

Sequoia Union High School District

Summer Vacation...Summer Sickness?

Gigi Kruse-Silva, Carmont High School, Teacher

Wrapping up the final lesson, finishing finals, and attending graduation ceremonies. We are free! Ahh....ahh....ahchoo! Now comes the cold you avoided all year. Why now?

Many teachers complain they contract their worst colds, flu, or random illness the first week of vacation. Why? Stress. We hold it together so students, parents, and administrators feel our classroom is under control, but inside a destructive hormone, Cortisol, is wrecking havoc. This hormone is part of our stress response system, which is needed, but not over a long period of time. Cortisol increases our blood pressure, blood sugar levels, and suppresses our immune response. Our heart rhythms

are not in rhythm, but look more like the lines seen when someone scratches the old chalkboard. Without a proper heart rhythm, white blood cells do not circulate well, and the result is we get sick.

So what do we do? Take a break. The weather is improving as summer approaches. Take time to go for a walk, run, hike or leave early and go to the gym. Adding a little more activity to your life improves your mood, lowers stress and boosts your immune system. At this point you may be thinking I am crazy with all the papers, projects and finals we are responsible for, but we deserve a 30-minute break for ourselves. By taking the time to calm our heart rhythms, even by 10 seconds during an intense panic attack, can

increase levels of DHEA hormone, which is shown to lower cholesterol levels, decrease insulin resistance and relieve depression.

Are you having difficulties finding time for yourself with pressing students, home chores and kids? Then think toward your nutrition. Don't just make a New Year's resolution, make a summer resolution: Eat more fruits and vegetables. These plant products contain antioxidants and other chemicals that boost our immune system. Remember your mother telling you to drink orange juice?

Try to avoid wasting a moment of your hard-earned vacation being sick. Take care of yourself now. Your students and your loved ones will appreciate you being well and in a better mood.

REFERENCE: Institute of HeartMath. *TestEdge*. Boulder Creek, CA: HeartMath LLC, 2002.



Special Interest Articles:

The Student in All of Us

Student Perspective: Poetry from an Eating Disorder

To Be or Not to Be: Organic is the Answer

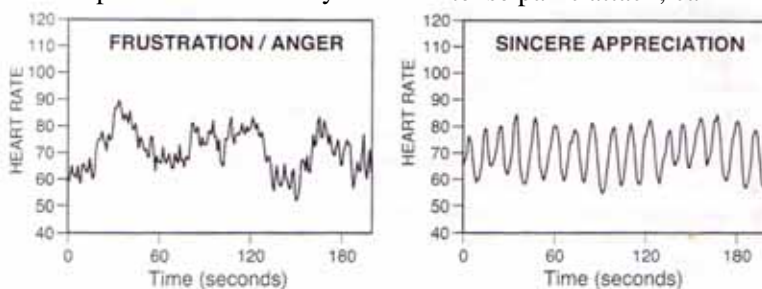


Figure 1. The heart rate variability pattern shown in the left graph, characterized by its random, jerky form, is typical of feelings of anger or frustration. This reflects a desynchronization in the activity between the two branches of the autonomic nervous system. Sincere positive feeling

states like appreciation (right) can result in highly ordered and coherent HRV patterns, generally associated with enhanced cognitive performance and emotional stability. These patterns also reflect increased synchronized activity between the two branches of the autonomic nervous system.

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The Student Inside All of Us

Jennifer Conley RD, RN, MS, PHN
Employer Wellness Services
Coordinator
Sequoia Hospital



Well the school year is almost over. You might feel spent since you worked so hard this year getting your students ready for their leap into the next grade. Congratulations on a job well done! Now what's next for you with a whole summer ahead? It's definitely a time to relax and unwind, pull out the BBQ, and maybe cuddle up with a good book.

Another thought you might have is: "I have a whole two months off from work, what else do I want to do to enjoy the summer?"

Have you ever wanted to learn a new hobby such as

guitar? Have you ever wanted to learn to surf or golf?

Don't just think about doing the things you have always wanted to do this summer, get a plan together and go for it!

These fun extra-curricular activities build fun in your life, and make you feel great about yourself too. Inside everyone wants to build a life that you look back one day and say "I'm glad I experienced and learned," instead of "I wish I had done this or that."

It's never too late to move in a positive direction, so think about pulling out your local junior college summer course book or your local park-and-recreation guide and take

a look at all the possibilities to enrich your life. Maybe you'll find that a class learning to speak French, to fence, to belly-dance, to sew, or to explore our local hiking trails.

Remember: A person who is involved in learning more about themselves and their talents is happier, less stressed, and more content about how his or her life is turning out.

Cheers to taking on the summer with gusto!



