



School Based Health Program Newsletter April 2016 ISSUE 4

SBH Team

Mary Ann Glusich
School Nurse

Jill Mullens
School Nurse

Erin McFarland
School Counselor

Brenda Orth
Clerical Assistant

Angie
Impellicceiri
Clerical Assistant



The Disease of Being Busy

There was an article in the New York Times by a professor at Duke University who talks about “*The Disease of Being Busy*”. The article looked at families who are exhausted, tired and overwhelmed from being so busy. Sound familiar?

Parents of today live by calendars and cell phones scrolling to find what activities are next. You don’t dare leave the house without getting caught up with “Face Book”, E-mails”, and voice mails.

Why do we feel like we have to know everything about everyone’s activities?

With no time for breakfast at home, you grab a pop tart or run through McDonalds for a hash brown. As you drive, you plan the day out loud. “Now, grandma is going to get you after school. She will bring you to piano lessons. I will pick you up from there and take you to the field for practice. I can only stay a while because I have a PTP meeting so you are to come home with Jesse. I’ll order pizza. “

How did we end up living like this? Why are we doing this to ourselves and our children? As the author says, “when did we forget that we are human beings, not humans doing?”

What happened to a world in which kids get dirty, messy and get bored! If a child is bored the creative juices start to flow. Do we have to love our children so much that we over schedule them, making them stressed and busy just like us. This disease of being busy doesn’t leave time for “ease”.

Leave time for conversations on the porch, slow and from the heart. “Dis ease” robs us of our spiritual and mental health and wellbeing. Sit and talk, tell stories, and enjoy the outdoors. Sing songs together. I’m surprised at the children that don’t know nursery rhythms or camp fire songs.

Make a conscious effort to turn off the cell phone, iPods, lap tops and TVs. Stay home, everyday does not need to be filled with activities away from home, going to a movie, to the park, or out to eat.

Panic and anxiety disorders in adults and children are increasing in large numbers. Many physical disorders and diseases are linked to stress and anxiety. Maybe we can decrease this by taking more time to just “ease”. Try it with your family.

Ref. www.onbeing.org/blog/the-disease-of-being-busy

April Is National Humor Month



Humor month was designed to heighten public awareness on how the joy and therapeutic value of laughter can improve health, boost morale, increase communication skills and enrich the quality of one's life.

"April is the only month that begins with All Fool's Day -- a day which has sanctioned frivolity and pranks ever since the 1500's."

Author Norman Cousins cited laughter as an effective tool for promoting the healing process. In Cousins' words, "Laughter is internal jogging."



Q: Why do bananas use sunscreen?

A: Because they peel.

More Chores, Fewer Allergies

A new study suggests that washing dishes by hand is healthier than using a dishwasher.



Washing the dishes by hand may be good for your health. Nobody likes doing the dishes, but it turns out that doing this mundane task might pay off in an unexpected way. According to a new study published in the *Journal of Pediatrics*, washing dishes by hand instead of using a dishwasher might prevent the development of allergies. Researchers in Sweden surveyed the parents of 1,029 children ages 7 and 8. They discovered that children whose families hand-washed the dishes instead of using a machine were less likely to have allergies.

Earlier research has shown that dishes washed by machine are cleaner than those washed by hand. So why would kids who eat off of slightly dirtier plates be better off when it comes to preventing allergies? One explanation is based on a theory known as the "hygiene hypothesis," which says the reason kids develop allergies is because their surroundings are actually too clean.

Your immune system keeps you healthy by fighting germs like bacteria and viruses. But when you have allergies, it overreacts and tries to fight ordinary things like pollen or certain foods.

Being exposed to germs, especially early in life, is good training for the immune system, says the lead author of the study, Dr. Bill Hesselmar of Queen Silvia Hospital in Sweden. "You stimulate the immune system in various ways and it becomes tolerant."

This study shows that while using the dishwasher might be easier, the old-fashioned method of cleaning up could be better for your health.

By Zachary Humenik with TIME reporting



The only thing better than a fresh watermelon on a hot summer day is a chilled watermelon **smoothie**! Watermelon blends well with bananas, strawberries, peaches and other creamy-textured fruit, providing a delicious flavor accent in your summer smoothie recipes. Because of the high water content of watermelons, you should use less water in your smoothie than you would with other recipes so that you get a thick, creamy texture.

Watermelon Strawberry Smoothie



2 c. seedless watermelon 1 c. whole strawberries
2 c. baby spinach or other leafy green 1 c. water if needed

Calories: 162 | Fat: 0.5g (grams) | Protein: 4.6g | Carbs: 26.6g | Calcium: 12% | Vitamin A: 105% | Vitamin C: 226%

Home Alone This Summer – Are Your Kids Ready To Stay By Themselves?

By Family Time

These long summer days are challenging for parents. Adults have routines that do not change much with the school vacation and so are faced, from time to time, with leaving the kids at home. Alone.

If your kids are home alone for part of a day, whether it's an occasional situation or a regular one, there are things to bear in mind to make the experience safer and more comfortable for you and your children.

First, and most importantly, make sure your son or daughter is ready to stay alone. Before you go any further, ask him if he minds being by himself or perhaps taking care of younger siblings. If the child is obviously reluctant or says no outright, look into other solutions.

If both you and your child feel the time has come, go over safety rules and set up guidelines. These will make both of you feel better. Keep in mind that states have laws regarding the age when youngsters can be left unsupervised.

