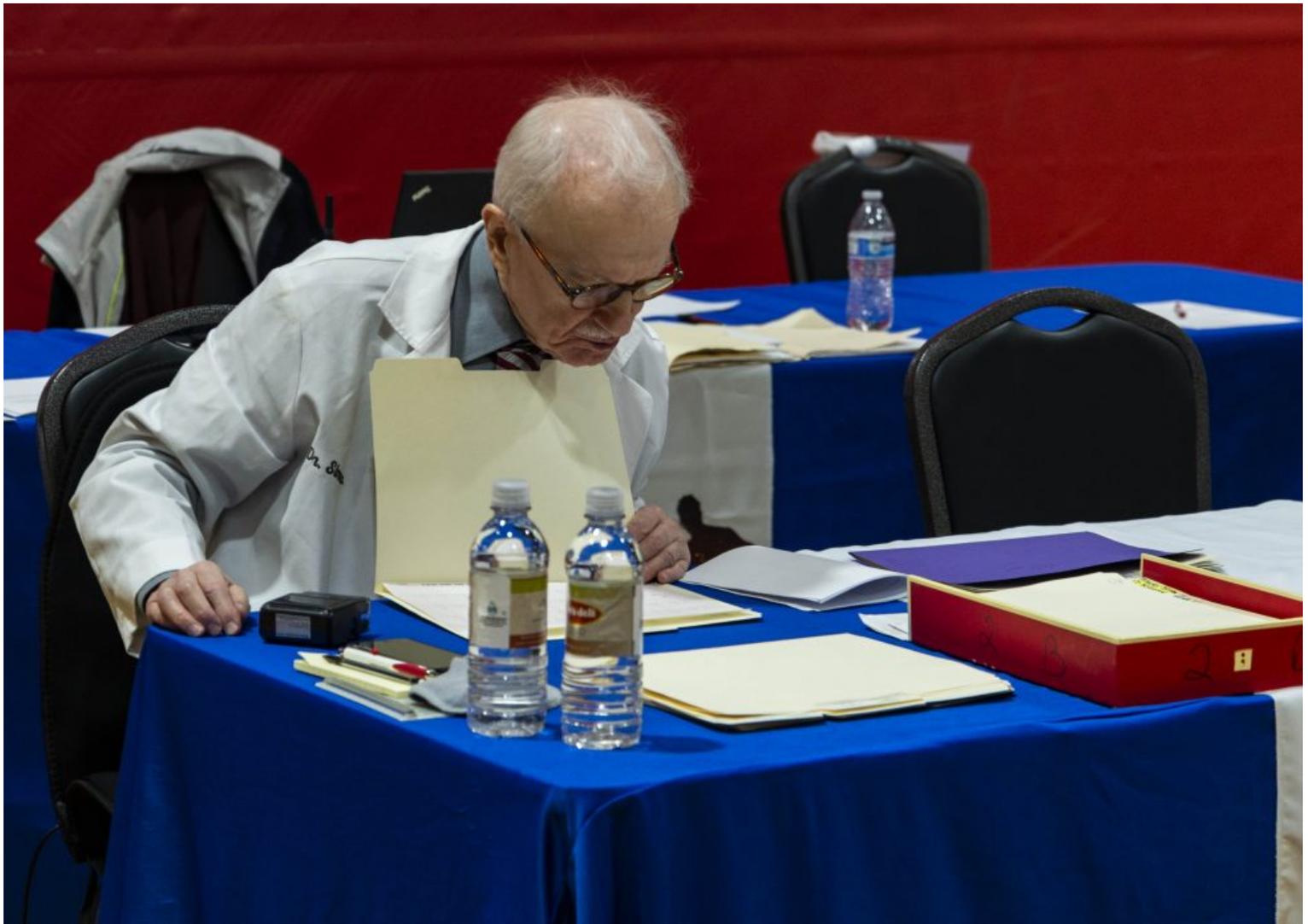


D211 POST: YOUNG HEARTS FOR LIFE PROVIDES SHS STUDENTS WITH FREE SCREENINGS



Representatives from Young Hearts For Life (YH4L) provided free cardiac screenings for students at Schaumburg High School October 17. The screenings are designed to detect conditions, such as Hypertrophic Cardiomyopathy, which may cause Sudden Cardiac Death. As part of the screenings, students are given an EKG, the results of which are reviewed, on site, by cardiologists with Young Hearts for Life.



Screenings were conducted during the students' health and gym classes. The event was staffed by medical personnel from Young Hearts for Life as well as parent volunteers from Schaumburg's Very Interested Parents (VIP) booster club. Young Hearts for Life has provided screenings at multiple District schools in recent years. For more information about Young Hearts for Life visit <http://www.yh4l.org/>.

