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# Oak Ridge Schools—HEARTbeat

Office of Coordinated School Health November 2016

## 2016 ORS Annual Turkey Trot

- ⇒ **November 8—  
Election Day—  
Schools Closed**
- ⇒ **November 4th &  
11th—Foodie Fri-  
day @ Glenwood**
- ⇒ **November 14th—  
ORHS ASAP Youth  
Ambassadors—  
Plant A Promise  
Campaign**
- ⇒ **November 15th &  
17th—Linden  
Health Screenings  
for 2nd & 4th  
grade**
- ⇒ **November 16th—  
ORS Mental  
Health PD  
Strand—Suicide  
Presentation—  
Scott Payne**
- ⇒ **November 17th—  
ORS Annual Tur-  
key Trot—PK—5th  
graders @ RMS—  
Registration starts  
at 4pm**
- ⇒ **November 23rd—  
25th—  
Thanksgiving Holi-  
day—Schools  
Closed**

Be sure to mark your calendars for the 2016 Oak Ridge Schools Annual Turkey Trot! The FREE run for kids will take place at Robertsville Middle School on Thursday, November 17th. Registration will begin at 4:00pm, with the first heat of running leaving the starting line at 5:00pm.

The age groups will be broken down into Pk-1st, 2nd & 3rd and 4th & 5th. The top 3 finishing boys and girls in each age group will receive an award. All participants will receive a participation ribbon.

Students will be receiving the registration form next week. Please fill out and bring to RMS the day of the event. Parents will receive the form through email distribution, or you can pick up a form in the office at your school. AGAIN, please do not turn in forms to your schools or teachers. All participants will receive a free t-shirt on a first come, first serve bases. There will also be drawstring bags for the first 50 registrants.

Come out for a fun day of physical activity and community fun! If you have any questions, please feel free to contact Jen Laurendine at 865-425-9028.



Take this opportunity to Like “ORS Coordinated School Health” on Facebook!

You will find updated events, campaigns and other important information about the amazing things we have happening in our schools in the area of

Coordinated School Health!



## Oak Ridges Schools Are Becoming HeartSafe

Oak Ridge Schools are working each day to be sure we are keeping our students, employees and visitors safe! We have been working with East Tennessee Children's Hospital and Project Adam to be sure every school is properly equipped and trained in case of an emergency involving an AED.

Project ADAM Tennessee provides schools with information, materials, training and support in the management of Public Access to Defibrillation (PAD) programs. Supported by East Tennessee Children's Hospital since 2011, the placement of Automated External Defibrillators (AEDs) in area schools is a priority. In addition to these life-saving devices, Project ADAM helps schools coordinate and train emergency response teams, assists with practice drills, and ensures staff and community awareness. Project ADAM is a not-for-profit national resource for implementing PADs and works towards the eradication of sudden cardiac death in children through research, education and prevention initiatives.

To date, all schools within our district have either had Project Adam AED training or are scheduled for this event. We have also been proactive in providing free CPR courses through Coordinated School Health and Anderson County EMS. Project ADAM also provided a few CPR trainings, including one specifically for ORS coaches.

We have also received two free AED units at ORHS from ETCH & Project Adam. Thanks to this program, there is now an AED in the gymnasium, the auditorium, the bus loop and on the third floor of ORHS. Project Adam is also in the process of supplying Robertsville Middle School with another free device.

We want to thank our awesome administrators for putting safety first and scheduling these trainings for their staffs. Thank you to Nurse Coordinator Betsy Jernigan for keeping the AED equipment updated and working properly. We would also like to thank Karen Smith, ETCH and Project Adam for the work they do each day to keep our students safe!



