

MILE MARKERS



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THE ROAD TO TOTAL WELLNESS

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Wellness Counts in Edinburg!

Here at ECUSD #4, the educating whole child is our primary focus. At school, as part of a Wellness statewide mandate, we are beginning a new initiative to ensure that our students grow into strong, healthy adults with a well-balanced lifestyle that they can carry into adulthood. In order for this initiative to be successful, school, home, and all of our community need to become partners in this effort.

- The school initiative will include the creation of a new Grades 7-12 Individualized Wellness Plan (IWP) which will aid students in learning about setting their own wellness goals and making choices and better decisions to support those wellness goals.
- The new weight room location next to the gymnasium at the school has been a great addition for our kids making a fitness plan a more realistic and meaningful experience.
- The skills learned during the games and organized activities offered in PE cause kids to become active and show how much fun living a healthy lifestyle can be.
- These positive lifestyle choices will be reinforced across the curriculum in hopes that they are transferred into their everyday life.

Making wellness is a life long priority for our children. Through a school and community partnerships, we can make this a realistic and achievable goal for all.

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What is BMI?

It's the body mass index which is found by entering your age, height, weight, and approximate waist size. This is gauged by a sliding scale which represents four basic categories: Underweight, normal, overweight, and potentially obese.

Where Are We in Grades 7-12?

69 out of the 107 students surveyed are considered at a healthy weight.

21 out of the 107 students surveyed are considered to be overweight.

15 out of the 107 students surveyed are considered to be in danger of being obese.

These figures are based on the sliding BMI scale calculator from the Center for Disease Control.



Students at Edinburg Know How to Have Fun and Getting Fit!

BILLBOARDS

“Art has been involved in the healing process since humans began making markings. Using art...in healing rituals is common throughout cultures all over the world. The Native American tribes in North America, as well as cultures in Africa, Asia, Australia, and South America still practice these rituals today (Brandman & Sonke-Henderson, 2004).

There have been many studies in neurobiology, which have shown that imagery is linked physiologically with the body and mind. Images are interpreted and processed along the same pathways that emotions, hormones, and physiological responses are processed. These studies have shown that images have a powerful influence on moods, cortisol levels, heart rate, blood pressure, etc.

Art is therapeutic. The very process of making artwork decreases stress. Reflecting on the images...can help people to gain a greater sense of self-awareness, cope with symptoms of illness, and gain control over their thought patterns by putting them within a frame of reference.”

This information along with additional information can be found at:

<http://artandtherapy.org/index.html>

Sliding BMI Scales

Boys

<u>12 years old</u>	
Underweight	0 - 15
Healthy	15.1 - 21
Overweight	21.1 - 24.3
May Be Obese	24.4 +
<u>13 years old</u>	
Underweight	0 - 15.5
Healthy	15.6 - 21.7
Overweight	21.8 - 25
May Be Obese	25.1 +
<u>14 years old</u>	
Underweight	0 - 16
Healthy	16.1 - 22.6
Overweight	22.7 - 26
May Be Obese	26.1 +
<u>15 years old</u>	
Underweight	0 - 16.5
Healthy	16.6 - 23.5
Overweight	23.6 - 26.7
May Be Obese	26.8 +
<u>16 years old</u>	
Underweight	0 - 17
Healthy	17.1 - 24.2
Overweight	24.3 - 27.5
May Be Obese	27.6 +
<u>17 years old</u>	
Underweight	0 - 17.3
Healthy	17.4 - 24.8
Overweight	24.9 - 28.3
May Be Obese	28.4 +
<u>18 years old</u>	
Underweight	0 - 18.4
Healthy	18.5 - 25.6
Overweight	25.7 - 29
May Be Obese	29.1 +

