



Oak Ridge Schools—HEARTbeat  
Office of Coordinated School Health December 2015  
**Turkey Trot: An Oak Ridge Schools Tradition**

- ⇒ **December 7th & 8th—Math & Movement Symposium @ Linden 8am-4pm. (Pre-register only)**
- ⇒ **December 7th—Math & Movement Family Fun Night @ Linden 6-7:30pm.**
- ⇒ **December 9th—Healthy School Team Meeting - Building Level. 2:30-4:30pm**
- ⇒ **December 9th—Community Wellness Committee/CSH Caroling at local assisted living centers — Meeting at Senior Center at 5:15pm**
- ⇒ **ASAP of AC Coalition Meeting @ First Baptist Church, Clinton 12:00-1:00pm.**
- ⇒ **ORHS ASAP Youth Coalition 3:10-5:00pm.**
- ⇒ **December 18th—Last Day of Semester!**

The 2015 Turkey Trot was a huge success! We had 128 students in grades K-5 register and run in the event! A fun time was had by all and we had the perfect weather! It was overwhelming to see all of the kids, families and community so excited and participating in the event!

The winners were: K-1 Girls: 1st – Shelby Lee, 2nd – Vivian Sullivan, 3rd – Emma Starnes. K-1 Boys: 1st – Dallin James, 2nd – Andy Hutson, 3rd – Ethan James. 2-3 Girls: 1st – Jenna Johnson, 2nd – Lily Moran, 3rd – Danica McNair. 2-3 Boys: 1st – Casen Jenkins, 2nd – Kaiden Neubert, 3rd – Aidan James. 4-5 Girls: 1st – Kate Laffoon, 2nd – Emily Corbett, 3rd – Hayden Cantrell. 4-5 Boys: 1st – Joseph Weston, 2nd – David Wilson, 3rd – Jackson Sullivan.

This free event would not have been possible without the wonderful sponsors, volunteers and participants. I cannot thank the following sponsors & volunteers enough: Asthma, Allergy & Sinus Center, Threds of Knoxville, Aramark, National Fitness Center, Allstate – Bradley Roberts, Workout Anytime, Chick-Fil-A and the Jenkins Family. Also, thanks to Heather Jenkins, Josh Johnson, Betsy Jernigan, ORHS ASAP YC member Chloe Bales, Oak Ridge Track Club, Morgan & Tracey Paul, Dorn Kile, Mark Cristy, Steve Reddick, Allen Etheridge, Janet Easterday, Eric McClanahan, Shirley Holt-Hale, Michael Laurendine, Kimberly Munafò, ASAP of Anderson County – Chris Harder, Nan Lynch with Anderson County Health Department, Jen Longnecker, Gabbi Kile, Jake Cheney, Josie Fellers, Zeke Vanetta, Emma Emery, Jaiden Weston, Asa Lee, Heston Moua, Veda Seay, Camden Jenkins, Danny Joy, Carter Valencia Van Booraem, Connor Robertson, Steven Chavez, Jared Julian and Tyler Gianelli.



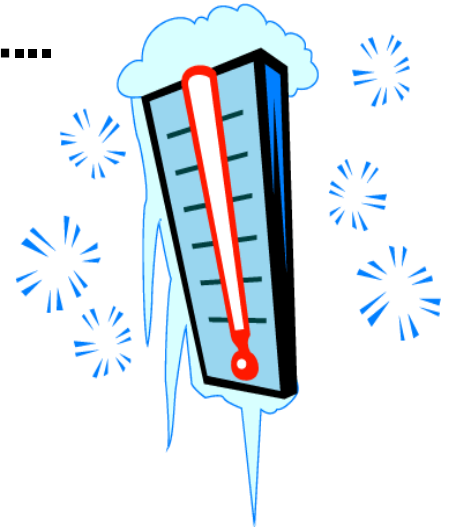
## 10 Facts About School Attendance!

1. Absenteeism in the first month of school can predict poor attendance throughout the school year.
2. Half the students who miss 2-4 days in September go on to miss nearly a month of school.
3. An estimated 5 million to 7.5 million U.S. students miss nearly a month of school each year.
4. Absenteeism and its ill effects start early. One in 10 kindergarten and first grade students are chronically absent. Poor attendance can influence whether children read proficiently by the end of third grade or be held back.
5. By 6<sup>th</sup> grade, chronic absence becomes a leading indicator that a student will drop out of high school.
6. Research shows that missing 10 percent of the school, or about 18 days in most school districts, negatively affects a student's academic performance. That's just two days a month and that's known as chronic absence.
7. The academic impact of missing that much school is the same whether the absences are excused or unexcused. Suspensions also add to lost time in the classroom.
8. Low-income students are four times more likely to be chronically absent than others often for reasons beyond their control, such as unstable housing, unreliable transportation and a lack of access to health care.
9. When students improve their attendance rates, they improve their academic prospects and chances for graduating.
10. Attendance improves when schools engage students and parents in positive ways and when schools provide mentors for chronically absent students.

For more information, please visit [www.attendanceworks.org](http://www.attendanceworks.org).



# Here Comes Winter.....



## Get your Flu Shot

- Visit your local pharmacy (Walmart, Kroger, CVS, Walgreens, Rite Aid or K-Mart), doctors office or the Anderson County Health Department to get your flu vaccination.

## Prepare in Advance for Emergencies

- Stock food that needs no cooking or refrigeration and water stored in clean containers.
- Ensure that your cell phone is fully charged.
- When planning travel, be aware of current and forecast weather conditions.
- Keep an up-to-date emergency kit, including:  
Battery-operated devices, such as a flashlight, a National Oceanic and Atmospheric Administration (NOAA) Weather Radio, and lamps; extra batteries; first-aid kit and extra medicine; baby items; and cat litter or sand for icy walkways.
- Protect your family from carbon monoxide.
- Locate generators at least 20 feet from the house.
- Leave your home immediately if the CO detector sounds, and call 911.

## Take these precautions outdoors

- Wear appropriate outdoor clothing: layers of light, warm clothing; mittens; hats; scarves; and waterproof boots.
- Sprinkle cat litter or sand on icy patches.
- Learn safety precautions to follow when outdoors.
- Be aware of the wind chill factor.
- Work slowly when doing outside chores.
- Take a buddy and an emergency kit when you are participating in outdoor recreation.
- Carry a cell phone.

## Check on Neighbors, Loved Ones & Pets

- Check on family and neighbors who are especially at risk from cold weather hazards: young children, older adults, and the chronically ill.
- If you have pets, bring them inside. If you cannot bring them inside, provide adequate, warm shelter and unfrozen water to drink. ([www.cdc.gov](http://www.cdc.gov))