# CSH Photos



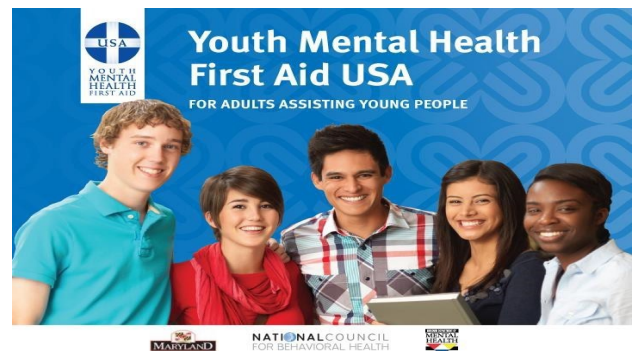
# YOUTH MENTAL HEALTH FIRST AID

Youth Mental Health First Aid USA is an 8 hour public education program which introduces participants to the unique risk factors and warning signs of mental health problems in adolescents, builds understanding of the importance of early intervention, and teaches individuals how to help an adolescent in crisis or experiencing a mental health challenge. Mental Health First Aid uses role-playing and simulations to demonstrate how to assess a mental health crisis; select interventions and provide initial help; and connect young people to professional, peer, social, and self-help care.

## WHAT WILL PARTICIPANTS LEARN?

The course teaches participants the risk factors and warning signs of a variety of mental health challenges common among adolescents, including anxiety, depression, psychosis, eating disorders, AD/HD, disruptive behavior disorders, and substance use disorder. Participants do not learn to diagnose, nor how to provide any therapy or counseling – rather, participants learn to support a youth developing signs and symptoms of a mental illness or in an emotional crisis by applying a core five-step action plan:

- Assess for risk of suicide or harm
- Listen nonjudgmentally
- Give reassurance and information
- Encourage appropriate professional help
- Encourage self-help and other support strategies



## WHO SHOULD TAKE THE COURSE?

The course is designed for adults who regularly interact with adolescents (teachers, school staff, coaches, youth group leaders, parents, etc.). In January 2013, President Obama recommended training for teachers in Mental Health First Aid. Since 2008, the core Mental Health First Aid course has been successfully offered to hundreds of thousands of people across the USA, including hospital staff, employers and business leaders, faith communities, law enforcement, and the general public.

## WHO CREATED THE COURSE?

Mental Health First Aid USA is coordinated by the National Council for Behavioral Health, the Maryland Department of Health and Mental Hygiene, and the Missouri Department of Mental Health. Mental Health First Aid USA worked with experts at the National Technical Assistance Center for Children's Mental Health at the Georgetown University Center for Child and Human Development to develop the youth program.

**WHERE CAN I LEARN MORE?** To learn more about Mental Health First Aid USA, or find a course or contact an instructor in your area, visit [www.MentalHealthFirstAid.org](http://www.MentalHealthFirstAid.org). The Office of Coordinated School Health, Oak Ridge Schools is currently planning a Faculty/Staff training, as well as a parent/community training. If you have any questions, please contact Youth Mental Health First Aid Training Certified Instructor Jenifer Laurendine at 865-425-9028.

## FLU: What you need to know from the CDC.....

Take time to get a [flu vaccine](#):

- CDC recommends a yearly flu vaccine as the first and most important step in protecting against flu viruses.
- [People at high risk of serious flu complications](#) include young children, [pregnant women](#), people with chronic health conditions like asthma, diabetes or heart and lung disease and [people 65 years and older](#). Vaccination also is important for [health care workers](#), and other people who live with or care for high risk people to keep from spreading flu to them. [Children younger than 6 months](#) are at high risk of serious flu illness, but are too young to be vaccinated. People who care for infants should be vaccinated instead.

Take [everyday preventive actions](#) to stop the spread of germs:

- Try to avoid close contact with sick people.
- While sick, limit contact with others as much as possible to keep from infecting them.
- Clean and disinfect surfaces and objects that may be contaminated with germs like the flu.
- If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone for 24 hours without the use of a fever-reducing medicine.)
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it. [Wash your hands](#) often with soap and water. If soap and water are not available, use an [alcohol-based hand rub](#).
- Avoid touching your eyes, nose and mouth. Germs spread this way.