It is estimated that 8 million Americans have an eating disorder – seven million women and one million men

Side Affects- Poetry by Katie Nuttini

She sways her hips,
Topping off with a flip of
hair; just shy of subtle.
Radiant skin, tan and soft
to the touch,
Silk perfection.
She has it all.
Hated by the world,
As a result of physical
perfection.
She finds it unfair and
questions their anger,
their jealousy,
While she lives in

sunlight, glory, envy.
Across the world young
girls wreak havoc and
dash to the bathroom,
Losing their food-
avoidance.
In each room magazines
are thrown across the
floor, with her face,
Smiling, oblivious.
Wondering why they hate
her.
Two parents burst into
tears, surrounded by

white walls; defeated,
robbed.
The machine goes beep,
beep, beep;
A sheet pulled over a
skeleton.
Magazines on the bedside
table,
With the image of
perfection; envy.
Smiling, oblivious.

*-Katie Nuttini is Junior at
Sequoia High School*

Health at Every Size is the new peace movement in the "War on Obesity". Learn about this wellness paradigm at: HAES 101The Basics - Symposium and Clinical Intensive: What, Why and How to Promote Positive Health Practices. This event will be held on Friday, July 11th from 8:00AM - 3:30PM at the Los Angeles Airport Marriott.
For details or to register visit: www.sizediversityandhealth.org

The Good Earth...Farming the Land

Choosing to eat organic food is one of the simplest, most pleasurable ways to protect and promote your health. A healthy lifestyle starts with basic nutrition. The following information provides an introduction to the relationship between nutrition and health; always consult a health professional, such as a registered dietician, before making major dietary changes.

What should I eat?

The California Certified Organic Farmers (CCOF) Foundation believes there is a simple solution to the complex problem of what to eat to attain good health. The underlying principles are basic - eat as many organic fruits and vegetables as possible, strive to include high fiber, low-fat foods in each meal, and always look for organic, in-season, locally-produced foods. Dietary changes can be very challenging. These simple guidelines can make food choices easier:

- First, aim to consume a diverse array of brightly-colored organic fruits and vegetables every day. This simple choice will provide vitamins, minerals and other phytonutrients, as well as soluble and insoluble fiber.
- Second, choose low-fat foods when possible, and keep added fats (like butter, margarine, and oils) to a minimum.
- Third, choose whole grain products over more refined alternatives, to increase vitamin, mineral

and fiber intake.

- And finally, recognize that foods confer other benefits, such as comfort, social interaction, and fun. No diet should strive to eliminate all "unhealthy" foods, but instead should aim for balance, so healthy choices make up the bulk of foods eaten.

While aiming for good health is a great way to plan a diet, other issues can, and sometimes should, take precedence. Economic concerns, pesticide exposures, environmental issues, and nutritional value can all inform a dietary choice.

Food and Disease

Just as food choices contribute to overall health, dietary choices made over the course of a lifetime can affect the risk of developing certain diseases. Risks for some types of cancer, heart disease, high blood cholesterol levels, stroke, and type II diabetes can all be changed through dietary choices.

Choosing a diet based on organic, in-season, locally-produced fruits, vegetables, whole grains and other low-fat organic choices can change disease risk. Such a diet will provide ample amounts of soluble and insoluble fiber, which can contribute to decreased cancer risk and lowered blood cholesterol levels. This diet will provide antioxidants and other

phytonutrients that have been shown to decrease cancer risk by combating oxidative damage (cellular damage due to such things as exposure to cigarette smoke or UV light, stress, and some chemical exposures).

Choosing organic foods will decrease exposure to pesticide residues, many of which are known human toxins and carcinogens. A lower-fat diet based on organic fruits, vegetables and whole-grain products can help maintain a healthy weight, decreasing the risk of developing type II diabetes. A high-fiber, low-fat diet can help lower blood pressure and blood cholesterol, decreasing the risk of stroke.

In short, a few simple dietary choices - organic, in-season, locally-produced fruits, vegetables and whole grain products, along with other low-fat organic choices - can significantly decrease disease risk. In addition, these choices can help protect and improve land and water resources, support local farmers and local economies, decrease pesticide contamination and exposures, improve wildlife health, protect farm workers' health, and support a sustainable food system.

