

# PSI PARADIGM<sup>®</sup>

A PSI Communique for the Educational Community

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A New Addition to the PSI Health Service Team



## Welcome Meredith Bookwalter

Joining PSI's Health Service Team is Meredith Bookwalter. In addition to being a Registered Nurse, Meredith holds a Bachelor of Science in Health Education and is ODE certified. She is part of PSI's school wellness team.

Meredith sees first hand how health impacts student performance. "Something as simple as not having a good night's sleep or a nutritious breakfast makes a difference in how that student participates in school. There are many teachable moments on any given day in the clinic. They are always the most poignant time of the day for me!"

Ms. Bookwalter will be presenting to the schools we serve on a variety of health subjects. Classroom talks, assembly health presentations, student participation programs and faculty and parent wellness programs are all available on a variety of health topics. To reach Ms. Bookwalter and to discuss your school's health education needs, please call PSI at Ext. 226.

## Health Matters!



A Wellness Newsletter for Educators

### HEALTHY CHOICES: Up and Running...

PSI's newest program, *Healthy Choices: Be a Healthy Hero*, is up and running in many public, charter and nonpublic schools PSI serves. Voluntary student participation is very high (over 67%!). This program, which is complementary and available to interested PSI client schools, helps promote healthy exercise, nutrition and hygiene habits through an incentive program for younger students, usually in grades kindergarten through fourth grade. Programs for older elementary, middle and high school students are in development and will be available in the Fall of 2011. This program helps schools meet the requirements in the recently passed Ohio House Bill 210.

PSI Health Staff in schools interested in this program will be trained upon principal request. Additional PSI wellness experts are available to supplement assigned staff in some situations. These exciting programs complement state and federal initiatives. Parents find these programs valuable and have appreciated participating school's emphasis upon the development of healthy habits!

Contact the PSI Health Office (800-841-4774 ext. 226) for more information about these and other PSI Wellness Programs, classroom presentations and assembly topics on health related topics for students of all ages.



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Pictured Above: PSI's Darla Haviland and Healthy Heroes.

## February Health Matters TIPS

### **Eat Less Without Feeling Hungry**

When you eat, “stretch receptors” in your stomach tell your brain when you’re full. Keep your stomach from growling by eating foods that expand in the gut (oatmeal, whole-wheat bread, brown rice), lean proteins that digest slowly (chicken, fish), or healthy fats (low-fat peanut butter).  
*(from the Cleveland Clinic- “Let’s Move It”)*

### **ADD 5 A DAY**

An easy way for anyone to get an exercise program started is to start with 5 repetitions of an exercise, for example toe touches or jumping jacks. Then add 5 each day. You will be up to 25 repetitions by the end of the week and you can then add 5 of another exercise. For students, they can keep track of their progress on a fitness chart and it’s also a great way to work on counting by 5’s.

This is a great way to improve muscle strength and depending on how much you do, it can even give your heart a workout.



Healthy Heroes

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## The Challenge: Health and Wellness in Your School!

We all know only too well the many requirements from the ODE with which we must comply. A lesser-known fact is the Fitness and Wellness mandated requirements!

The ODE’s “Healthier Schools: A Brighter Tomorrow” showcases evidence-based practices to jump-start Ohio school wellness plans. The document cites Ohio as having the 13th highest level of adult obesity in the nation, the fourth highest overweight high school student level and the 30<sup>th</sup> highest overweight level for low-income children ages 2 through 5! The state spent an estimated **\$3.3 billion!** in 2003 just on medical costs related to obesity; the 11th highest in the nation.

Schools can address these staggering figures by offering healthy, nutritious food and drink options; opportunities for increased physical activity during the school day, and health education for students.