[D211 POST: SHS STUDENTS GET FREE HEART SCREENINGS](#)



Schaumburg High School senior Anthony Spadafore receives an electrocardiogram screening by volunteers with Young Hearts for Life during a screening event funded by the Joshua Jared Hardy Charities.

More than 1,200 students at Schaumburg High School took part in cardiac screenings funded by the Joshua Jared Hardy Charities. The screenings, conducted by Young Hearts for Life (YH4L), are designed to help prevent sudden cardiac death from conditions such as Hypertrophic Cardiomyopathy.

During the screenings, 150 parent volunteers, trained and supervised by YH4L staff, administered electrocardiograms, the results of which were reviewed by a team of cardiologists.

Assistant Principal Michele Napier said the parent-volunteers helped create an efficient and smooth screening.

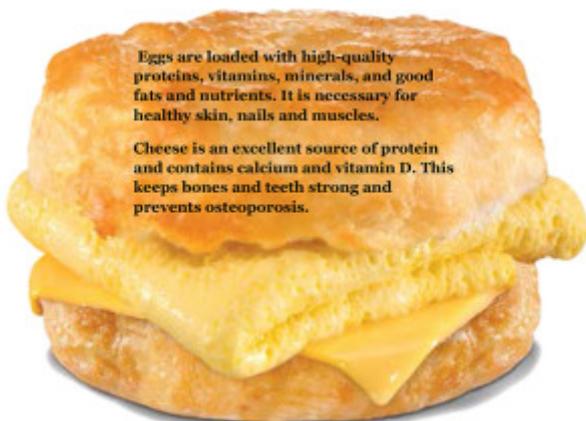
“Events like this are crucial to promote good health and balance for our students,” she added.

Dr. Joseph Marek, one of the cardiologists who reviewed the ECG results, said he started YH4L after learning of similar screening being conducted on athletes in Europe. He added that he chose to have tests done at junior high and high schools due to the age range for individuals at the greatest risk.



Dr. Mohamed Sinno (left) and Dr. Joseph Marek review ECG results from screenings conducted at Schaumburg High School.

DISTRICT 211 PARTICIPATES IN NATIONAL SCHOOL BREAKFAST WEEK, STRESSES IMPORTANCE OF MEAL



Eggs are loaded with high-quality proteins, vitamins, minerals, and good fats and nutrients. It is necessary for healthy skin, nails and muscles.

Cheese is an excellent source of protein and contains calcium and vitamin D. This keeps bones and teeth strong and prevents osteoporosis.

Fun facts such as these were posted throughout the week at Hoffman

Although it's stressed in schools, not every student has access to eat a nutritious breakfast to start the day. Some students might skip the meal because they don't realize how important it is. During National School Breakfast Week, schools help encourage and educate students on why they should partake in what is considered the most important meal of the day.

District 211 is participating in National School Breakfast Week outlined by the School Nutrition Association. The week, which started on March 4 and continues through March 8, is to promote the importance of breakfast to students and how it's beneficial not to skip.

"Regardless of where breakfast is consumed, it is truly one of the best ways to start the day," said Lauren Hummel, director of food service in District 211. "Studies have consistently shown that breakfast not only improves classroom performance, test scores, and grades, but also decreases issues related to behavior and absenteeism. Breakfast helps our bodies regulate our metabolism and blood sugar, as well."

National School Breakfast Week was established in 1989 in coordination with the School Nutrition Association. It provides schools with the opportunity to highlight and promote the importance of school breakfast. The theme this year is "Be a Star with School Breakfast" and showcases how role models such as musicians, actors, and athletes need a healthy start every day to be successful. Even celebrities need to start their day with a healthy and balanced breakfast.



Fremd, Conant, and Hoffman Estates High Schools had their own campaigns to promote eating breakfast. Fremd High School is doing a breakfast with the principal on March 8. Conant High School is conducting a breakfast trivia game throughout the week with raffle prizes. Hoffman Estates High School is offering free fruit with each breakfast and has posted breakfast trivia throughout the cafeteria.



Hummel said District 211 breakfasts are designed to meet guidelines for fat, calories, saturated fat, and other vitamins and minerals. Students are offered a variety of hot and cold options that feature whole grains and various sources of protein in addition to milk and fruit or 100 percent fruit juice.

“District 211 breakfast participation has increased by over 40 percent in the last two years alone,” she said. “Breakfasts may include egg and cheese on a whole grain bagel, low-fat yogurt with a whole grain cereal bar, homemade breakfast burritos and homemade whole grain French toast. However, the all-time student favorite is the chicken on a biscuit sandwich.”

For more information on National School Breakfast Week, please visit the School Nutrition Association’s [website](#).