



Health Promoting Schools Newsletter

12% of all children ages 6-19 have noise-induced hearing loss!



Students at Canyon Lister Elementary and the Alternate School in Kaslo plugged their ear buds into Sasha and found that the volume on their iPods could lead to hearing loss if they didn't turn down the volume. Sasha measures the decibels of music from an iPod and a chart tells us the permissible exposure time at that volume.

How your ear works!

Deep inside your ear there are thousands of little hairs that, when they vibrate, transmit signals to your brain and create the sensation of sound. All the hairs respond to various frequencies – low pitches, high pitches, etc. You have a set number of these hairs, called cilia, which won't grow back if they are damaged.

What Causes Hearing Loss?

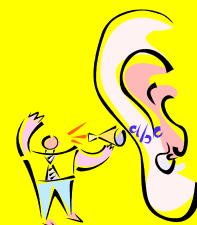
When you expose your ears to loud sounds it causes some of the cilia to be permanently bent or lay down flat. The longer and more often you are exposed to loud sounds, the more cilia you damage and the more permanent hearing loss you develop.

How Loud is Too Loud?

Loudness is measured in decibels (dB). You begin to damage your hearing when you're exposed to constant sound levels above 85 dB. Sound levels above 120 dB cause serious damage to your ears.

A whisper is measured at 30 dB. A rock concert measures at 120-130 dB. An iPod at full volume plays at 120 dB. That's as loud as a jack-hammer or chainsaw!

| Decibels | Permissible Exposure Time |
|----------|---------------------------|
| 85 | 8 hours |
| 94 | 1 hour |
| 103 | 7.5 minutes |
| 112 | 1 minute |



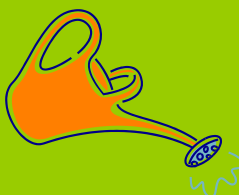
Student iPods measured between 84 and 103 dB with Sasha. Ear plugs or lowering the volume is advised.

Kidzsafe Earbuds are compatible with any audio device and no matter how high the device volume is turned up, the volume level will always remain below 85 decibels.

SD8 School Garden Guidelines

To all you keen gardeners out there—if you are planning to start a garden in your school, make sure you check out the Guidelines set out by the Operations Dept of SD8 before you start. The guidelines can be found at:

<http://sd8healthyschools.weebly.com/edible-school-grounds.html>



Congratulations to Danika Peltzer - Art Contest Winner

Danika Peltzer, a student of the Creston Homelinks program won the Quitnow Services Art Contest. Students were invited to create a new design for a Youth booklet on quitting tobacco. Danika was presented with a new iPod May 27th at the Creston Homelinks year end assembly and luncheon. The iPod was donated by Quitnow Services, BC Lung Association and presented by Louise Poole, Health Promoting





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Columbia Basin Trust (CBT) is looking for Youth Advisory Committee members

Are you interested in making a difference in your community? Do you want a unique opportunity to play a leadership role in addressing youth issues in the Basin?

Youth have an opportunity for personal skill development such as community organizing and leadership skills, as well as an opportunity to meet, work and travel with a group of young people from around the Basin.

Responsibilities:

- provide youth voices and perspectives to CBT planning;
- build a greater network of Basin youth;
- promote youth leadership and skills development; and
- *review and approve applications* for the Columbia Basin Youth Grants.

New people bring new ideas and new perspectives, so don't hesitate! Our application form is quick and easy.

Deadline for applications is June 30, 2011.

For more information and the application form visit <http://www.scratchonline.ca/aboutus/application> or contact Michelle d'Entremont at mdentremont@cbt.org



Hooked Theatre

10 women. 2 plays. 1 subject: Addiction.

Interactive theatre and community dialogue exploring issues of addiction in our communities.

Friday, June 17th 7 pm
402 Victoria St.

Admission \$5. No one will be turned away for lack of funds.
For more info, call ANKORS at 505-5506.

Bike to Work Week May 30 to June 5



Get out and get active all summer long!

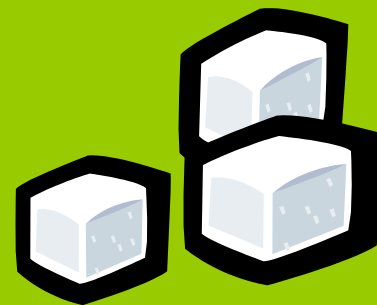


ReThink Your Drink

| <u>Beverage</u> | <u>Teaspoons Sugar</u> |
|----------------------------------|------------------------|
| Double Gulp 1.8L | 54 |
| Coke 591ml | 18 |
| Powerade Sports Drink 710ml | 16 |
| Sobe Orange Carrot 591ml | 15 |
| Fruitopia 473ml | 14.5 |
| Full Throttle Energy Drink 473ml | 14.5 |
| Nestea Cool Iced Tea 591ml | 14 |
| Apple Juice 473 ml | 13 |
| Starbucks Egnog Latte 500ml | 9.5 |
| Red Bull 250 ml | 7 |
| Milk 2% 500 ml | 6 |
| Diet Coke 591 ml (Aspartame) | 0 |
| Water 500 ml | 0 |

More info and curriculum guidelines:

<http://www.interiorhealth.ca/choose-health.aspx?id=13000>



Regularly consuming drinks that are high in sugar and low in nutrients can be associated with weight gain, obesity and increased risk for tooth decay. Research indicates that children and youth who regularly consume large amounts of sugary beverages tend not to consume enough healthy beverages such as milk and may miss out on key nutrients required for healthy growth and development.