'0" | 199 |
| 6'1" | 204 |
| 6'2" | 210 |
| 6'3" | 216 |
| 6'4" | 221 |

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When we were first diagnosed with Type 1 Diabetes, we were greeted by so many different responses. From the "okay", thinking it was not a big deal, to the "oh my goodness", like we just received a do not pass go lead a very limited life card. But at no point in time have we said "why me" or "why our family". Our philosophy is why not us, why not our family, for we believe that maybe we were given this, in fact, to help ourselves and others. At no point did we say no - not that we were given the choice - we said okay what do we do from here. Everything we have learned we have tried to share with others.

Our family has been very active in **The American Diabetes Association's Step Out Walk**. This fall will be our fifth walk, and Ally has been a top fund raiser every year. Why do we walk? We walk to find a cure and to raise awareness. Everyone you meet is fighting some kind of battle, sometimes that battle is short, and sometimes that battle is lifelong. Along the way, we have crossed paths with many wonderful people, people that we may not have ever met had it not been for our diagnosis. Maybe Ally's diagnosis was a blessing in disguise, for you can not appreciate the highest mountaintops without going through the lowest valleys.

Our family has always considered life a gift, that is why today is called the present. I believe that a cure for Type 1 Diabetes will be found in Ally's lifetime. And she, with the other amazing children and adults with Type 1 Diabetes, will every day be able to truly enjoy the beautiful view from the mountaintops.

Could you have diabetes and not know it?

There are 20.8 million Americans with diabetes - and nearly one-third of them (or 6.2 million people) don't know it! Take this test to see if you are at risk for having diabetes. Diabetes is more common in African Americans, Latinos, Native Americans, Asian Americans and Pacific Islanders. If you are a member of one of these ethnic groups, you need to pay special attention to this test.

To find out if you are at risk, circle the points next to each statement that is true for you. If a statement is *not* true, circle zero. Add the points for your score.

| | Yes | No |
|--|------------|-----------|
| 1. My weight is equal to or above that listed in the chart at left? | 5pts | 0pts |
| 2. I am under 65 years of age <u>and</u> I get little or no exercise during a usual day? | 5pts | 0pts |
| 3. I am between 45 and 64 years of age? | 5pts | 0pts |
| 4. I am 65 years old or older? | 9pts | 0pts |
| 5. I am a woman who has had a baby weighing more than nine pounds at birth? | 1pts | 0pts |
| 6. I have a sister or brother with diabetes? | 1pts | 0pts |
| 7. I have a parent with diabetes? | 1pts | 0pts |
| Total Points: Total the points for your score | _____ | |

Scoring 3-9 points


You are probably at low risk for having diabetes now. But don't just forget about it -- especially if you are Hispanic/Latino, African American, American Indian, Asian American, or Pacific Islander. You may be at higher risk in the future.

Scoring 10 or more points

You are at greater risk for having diabetes. Only your health care provider can determine if you have diabetes. At your next office visit, find out for sure.

For diabetes news updates and healthy eating information check the **American Diabetes Association** website and select the eNewsletter that's right for you. www.diabetes.org

Healthy Eating Tips Are Available on the Web!

- Free health and nutrition updates are delivered in the Tufts University Health and Nutrition email newsletter at www.tuftshealthletter.com.
- Smart Nutrition for all life stages starts here at www.nutrition.gov 
- Looking for delicious healthy recipes? Recipes and information are available from nutrition experts at <http://recipes.prevention.com>
- **In the run-up to the holidays, how about planning a family healthy-heart day?** Take one day a week to have a Family Healthy-Heart Day. Get together to create a heart-healthy menu for that day, including breakfast, lunch, dinner and snacks. Choose at least one physical activity that lasts 30 minutes or three activities that last 10 minutes each. During your Family Healthy-Heart Day, talk about things you're doing as a family to keep your hearts healthy. For more information about children and heart health, visit .americanheart.org.

Healthy meal planning tip: Think of your dinner plate and consider using a luncheon-size plate! Research data indicates that in studies where participants ate from smaller plates (smaller portions), they reported being just as satisfied as they were when they ate meals from larger plates! Imagine dividing your plate into **quarters**. Fill two quarters or half of your plate with colorful vegetables, one quarter with a protein source (lean beef, poultry, fish or meat substitute) and one quarter with **whole** grain pasta, brown rice or other whole grain. Add a piece of fruit!