Plan Ahead

Post all relevant telephone numbers next to several phones. List your work numbers, cell phone numbers, and pagers. Enlist a reliable neighbor or friend to be on call and list his or her number. Include the numbers for the pediatrician and poison control. Write your home address on the list as well as your home telephone number, if you have a land line.

Go over when it would be appropriate to call 911 and what the children can expect if they do.

Make sure all fire alarms work. Point them out to the kids. In the event of fire, plan at least two escape routes from every room and every floor. Buy a fire ladder, if it makes sense. Install a fire extinguisher in the kitchen (not near the stove) and make sure everyone knows how to use it.

Walk through the kitchen and discuss the danger of the stovetop and oven. Determine if the child can use these. Perhaps you should limit snacks to uncooked ones or those that are heated in the microwave.

Assemble a first-aid kit with bandages, gauze, antibacterial ointment, an icepack, and a few Tylenol and Benadryl. Instruct your kids never to administer the medicine without calling you first.

Put all other medication, poisonous household cleansers, and alcohol in a locked closet or out of sight and reach. Lock up firearms and ammunition in two separate locations.

Check that all your windows and doors have working locks. Point these out to the kids and make sure they know how to secure them.

Make sure your kids know to check the caller id before answering the phone. If they don't recognize the number or name, they should let the call go to voice mail. Equip your kids with cell phones.

Leave an extra key with a neighbor in the event someone gets locked out. Don't hide keys under mats or flowerpots.

Establish Guidelines

Together with the kids, set up house rules and post them in the kitchen or family room. These might include a chore (fold laundry; unload the dishwasher), a list of acceptable television programs, and reminders to check that all doors are locked.

Make sure the kids:

- Call you or a designated adult when planned
- Never answer the doorbell
- Never allow anyone to enter the house they do not know very well
- Never have friends over
- Screen calls
- Do not let a caller know they are home alone
- Do not cook unless you have approved it
- Never enter the house if the door is unlocked when they get home

Encourage a Routine

Everyone feels more secure with an established routine. Go over a routine with your kids so that they know what you expect. And then make sure they stick to it.

For instance, after they call you, they might make a snack and sit down to computer games. After this, they could watch television while they fold the laundry. Some parents don't allow children to go online until they themselves arrive home from work. Others are more lenient.

Keep in Touch

You or your spouse should call the kids at least once after they have checked in to make sure all is well. This also reminds the kids that you are going to check in at unannounced times.

If your plans change even a little (you have to stay late, you stop by the store, you are stuck in traffic), call your child. This way, no one will worry.

It's crucial to go over daily schedules and transportation. Keep track of when your children are going to a game or a friend's house.

Finally, talk to your children regularly about how they feel about being alone. Your confident 12-year-old may change her mind after a few weeks, or you may find you are not as comfortable as you thought you would be. Also, states have different laws about how old kids need to be before they are left alone.

As with all things related to child care, be flexible and be prepared to make other plans. Learning how to manage on their own is an important part of growing up for all children. Approach it with common sense and sensitivity.

Laws

In WV and Ohio, there are no laws stating how old a child can be to be left alone. Let's consider this, a 7 year old could probably stay home while you run a 20 minute errand. If a child is 10, an hour or two might be the longest you'd want to leave them. From ages 10 to 12, it depends on the child.

Parents should consider the child's maturity level, behavior, and emotional readiness. The American Academy of Child and Adolescent Psychiatry suggest parents spend time talking about expectations for the time alone. What is and isn't OK for them to do? How would they handle certain situations? Maybe do some role playing with your child.

Ref. Medical Minute: Home Alone

April is Child Abuse Awareness Month



We need to be able to speak for those that have no voices.

Ten things you can do to help prevent child abuse are:

- Wear a blue ribbon pin every day
- Volunteer with programs that support families
- Let parents know that it's okay to ask for help
 - Spend time together as a family
 - Reach out to a child
- Offer to help and overwhelmed parent
- Look for the positive in every family
 - Listen to children
- Know how to recognize and report child abuse
 - Solve problems without violence

Many resources in reference to the welfare of children can be found at www.childwelfare.gov.

AUTISM Awareness Month



“There needs to be a lot more emphasis on what a child can do instead of what they cannot do”-Temple Grandin

“Autism Speaks” stresses the importance of recognizing the early signs of autism and seeking early intervention services. Recent research confirms that appropriate screening can determine whether a child is at risk for autism as young as one year. While every child develops differently, we also know that early treatment improves outcomes, often dramatically.

The following “red flags” may indicate a child is at risk for an autism spectrum disorder. If your child exhibits any of the following, please don’t delay in asking your pediatrician or family doctor for an evaluation:

- No big smiles or other warm, joyful expressions by six months or thereafter
- No back-and-forth sharing of sounds, smiles, or other facial expressions by 9 months
 - No babbling by 12 months
- No back-and-forth gestures such as pointing, showing, reaching, or waving by 12 months
 - No words by 16 months
- No meaningful, two-word phrases (not including imitating or repeating) by 24 months
 - Any loss of speech, babbling, or social skills at any age

PLEASE BE AWARE THAT WANDERING IS A VERY SERIOUS ISSUE FOR PERSONS DIAGNOSED WITH AUTISM SPECTRUM DISORDERS AND SUPPORT ANY EFFORTS MADE IN THE COMMUNITY TO KEEP EVERYONE SAFE.

Reference: Autismspeaks.org