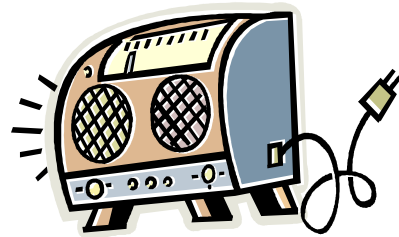
Girls

<u>12 years old</u>	
Underweight	0 - 15
Healthy	15.1 - 22
Overweight	22.1 - 25.5
May Be Obese	25.6 +
<u>13 years old</u>	
Underweight	0 - 15.5
Healthy	15.6 - 22.5
Overweight	22.6 - 26.5
May Be Obese	26.6 +
<u>14 years old</u>	
Underweight	0 - 15.7
Healthy	15.8 - 25.5
Overweight	25.6 - 27.3
May Be Obese	27.4 +
<u>15 years old</u>	
Underweight	0 - 16.3
Healthy	16.4 - 24
Overweight	24.1 - 28
May Be Obese	28.1 +
<u>16 years old</u>	
Underweight	0 - 16.7
Healthy	16.8 - 24.7
Overweight	24.8 - 28.8
May Be Obese	28.9 +
<u>17 years old</u>	
Underweight	0 - 17.3
Healthy	17.4 - 25.3
Overweight	25.4 - 29.6
May Be Obese	29.7 +
<u>18 years old</u>	
Underweight	0 - 17.5
Healthy	17.6 - 25.6
Overweight	25.7 - 30.3
May Be Obese	30.4 +

*Scales created using CDC Body Mass Index for Age Percentiles: Boys and Girls Ages 2-20

What's on the Radio?

Science Daily (Oct. 2, 2008) — Brunel University's School of Sport and Education has revealed that, according to Dr Costas Karageorghis's latest research, carefully selected music can significantly increase a person's physical endurance and make the experience of cardiovascular exercise far more positive.



Victory Lane

A race cannot be won without its sponsors. Edinburg CUSD #4 is grateful to the Regional Alliance for Youth (RAY) for awarding us a grant to create a culture and climate of "Healthy Choices for Wellness." We will team up with the South Fork School District 14 as we embark upon this new adventure and plan for the future wellness of our students.

The grant is a "planning grant" between South Fork and Edinburg provided by the Lumpkin Foundation's Regional Alliance for Youth. The award is to

assist us as we develop a program for community health and wellness choices over the next year.

On January 29, 2009, the first of three meetings will be held soliciting participating stakeholders. To give input and direction to the grant work. This meeting will be an informational meeting held at the Christian County Home Extension Offices. Our joint efforts will hopefully move us toward obtaining follow-up grant ranging between \$30,000 and \$50,000, to implement a community-based wellness program between the two school districts for subsequent school years.

Understanding BMI

BMI was established in 1998 by the National Institute of Health. BMI estimates a person's body fat and health risks. The BMI sliding scale on page two demonstrates the relationship between a person's age, height, weight, waist size, and overall body composition.

Even though BMI is more accurate than stepping on a scale or looking at a height and weight table, it does have probability for error. BMI does not consider bone or muscle mass of the individual. For example, a person might be physically fit, but have low muscle mass which may underestimate body fat. This could result in a healthy outcome, even though the person in question has excess body fat and possible health risks.

BMI is only one indicator, but it truly is not a one size fits all measurement for body fat percentage. It is used to assess health risks and excess body fat. Though it may not be perfect, it provides the greatest predictability for long term overall health and wellness.

Long term overall health and wellness are two areas of concern regarding the ongoing obesity epidemic. Health risks can be monitored through the use of body fat caliper's which use measurements from your shoulder blade area, back of the arm and the hip area just above the hip bone. These are the general problem areas of most people. Along with BMI, your individual body fat can be assessed with this tool. In combination, these two ways can more accurately determine one component of their physical fitness.

Body Mass Index can be accessed through the following websites: www.cdc.gov and www.msn.com under the key word fitness.



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An elementary physical education class is actively participating in our wellness program. They are running down and back in the gym to raise their heart rate.



Kyle Yoder, a Junior at Edinburg High School is on the bench press with fellow classmate, Cameron Clayton spotting him in our newly renovated weight room which is used on a daily basis.