



Creating a Positive Climate in the Classroom

What are Developmental Assests?

Developmental assests are positive qualities, skills, experiences, and opportunities that are critical in the lives of youth. There are eight areas of assest categories:

Support-Young people need to be surrounded by people who love, care for, appreciate, and accept them.

Empowerment-Young people need to feel valued. This happens when youth feel safe, when they believe they are liked and respected, and when they contribute to their families, schools, and communities.

Boundaries and Expectations-Young people need positive influence of peers and adults who encourage them to do their best. They also need clear rules about appropriate behavior and consequences for breaking those rules.

Constructive Use of Time-Young people need opportunities to learn and develop new skills and interests.

Commitment to Learning-Young people need a variety of learning experiences, including the desire for academic success, a sense of the lasting importance of learning, and a belief in their own abilities.

Positive Values-Young people need to develop strong guiding values, including caring about others, high standards for personal character, and believing in protecting their own well-being.

Social Competencies-Young people need the skills to interact effectively with others, to make difficult decisions and choices, and to cope with new situations.

Positive Identity-Young people need to believe in their own self-worth, to feel they have control over the things that happen to them, and to have a sense of purpose in life.

Source: www.search-institute.org,

Tips for Teachers: Promoting Healthy Eating & Physical Activity in the Classroom

Allow Access to Drinking Water

Use Student Rewards that Support Health

Create Physically Active Classroom

Do Not Use Physical Activity as Punishment

Source: Centers for Disease Control and Prevention. School Health Guidelines to Promote Healthy Eating and Physical Activity. MMWR 2011; 60(5): 1-76. <http://www.cdc.gov/healthyyouth/npao/strategies.htm>. Accessed November 21, 2013.

February is American Heart Month

My Life Check® was designed by the American Heart Association with the goal of improved health by educating the public on how best to live. Any person can make these changes and even modest improvements to your health will make a big difference. This simple, seven step list has been developed to deliver on the hope to live a healthy life.



Live Better With
Life's Simple 7™

In just a few minutes, the American Heart Association's My Life Check will provide your personal heart score and a custom plan with the seven simple steps you need to live better.

Visit www.heart.org/MyLifeCheck to get started.

IN THE NEWS

*According to Tennessee Code Annotated 49-6-1302, counties that have a pregnancy rate greater than 19.5% of 15 through 17 year old females must have a family life education program. Most recent data from the Tennessee Dept. of Health has DeKalb County's rate at 24.3%. We currently partner with the Cookeville Pregnancy Clinic to offer this education to 7th and 9th grades. Students are sent home with a permission slip that must be returned in order for them to participate. Please visit the Coordinated School Health section on the DeKalb Schools website for links on more information on this subject and dates the program will be at each school.

Read the Label is a comprehensive program from the FDA that has evolved into an exciting initiative that challenges kids (ages 9 to 13) to look for and use the Nutrition Facts Label on food and beverage packages.



The campaign includes fun, easy tips and targeted education to help make label reading a key component. With engaging content plus hands-on parent information and community outreach, kids and families across the U.S. can use the label to compare foods today and every day! Visit <http://www.fda.gov/Food/IngredientsPackagingLabeling/LabelingNutrition/ucm281746.htm> for downloadable materials

Spotlight!

CSH would like to say "Thank you" to all of the people who have donated time and food to helping with our Back Pack Program. We received donations from DTC, Covenant Baptist Church, and some anonymous donors. We also received funds from the Community Foundation Grant and Middle TN Natural Gas. We were able to take boxes of food and gifts to 20 families this year for Christmas due to our wonderful community.



FOOD ALLERGIES



Food allergies are a growing food safety and public health concern that affect an estimated 4%–6% of children in the United States. Allergic reactions can be life threatening and have far-reaching effects on children and their families, as well as on the schools they attend.

Tennessee State law, (TCA code 49-5-415 (f)(1) and (2)), requires each school system to respond to students with food allergies. DeKalb County schools have an Emergency Allergy Response Plan (EARP). It includes the system-wide procedures for addressing life-threatening allergic reactions and maintaining an Individualized Health Care Plan (IHCP) for any student whose parent/guardian and licensed health care provider have informed the school in writing that the student has a potentially life threatening allergy. Please see the CSH webpage to view our EARP.

What is a Food Allergy?

A *food allergy* occurs when the body has a specific immune response to certain foods. The body's immune response can be severe and life threatening, such as anaphylaxis. Although the immune system normally protects people from germs, in people with food allergies, the immune system mistakenly responds to food as if it were harmful. Eight foods or food groups account for 90% of serious allergic reactions in the United States: milk, eggs, fish, crustacean shellfish, wheat, soy, peanuts, and tree nuts.

Symptoms of Food Allergy in Children

Symptoms Communicated by Children with Food Allergies

- It feels like something is poking my tongue.
- My tongue (or mouth) is tingling (or burning).
- My tongue (or mouth) itches.
- My tongue feels like there is hair on it. My mouth feels funny.
- There's a frog in my throat; there's something stuck in my throat.
- My tongue feels full (or heavy).
- My lips feel tight.
- It feels like there are bugs in there (to describe itchy ears).
- It (my throat) feels thick.
- It feels like a bump is on the back of my tongue (throat).

The symptoms and severity can differ for each person.
Source: <http://www.cdc.gov/healthyschools/foodallergies/index.htm>