

HEALTH NEWS YOU
CAN USE!

SPECIAL
POINTS OF
INTEREST:

- Fairborn 4th Grade Fitness Challenge
- Summer Weight Watchers
- Nurse's Health Notes!
- Heat Exhaustion and Heat Stroke!
- The "T" Connector



HIT Times

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Fourth Grade Fitness Challenge

Fitness Challenge held at FHS!!

Did you know?

Dayton's "Elementary School Day 2007" was held on Saturday, April 28th at the Fairborn High School track. The event is designed to recognize, appreciate, and honor the elementary schools of the Dayton area. The Fitness Challenge started in 1997 with 9 schools and 180 athletes. After 11 years there were 18 school districts with 45 schools and over 600 students participating. There are eight individual running events and four fitness events which are uniquely designed to em-

phasize key foundations of body control, balance, quickness, strength, hand-eye coordination, acceleration/deceleration/pivoting, agility and conditioning. The fitness events are shuttle run, lateral hop, triple broad jump and steeple star. The pentathlon involves one boy and one girl athlete from each school. The pentathletes do the shuttle run, lateral hop, triple broad jump, the 100 and 400m. The events of the pentathlon are designed to test their overall skill. After five events, each student's five rankings are added together and the student with the lowest combined total earns the blue

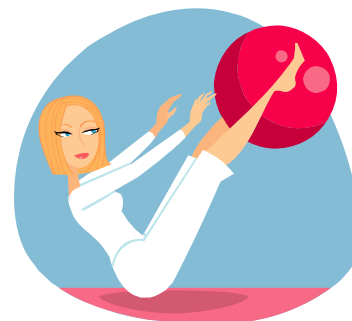
ribbon. Special guests this year included Rowdy Raider, WSU mascot and our own Fairborn Skyhawk! Guests of honor included three basketball players from Wright State University including Fairborn graduate Renoldo Smith, Jordan Plieman and Scottie Wilson! Thank you to the Fairborn School community for helping with this great event!



Weight Watchers Program

This spring, members of the FHS staff made a commitment to a healthier lifestyle and have been meeting regularly to weigh-in, become more health conscious and support each other's aim toward a common goal. As a result of the success of this program, Weight Watchers will offer an At-Work-Program to be held at Fairborn High School starting

on Thursday, June 7th at 9:00 a.m. Cost is \$100 if you are already a member and \$110 if you are not a member for a ten week session. You do not have to be an employee of Fairborn City Schools to attend. Bring your mother, father, or friend. Anyone interested should contact Mrs. Barb Skusa at Fairborn High School at 879-3611!





All ATV operators should be licensed and undergo hands on training!

Skyhawk Students
In Action!

Be sure to
"Slip, Slop,
Slap and
Wrap" to
protect
your skin
this summer!

All-Terrain Vehicles

All-terrain vehicles, commonly known as ATVs or four-wheelers, have become more popular among children and teens. Although they are fun, they can also be deadly. In 2000, more than 254,000 ATV-related injuries were treated in doctor's offices and hospitals according to the U.S. Consumer Product Safety Commission and nearly 1/3 of those injured were children. Locally, Children's Medical Center reported that in 2003, approximately 38,600 children under

the age of 16 died were injured in accidents. The American Academy of Orthopaedic Surgeons offers the following tips to follow to insure your safety while having fun:

- *Read all instruction manuals and follow the manufacturer's recommendations for use, maintenance and pre-use checks.

- *All ATV operators should be licensed and undergo hands-on training.

- *The minimum age for operat-

ing at ATV should be at least 16 years old.

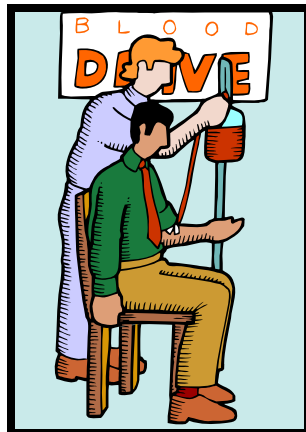
- *Never operate an ATV on pavement or on a public road

- *Always wear protective head gear as they will reduce the risk of head injury and protective gloves and heavy boots to avoid injury!

- *ATV's should be used by only one person at a time-no riders!

Skyhawk Safety Tip for
Summer!

FHS Students conduct Blood Drive



On Thursday, April 26, 2007 students from FHS rolled up their sleeves for a great cause- Donating Blood. Appointments were made prior to the event and scheduled for each 15 minute period throughout the day. There were 78 regular appointments and 23 alternate appointments scheduled. Thank you to all the Fairborn High School students who participated!

Summertime Health Tips

With warmer weather upon us, we'll be enjoying more time outdoors. Play it safe and remember this phrase: Slip, Slop, Slap and Wrap!

Slip on a shirt or protective covering

Slop on some sunscreen with an SPF of 15 or higher

Slap on a hat with a brim
Wrap on some sunglasses

For Poison Ivy: wash area as soon as possible; add cool compresses or a form of calamine

For Ticks: Ticks are commonly found behind the knees, between the fingers and toes,

under the arms, behind the ears and on the neck, hairline and top of the head. Remove tick with tweezers, and disinfect area with antiseptic.