Original Article can be found at: http://www.ccof.org/food_basics.php



BerryLicious Farm, Gridley, CA

Farmer's Markets in our community:

Redwood City Certified Farmers' Market

Winslow & Middlefield, near Broadway
Redwood City
April - November Saturdays
8:00am-12:00pm

Kaiser Hospital - Redwood City

Veterans & Maple
Redwood City
April - November Wednesdays
10:00am-2:00pm

San Mateo Certified Farmers' Market

College of San Mateo
West Hillsdale & Campus Drive
San Mateo
All Year 9:00am-1:00pm

Belmont Certified Farmers' Market

El Camino Real at O'Neill
Belmont
May - November Sundays 9:00am-1:00pm

Menlo Park Certified Farmers' Market

Chestnut at Crane
Menlo Park
All Year 9:30am-1:30pm

25th Avenue Certified Farmers' Market

194 W 25th Avenue
San Mateo
May - October Tuesdays 4:00pm-8:00pm

San Carlos Certified Farmers' Market

Laurel St. between Olive & Cherry
San Carlos
June - September Thursdays
4:00pm-8:00pm

Don't live in the area? Visit www.cafarmersmarkets.com to find the closest Farmer's Market to where you live

Sequoia Union High School District

Wellness Advisory Council

Would You Like to Get Involved?

Contact:
Judy Sencenbaugh

Phone: 650.369.1411
ext 2234

E-Mail: jsencenb@seq.org

District Wellness Advisory Council

- ▶ Jillian Collins, YAB Member
- ▶ Nora DeCaro, Director of Food Services
- ▶ Kristine Gomez, YAB Member
- ▶ Michael Hermosillo, Director of Student Services
- ▶ Gigi Kruse-Silva, CHS Teacher
- ▶ Christina Llerena, Consultant
- ▶ Maria Mosqueda, Youth Development Coordinator
- ▶ Laura Perdikomatis, WHS Teacher
- ▶ Diana Reddy, Admin Asst
- ▶ Judy Romero, Director of SHS Teen Resource Center
- ▶ Dana Schuster, SHS Parent and Community Member
- ▶ Judy Sencenbaugh, RN MS, District Nurse
- ▶ Marie Violet, Manager of Sequoia Hospital Health & Wellness
- ▶ Brendalyn Wilson, YAB Member

WE NEED FEEDBACK!

- ▶ Does this information help you?
- ▶ Do you like receiving a newsletter?
- ▶ Do you have any suggestions?

Please send any comments to
Gigi Kruse-Silva at
gsilva@seq.org

SOS: How is it helping our students?

Recent research suggests a rise in the number of students seeking mental health services, an increase in cheating behavior in school, and in students' experience of consistent worry about academic achievement. Dr. Denise Pope at the Stanford University School of Education founded and directs a project to train middle and high school teams of students, teachers, counselors, administrators and parents to address these issues. Two of our district schools, Menlo Atherton and Sequoia, have participated in the Stanford training and now have active SOS teams. MA is in their third year of the program and Sequoia became involved in May of 2007.

At MA, the Stanford SOS comprehensive student survey was administered and the results were compiled and evaluated. Dr. Pope addressed the staff in February and the parents in April regarding the survey results. Three current areas of focus for the MA team, which now resides within the school administration and site council/ shared decision making arena, include reviewing the school day start time, enhancing teacher connections with students, and evaluating homework policies. The Sequoia SOS team has conducted and reviewed an in-house student developed survey, which was administered to a subset of students representational of Sequoia's diverse

population. This survey identified the primary sources of stress for students to be the college application/admissions process, communication with teachers, and parental expectations. The Sequoia SOS team is now brainstorming strategies and identifying potential action steps to address these identified concerns.

Your participation in the SOS efforts at both Menlo Atherton and Sequoia is encouraged. If you are interested in participating contact Charlene Margot cmargot@csconconsulting.net at MA, and to join the Sequoia SOS team contact Lisa Gleaton at lgleaton@seq.org.

What Healthy Events are Happening in Our District?

Students are organizing health fairs, fishbowl discussions, displays and events that promote healthy living.

Carlmont High School organized a health fair for April 11th bringing in physical fitness groups such as Velocity,

Undisputed, and 24-hour fitness. Students displayed information on healthy eating and behaviors and food service displayed their healthy food items.

Redwood High School will have its *first* ever health fair on May 21st. Fifteen agencies have agreed to attend, displaying information on teen pregnancy, conflict mediation, healthy eating and staying fit.

Woodside High School will be handing out healthy snacks to students in the coming weeks to promote healthy choices. In addition, students completed displays promoting healthy living.

Sequoia High School completed a fishbowl discussed on April 29th about school violence. Students are working for ways to prevent school tension and violence on all district campuses.



SAVE THE DATE!

- ▶ Saturday September 13, 2008 8:30AM - 12:30PM
- ▶ Healthy Green: Successful School Fund Raising that Promotes Wellness
- ▶ San Mateo County Office of Education
- ▶ Sponsored by the Get Healthy San Mateo County School Wellness Committee, Bay Area Nutrition Youth Action Group and Regional PTA