**It is vital that America’s educators and health professionals use their voices to stress the importance of Healthy Habits. A quality education certainly requires performance standards. But ensuring student’s health and wellness, is obviously critical. Students themselves report that they would benefit from ongoing and consistent programs to promote healthy choices, if they believed their teachers and administrators are committed to that goal!**

### **Tips for “Healthier Students, A Brighter Tomorrow:”**

- Open the doors of the school 15 minutes early for physical activity time in the gym.
- Encourage the nurse to apply for Nutrition Grants (PSI can help with this.)
- Where no health teachers are available, ask the nurse to discuss one of the endless health topics for students such as portion control!
- Adapt a wellness program such as: **PSI’s Healthy Choices, Be a Healthy Hero!**
- Invite Health Educators to your school for a wellness assembly (PSI has many available to client schools as part of our health services.)
- Provide Parent Health Education Classes after school.
- Get the staff involved to serve as appropriate role models to the students.

## Schools Need PSI Nurses to:

1. Provide Direct Care of students’ illnesses and injuries
2. Administer medications
3. Manage chronic illness; diabetes, tube feedings
4. Plan and implement wellness promotion and disease prevention
5. Screen for barriers to learning; vision, hearing, chronic health conditions
6. Promote school safety and a healthy school environment
7. Serve as a liaison between school personnel, community and health care professionals



PSI Nurse Managers Janet Yue, Lynn Chrostowski, Debbie Osysko and Laura Sheeks work

tirelessly to ensure that all the nursing needs of your students are fully met.

They are always available to answer any questions you may have as nursing managers, supervisors and consultants.

Please call them any time at PSI, ext 226.

**PSI customizes Health Services to meet the needs of your students.**

# Portion Distortion

The ordinary food portions served in the USA have grown dramatically in the last 20 years! In some cases, they're downright HUGE compared to what they used to be. We often consume meals that are easily large enough to feed two people. And these portions are full of extra calories that we don't need, and that can lead to an unhealthy weight gain.

See if you can answer these questions:

## 20 years ago...

1. A serving of French fries was 2.4 ounces and contained about 210 calories. Guess the calorie count of a typical portion of fries today?



- a. 590 calories b. 610 calories c. 650 calories

2. A single portion of spaghetti and meatballs had about 500 calories. Guess the calorie count of a typical portion of pasta with meatballs today?

- a. 600 calories b. 800 calories c. 1,025 calories

3. A bagel was three inches across and had about 140 calories. Guess how many calories are in a typical bagel today?



- a. 150 calories b. 250 calories c. 350 calories

4. A cheeseburger had about 333 calories. Guess how many calories are in a typical cheeseburger today?



- a. 590 calories b. 620 calories c. 700 calories

5. A typical soda used to be about 85 calories and be around 6.5 ounces. Guess the calorie count of a typical soda today?

- a. 200 calories b. 250 calories c. 300 calories

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**Answer Key for Portion Distortion:**  
1. b 2. c 3. c 4. a 5. b

# The Challenge: Portion Control

With cookies as big as Frisbees and muffins the size of softballs, it comes as no surprise that obesity and rising BMI numbers is an increasing problem amongst our children. Larger than life portion sizes have become "normal." A present day small size of many foods is as big as a 'large' would have been 20 years ago. Kids are growing up with a very unhealthy concept of portion size!

We need to make portion control a top priority.

## Serving size 101

The serving size on the label does not tell the amount you should be eating. It is simply a guide telling the amount of calories and nutrients - plus how much fat, sugar, and salt are included.



Sometimes it's OK to eat more than the serving size listed. If a serving of frozen vegetables is one cup, it's no problem to serve more. Most vegetables are low in calories yet rich in nutrients.

Consider a student who downs a 20-ounce bottle of soda. The label shows the serving size is 8 ounces. Not only did the child have 2 1/2 servings, the student also had 2 1/2 times the listed calories and 2 1/2 times the sugar.

**Use smaller plates or bowls.** Using smaller dishes helps control portions while giving the visual impression that there is more food. Student's eyes are usually bigger than their stomachs.

**Avoid the "endless bag" syndrome.** Large bags of pretzels or chips have seemingly countless servings. Kids are prone to munch through several servings, if given the chance. Either buy single serving (one-ounce) bags, or simply dole out one or two servings into a small bowl.

**Keep extra food off the table.** This gives children the chance to learn if they are still hungry after finishing their portion, rather than just automatically going for an extra helping because 'it's there'.

