

Wellness Facts

1. Use a sunscreen with a sun protection factor (SPF) of 15 or higher.
2. Statistics reveal the stunning fact that almost 60% of children in America are obese children.
3. Children who are active will:
 - a. Have stronger muscles and bones
 - b. Have a leaner body because exercise controls body fat
 - c. Be less likely to become overweight
 - d. Decrease the risk of developing Type 2 diabetes.
 - e. Possibly lower blood pressure and blood cholesterol levels.
 - f. Have a better outlook on life.



4. Choosing breakfast foods that are rich in whole grains, fiber, and protein while low in added sugar may boost kids' attention spans, concentration, and memory which they need for school.
5. Sunscreens do not block 100% of the sun's rays.



Wellness Facts

1. Studies show that unlike butter and lard, the oils found in fish, nuts and vegetables help protect against heart attacks.
2. Apply sunscreen 20-30 minutes before going outside.
3. Childhood obesity is the number one health concern among parents in the United States topping drug abuse and smoking. Among children today, obesity is causing a broad range of health problems that previously weren't seen until adulthood.
4. Children and adults need at least 60 minutes a day of exercise.
5. Whole grain foods which break down slowly in the digestive system are nutritionally better foods than refined grains which flood the bloodstream as sugar.
6. Regular stretching can actually help improve your sense of balance, which can improve coordination and athletic performance.



THE BRIGHT SCHOOL

Bright School Physical Education Department

1950 Hixson Pike
Chattanooga, TN 37405
Jan Connell jconnell@brightschool.com
Dr. Jim Blair jblair@brightschool.com

Phone: 423-267-8546
Fax: 423-265-0025

Bright School Wellness Night 2010



Thursday, April 15



Grade Level Schedule

K-1st	4:45-5:45
2nd-3rd	6:00- 7:00
4th-5th	7:15-8:15

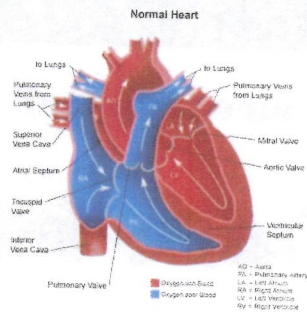
Featured Speakers:
Dr. Kathleen Hunt, MD
Dr. Joani Jack, MD

Featured Speakers



Dr. Kathleen Hunt

Area pediatrician at TC Thompson Children's Hospital as well as Dodson & Southside Clinics. She earned her MD from Vanderbilt University in Nashville, TN. Her residency and chief residency in pediatrics was completed at Baylor College of Medicine. Dr. Hunt practiced ER medicine for several years in Houston, TX. She is also mom to three Bright School students.



Dr. Joani Jack

Area pediatrician at TC Thompson Children's Hospital. She earned her MD from University of Tennessee College of Medicine in Memphis, TN. She completed her pediatric specialty training at the Chattanooga unit of the University of Tennessee and served an additional year as the pediatric chief resident. Dr. Jack is also the co-author of Raising Fit Kids in a Fat World.




Areas of Interest

Academic Internal Medicine	
Erlanger Community Relations & Mamo Scheduling	
Erlanger Imaging	
Erlanger North Family Medicine Multi-Specialty	
Erlanger North Sleep Disorders Center	
Moore & King	
TCTCH Children's Urgent Care Center	
TCTCH CRRPC Outreach & Safe & Sound	
UT Family Practice	
Speech & Hearing Center	



Areas of Interest

Erlanger Sports Medicine	
ContinuCare	
Blood Assurance	
D1 Fitness Center	
Earth Fare 	
American Heart Association	
YMCA	
Dr. Kathleen Hunt	
Dr. Joani Jack	

Did you know?

Fitnessgram was created in 1982 by The Cooper Institute to provide an easy way for physical education teachers to report to parents on children's fitness levels. Then and now, students are assessed in these areas of health-related fitness: cardiovascular fitness, muscle strength, muscular endurance, flexibility, and body composition. Scores are evaluate against objective criterion-based standards, called Healthy Fitness Zone® standards, that indicate the level of fitness necessary for health. Fitnessgram software generates the student and parent reports, which contain objective, personalized feedback and positive reinforcement. These reports serve as a communications link between teachers and parents. The Healthy Fitness Zone® standards were developed by The Fitnessgram Scientific Advisory Board, a team of scientists and practitioners who are experts in the field of health and fitness, based on extensive research on the relationship between fitness, activity, and health.

Did you know? Bright School is one of 5% of elementary schools in the nation who receive Physical Education every day!