

Mind Body Spirit

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Lauren Brandner, Pilates Class

*F*itness, health and safety



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More than a Band-Aid

by Renae Smith and Marianne Richardson



Clear the scene! Go for help! Call 911! Begin CPR! Lifesaving words you never want to hear were practiced by the Heritage faculty and staff during preplanning this school year. The School is engaged, through the efforts of Renae Smith, our school nurse, in the process of qualifying as a Heart-safe School in Project S.A.V.E., an outreach program of Children's Healthcare of Atlanta (CHOA). Project S.A.V.E. (Sudden Cardiac Death: Awareness, Vision for Prevention and Education) was created to educate school systems and doctors about sudden cardiac death, making them aware of the incidence, possible early warning signs, and the need for a timely response.

According to information supplied on the CHOA website, "pediatric sudden cardiac death happens without warning. The sudden loss of heart function affects 600 to 1,000 children and adolescents and 350,000 adults every year in the United States. In the past five school years, at least 14 students and 10 adults have died from probable sudden cardiac arrest in Georgia schools. Since December 2007, there have been 12 'saves' in Georgia schools — 12 people alive today because their school personnel were prepared and had practiced their medical emergency response."

The faculty and staff have now all been trained, by Mrs. Smith, in CPR and in the use of the four strategically located AEDs. The AEDs, Automatic External Defibrillators, were funded through the fundraising efforts of the Parents Club and through private donation. A First Responders team has been formed to react immediately to emergencies while help is en route. Under the supervision of Renae Smith and Lynn Huffstickler, the First Responders meet periodically to review and practice their plan. While a School Crisis Plan has long been in place, the added element of the First Responders increases the School's ability to better manage emergencies.

As the school nurse, Mrs. Smith serves as liaison between the child, faculty, parent, and medical communities. This school year Renae has made a concerted effort to promote the health, wellness, and safety of the students, faculty, and parents. She maintains more accurate health histories to aid in caring for students with allergies and chronic health concerns. This attention to the health of our students allows children with more involved health issues to remain in school. Our well-stocked health clinic provides a safe, quiet, and caring environment for students who become ill and need to go home, or students who just need attention for a minor condition, or just need a band-aid.

Further, Mrs. Smith helps our faculty and staff stay healthy. With the cooperation of Dr. Stan Smith, Renae administers flu shots to faculty. She is also available to help them monitor their health as well as that of their students.

With international concern focused on the flu, we began this year with faculty and student education on health, cleanliness, and germ control. Mrs. Smith focused talks with the Lower School classes on keeping their hands clean, how to manage coughs and sneezes, and how best to stay healthy. Each classroom and office throughout the school was supplied with hand sanitizer and large hand sanitizer dispensers were installed in the common meeting areas around the school.

The Georgia Department of Community Health's Roll Up Your Sleeve campaign sponsored an art contest for calendar illustrations on the theme, Shoo Flu, Shoo. With lessons on health from Miss Renae and art lessons on design from Meredith Wilson, art teacher, the fourth grade entered their drawings for the Shoo Flu, Shoo calendar campaign. From over 1,500 contest entries, fourth graders Allie Browning and Ella Cloud Lawrence had their drawings selected as part of the thirty finalists. Allie's drawing was selected as one of the twelve winners, earning Allie and her parents a trip to the Capitol and an illustration for the month of May in the 2010 Shoo Flu, Shoo calendar.

Adrian Faircloth and Renae Smith



Striving for Balance by Simone Dupree

The Heritage School offers its students the advantage of a unique and comprehensive physical education program. The commitment to daily physical education, taught by qualified instructors, is at the heart of the program. The purpose and significance of the program is commensurate with the purpose of total education; that is to provide the students with the experiences, knowledge, skills, and opportunities to grow physically, mentally, and socially into and through adulthood, establishing fitness habits that will ensure the highest quality of life.

The physical education program includes not only activities, but also experiences in lifelong fitness skills and health related subjects, current to the present climate.

The health curriculum spans grades five through nine and includes instruction in nutrition, personal hygiene, drug and alcohol awareness, sexually transmitted diseases, noninfectious and infectious diseases, cancer, relationships, body systems, eating disorders, and a host of other topics.

Outside professionals, such as Sheriff's deputies, conduct question and answer sessions about new driving laws, DUI laws, and the Georgia graduated license program, which is a part of the Alcohol and Drug Awareness Program required by the State of Georgia for teens. Fitness professionals from Piedmont

Health and Fitness Center have visited to conduct cardio/hip hop classes with the ninth grade girls' class. Students visited that same facility and participated in a combination cardio/fitness class. They also toured Atlanta Fitness, formerly Gold's Gym, and participated in a yoga/pilates/tai chi class with Bonne Boyd Beddingfield, an alumna of The Heritage School.

When the weight training equipment was moved to the new free-standing building just beyond the football field, the room on the second floor of the gym was converted to a fitness/dance/cheerleading facility, where students enjoy classes in Pilates, yoga, kick boxing, aerobics, and core training. We are looking to acquire fitness steps, state-of-the-art audio/visual equipment, and a mirrored wall in the new fitness room to further enhance the instructional opportunities of our students. We would also like to invite certified fitness professionals onto our campus to conduct classes in cutting edge fitness/training techniques.