**Avoid the "clean your plate" syndrome.** Did your parents make you finish your entire meal before you could leave the dinner table? It's important to teach kids to follow their own hunger cues - and to stop when they feel full, not when their plate is empty!

**Aim for three scheduled healthful meals and one or two healthy snacks throughout the day.** Skipping a meal often leads to overeating at the next one.

**Limit distractions.** Encourage children to sit at the table for all meals and snacks. It's easier to overeat (or eat too little) when distracted by a TV or video game.

Adapted from Jane Schwartz Harrison, RD, Staff Nutritionist, myOptumHealth

# School Health Facts, STAT!



*"You cannot educate a child who is not healthy. You cannot keep a child healthy who is not educated."*

- Dr. Joycelyn Elders, former US Surgeon General

## Healthier Children Achieve Higher Test Scores

It's intuitive—Healthy students are better prepared to learn!

Physically fit students have better grades and achieve higher test scores.

Healthy eating habits are associated with higher academic test scores, improved daily attendance, and improved classroom behavior.

- Studies indicate that healthy eating habits enhance cognition, academic performance, school attendance, psychosocial function, and mood.
- Students with healthy nutrition habits show significant gains in math, reading, and vocabulary and reduced rates of tardiness and absenteeism.
- Students with higher overall diet quality and fruit and vegetable intake were less likely to fail standardized reading and writing assessments.

## Healthy Students are More Attentive and Better Behaved

- Precious moments of instructional time are often lost on classroom management activities. Healthy nutrition habits improve attentiveness and decrease disciplinary problems.

**School-based programs to promote healthy eating and exercise habits have a positive impact on behavior and decrease disciplinary incidents.**

**Opportunities for healthy snacks and physical activity during the school day help students be more attentive.**

*(As adapted from Nemours Health and Prevention Services)*

# Weighing in on Sleep

(adapted from the CDC)

Lack of sleep has been blamed for many things including inability to concentrate, and poor performance in school and at work. But did you know that laboratory research has found that inadequate sleep can result in metabolic changes that may be linked to obesity?



Although this finding has been reported in all age groups, it has been most notable in children. It is believed that sleep in childhood and adolescence is particularly important for brain development and that insufficient sleep in youngsters may adversely affect the function of the region of the brain known as the hypothalamus, which regulates appetite and the expenditure of energy. (Taheri)

The following is a list of tips to improve sleep, with a separate list for adolescents, who may have difficulty sleeping due to circadian rhythm changes during the teenage years and into young adulthood.

SLEEP REQUIREMENTS	
AGE	HOURS
0-2 months	12-18 hrs
3-11 months	14-15 hrs
1-3 years	12-14 hrs
3-5 years	11-13 hrs
5-10 years	10-11 hrs
10-17	8.5-9.25 hrs
Adults	7-9 hrs

*Adapted from: Taheri S. The link between short sleep duration and obesity: We should recommend more sleep to prevent obesity. Arch Dis Child 2006;91:881-884.*

## SLEEP TIPS

### Adults:

1. Go to bed at the same time each night and rise at the same time each morning.
2. Make sure your bedroom is a quiet, dark, and relaxing environment, not too hot or cold.
3. Make sure your bed is comfortable and used only for sleeping, not for other activities, like reading, watching TV, or listening to music.
4. Physical activity may help promote sleep, but not within a few hours of bedtime.
5. Avoid large meals before bedtime.

### Adolescents/Young Adults:

1. Avoid caffeinated drinks after lunch.
2. Avoid bright light in the evening, but expose yourself to bright light upon awakening.
3. Avoid arousing activities around bedtime (e.g., heavy study, text messaging, getting into prolonged conversations).
4. Sleeping in on weekends is permissible, but not by more than 2-3 hours past your usual wake time, to avoid disrupting your circadian rhythm.
5. Avoid pulling an "all-nighter" to study.

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PSI provides a wide variety of school health, special education, ESL, foreign language and intervention services.

Contact us for more information.



# Health Matters!