For Overexposure: move to a shady area and drink at least 4 oz. of fluids ever fifteen minutes!

Effect of School on Overweight children

In a recent study in the *American Journal of Public Health* results show that most children; especially children at high risk of being overweight were more vulnerable to excessive BMI gain when they were out of school during summer vacation than when there were in school during fall, winter and spring. Although schools may not provide ideal environments for healthy BMI growth, it appears that they are healthier than most chil-

dren's non-school environments. Lessons on nutrition may improve children's out-of-school eating habits, especially if parents are involved. The most productive interventions will partner both school and home environments to promote healthy eating habits.

How can you help?

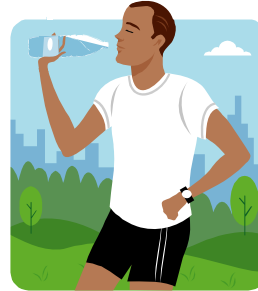
*Provide healthy snack choices at home

*Encourage physical activity; take a walk or ride your bikes

together

*Limit television, computer time

*Fruits and vegetables make excellent snack choices



“Airborne

allergens

include pollen,

mold, dust and

pet dander”

Health Notes from Nurse Norma Nikkola

Ohio School Nurse of the Year

Red Eyes?

Eye injuries, foreign bodies, allergies and pink eye can all cause a similar experience. Many allergens are in the air where they come in contact with nose and eyes. Airborne allergens include pollen, mold, dust and pet dander. Allergies are usually denoted by a sudden onset of itching, swelling, blood shot eyes and a watery discharge, sneezing, cough-

ing, itchy/runny nose and possible headache from sinus congestion. Many of these symptoms may be relieved by the use of cold compresses, simple eye washes or antihistamine eye drops. Be sure to check the list of side effects before using any over the counter eye drops and check with your doctor for recommendations. The other most common cause of red eye is a

bacterial or viral conjunctivitis (pink eye). It is considered contagious and is treated by medication ordered by a physician.



Heat Exhaustion and Heat Stroke

Heat Exhaustion can cause dizziness; headache; weakness and fatigue; heavy perspiration; nausea and cold, pale and clammy skin. The person's temperature may remain normal. Move the person to a cooler place; loosen the person's clothing; have them drink at least 4 oz. of fluid every 15 minutes and apply cool compresses to the neck, forehead and underarms.

Heat Stroke is a life-threatening situation and requires immediate attention. Call the EMS first. The symptoms include: hot, red, dry skin; absence of sweating; rapid, strong pulse; nausea and vomiting; confusion with possible slurred speech and or seizures and loss of consciousness. The individual's temperature may reach 106 degrees. Move

the person to a cool place; loosen clothing; cool by sponging with cool water and treat for shock by placing the person in a supine position with feet elevated. Do not give fluids if confused or seizing and turn the person on their side if vomiting occurs.



Health News you can Use!

Bike Safety Tips!



- *Pick the right bike-fit is important!
- *Wear a helmet if you value your life!
- *Wear shoes that grip the pedals and bright colored clothing to be seen!
- *Backpack straps should be tied so that they don't become tangled!
- *Always ride in the same direction as traffic!
- *Use bike lanes when available!
- *Watch traffic closely for turning cars or ones pulling out of driveways!
- *Don't ride too close to parked cars!
- *Obey all traffic signals!
- *Know correct hand signals and use them!
- *In the dark-have reflectors on your bike!
- *Bike maintenance is important; check tire

The HIT Times is published under the leadership and creativity of Ohio School Nurse of the Year, Norma Nikkola! Look for more tips on exercise and healthy lifestyles in the next issue of HIT Times!

Be a healthy Skyhawk and make exercise a part of your daily routine!

The “T” Connector

In recent weeks motorists traveling East on SR-444 near Kaufman Ave. and the Huffman Dam have been subjected to a variety of construction delays and single-lane road travel. The intense activity at this location is due to the construction of a new, connecting stretch of bike path that crosses SR-444 and links Huffman Dam Metropark to the Wright. Bros. Bikeway in Fairborn. Designed as part of the “Three Counties Trail” under development for Montgomery, Greene, and Clark counties, the new T connector provides a safe crossing route between SR-444 via tunnel, and over the below-grade adjacent Norfolk-Southern railroad tracks by bicycle bridge. Additional sections of the trail cross Huffman Dam and connect and link to other proposed area trails. Although initial funding for the T-

connector was granted in 1997, actual construction of the \$1.7 M project didn't begin until 2006. When the Three Counties Trail is completed, Fairborn, Riverside and parts of Clark County will be able to access the entire 268 miles of the Miami Valley Trail System!

Five Rivers Metroparks, executive agent for land purchase for the Three Counties Trail, is presently working to acquire land to further extend and connect the various Miami Valley Trail Systems. Current efforts include a section in Montgomery County connecting Huffman Dam and Eastwood Metroparks that would provide a link to the Great Miami River Trail in downtown Dayton; and in Greene County, a stretch that would extend the Wright Brothers Bikeway from its end at South Central Avenue in Fair-

born on to Black Lane, and then on into Clark County, ending at Enon Park. Additional trail miles are being planned or developed. For more information on the T Connector, the 17 other named trails, and the 268 miles of completed trails, visit:

www.miamivalleytrails.org