In the last four years, the goal has been to increase the availability of fitness equipment by purchasing fitness tubing, dumbbells, pedometers, exercise balls, yoga mats, and core-building equipment. Five different values of weighted medicine balls have been acquired. We hope to add other lifelong fitness apparatus, such as steps, weighted bars, weighted hula hoops, and kettle balls.

With lifetime fitness so important in today's society, the physical education program tries to instill in all students the importance of moving. Pedometers are used in Kindergarten through fourth grade to demonstrate steps taken during a 10-minute run, encouraging students to increase steps over time, to help them realize the importance of regular fitness activity.

The students in grades first through sixth also participate in monthly fitness assessments in six areas—pull ups, sit ups, "sit-and-reach" to test flexibility, the mile run, the shuttle run, and the pacer test. Students in grades third through sixth record their own scores, so they know whether or not they are improving.

Our fitness program is based on individual improvement over time. We are more concerned that each student makes consistent strides toward self-improvement than whether or not they are meeting national fitness standards. Students are encouraged to try to beat their own previous scores in monthly assessments, which provides immediate positive reinforcement and compels them to try a little harder each time.

According to The Journal of Physical Education, Recreation, and Dance, children are 40% less active than they were 30 years ago. On average, they watch over 26 hours of television and spend 30 hours sitting in school each week. Obviously childhood obesity is a concern for all Americans. At The Heritage School, we believe that physical education plays a vital role, not only in the student's fitness level, but in his/her overall well-being.

Jessica Roach Griffith, Fitness Instructor





Morning Sweat

by Amy Riley

Creating a Fitness Lifestyle

Last fall MaryJayne and Jon Reeves, both professional athletes and affiliated with The Heritage School through Reeves Tennis & Fitness, noticed many parents regularly exercising on campus on their own. MaryJayne got to know some of them and found they frequently had questions about individual fitness and nutrition. MaryJayne has a vast knowledge base for overall fitness, having been an athlete her entire life and running professionally for many years. Morning Sweat, which began in November of 2008, was born from these encounters and is part of the catalog of training opportunities available through Reeves Tennis & Fitness. Participants—Sara Arnall, Allyson Powell, Kay Crosby, Anne Yancey, Beth Marchman, Susan Heindel, Kim Blackstone, and Audrey Spragins (there's room for more)—train three days a week, from 8:15 to 9:30; their goal is total body fitness and preparation for everyday living, a goal they are accomplishing by starting their morning out sweating!

"The Morning Sweat group consistently impresses me," MaryJayne said. "There is no complaining, and they support one another. Most of the current participants have known each other for years, but when we welcome a "new girl/guy," everyone lends a hand in demonstrating and encouraging."

MaryJayne and Jon are also serious about training student athletes—focusing heavily on fitness and injury prevention. "Most student athlete injuries derive from young athletes doing too much too soon without proper preparation and knowledge about injury prevention," said MaryJayne. Athletes typically spend the first 30% of the athletic season getting in optimal shape and preparing to be successful in their respective sports. By the time they are properly conditioned and trained, the season is almost over, so the Reeves began offering a program to prepare young athletes before the season begins.

Sweat 09 focuses on building core strength, agility, strength, endurance, and explosiveness, each skill set specific to the athlete's target sport. By working hard and building on each athlete's desire to succeed, Sweat 09 helps student athletes get closer to their athletic goals. "Some athletes want to get faster and stronger. We cover that, but we do it from the ground up." Flexibility and stability are pertinent to overall physical development.

"At Sweat 09, each workout begins with exercises dedicated to getting the individual ready for the upcoming workload to ensure proper technique and execution," she added. "We also feel it is important to teach why and how specific training can affect their game. The more fit, prepared, and educated the Hawks are, the more successful they will be on gameday." Sweat 09 targets student athletes in grades 7-12 who are not currently in an active sport season. Workouts are held on Tuesdays and Thursdays from 3:30 to 4:45. "Healthy parents inspire healthy children, which results in healthy families," said MaryJayne. "That's what we're all about."

Another new training opportunity—Olympic style weight lifting—is available to Upper School students as an elective during the school day. Ben Green, who has been coaching, lifting, and training professional athletes and Olympic weight lifters for 48 years, has been coaching/teaching Heritage students since December of 2008. "The school sought a strength coach to help student athletes build explosive strength," said Green. Participants learn to snatch, clean and jerk, power clean, clean pull, snatch pull, squat, and bench press in explosive, quick movements, always with a mind toward injury prevention, proper technique, and strength training. "Athletes work the total body," said Green. "The stronger you are, the less likely you are to injure yourself," he added. Green's top performers participate in Olympic style weight lifting competitions, which run year round, competing approximately every two months once football has concluded. Their next competition takes place in January.

Coach Ben Green with Stuart Bready



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