

Wheeling School Based Health Program Newsletter April 2018 ISSUE 4

SBH Team

Mary Ann Glusich
School Nurse

Erin McFarland
School Counselor

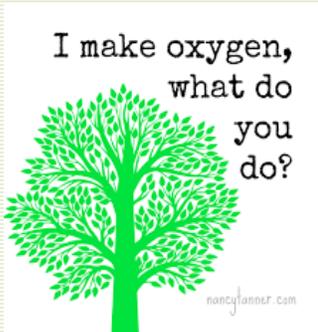
Brenda Orth
Clerical Assistant

Earth Day Fun

Q: What did Obi Wan Kenobi say to the tree?
A: May the Forest be with you.

Q: Why did the dog bury himself in the back yard on Earth Day?
A: Cause you can't grow a tree without bark.

Q: How do trees get on the internet?
A: They log in.



Ref: <http://www.jokes4us.com/holidayjokes/earthdayjokes.html>

Earth Day Food and Fun

Every April 22, we celebrate **Earth Day**---a time to focus on the planet's health. Get your youngsters involved, and encourage them to focus their own health, too, with these ecofriendly activities.

Enjoy a waste-free meal. Can your family eat an entire meal without wasting any food? One idea is to cut food into smaller pieces before family members serve themselves. For example, set out platters of grilled chicken strips, baked potato halves, and apple slices. Encourage everyone to only take what they can eat.

Throw a leftover "party". Let your kids look at the leftovers in the refrigerator. Have them make a menu to use them up. For instance, you might make a casserole with leftover rice and veggies or banana pudding with overripe bananas for dessert.

Join a cleanup. Participate in a neighborhood or park cleanup, and enjoy a picnic afterward. Get trash bags and gloves for picking up litter. Let your child help you pack nutritious foods, such as turkey wraps and fruit salad, in reusable containers. After you've worked up a sweat cleaning up the trash, wash your hands, and eat together.

Ref: Nutrition Nuggets April 2018





Healthy Homemade Condiments

Store bought condiments are often loaded with sugar and salt. Try making these healthier versions with your family.

Honey Mustard - In a small bowl, whisk together $\frac{1}{4}$ cup Dijon mustard, $\frac{1}{4}$ cup honey, and 1 tsp lemon juice. Use whole wheat pretzel sticks to dip or spread on ham sandwich.

Ketchup - In a blender combine 8 oz. tomato paste, $\frac{1}{4}$ cup apple cider vinegar, 1 cup water, and 2 tbsp. of brown sugar. Add $\frac{1}{2}$ tsp each of garlic powder, onion powder and all spice. Blend on high 2-3 minutes. Use on turkey burgers or with sweet potato fries.

Re: Nutrition Nuggets April 18



Teenage vaping is on fire!

Post-millennials are now using vaporizers more than regular cigarettes — and the puffing devices are so popular among young people they are reversing a decades-long decline in teenage drug use, according to a new study. Researchers found that 35.8 percent of US high-school seniors have tried vaping compared with 26.6 percent who have lit up an old-fashioned cigarette, according to the annual Monitoring the Future survey. “These findings emphasize that vaping has progressed well beyond a cigarette alternative,” experts report.



Vaping is the act of inhaling and exhaling the aerosol referred to as vapor from e-cigarettes. The vapor is mistaken for water vapor because it is not tobacco smoke. However, the fine particles in this vapor does contain nicotine and other toxic chemicals linked to cancer, heart and respiratory disease. Some vaping devices are used to vape marijuana and other mind-altering synthetic drugs.

Young people in our schools are vaping in class using the tool that looks like a computer travel drive. They think they can fool the teachers. Students that don't vape complain about the smoky restrooms. This practice is on fire among our teens.

Please talk to your students about the dangers of this practice to their health. Health advocates are recommending caution in using these devices and they study the risks further.

Ref. The National Center on Addiction and Substance Abuse



What is autism spectrum disorder?

Autism, or autism spectrum disorder, refers to a range of conditions characterized by challenges with social skills, repetitive behaviors, speech and nonverbal communication, as well as by unique strengths and differences. We now know that there is not one autism but many types, caused by different combinations of genetic and environmental influences.

The term “spectrum” reflects the wide variation in challenges and strengths possessed by each person with autism.

Autism’s most-obvious signs tend to appear between 2 and 3 years of age. In some cases, it can be diagnosed as early as 18 months. Some developmental delays associated with autism can be identified and addressed even earlier. Autism Speaks urges parents with concerns to seek evaluation without delay, as early intervention can improve outcomes.

Some facts about autism

- The Centers for Disease Control and Prevention (CDC) estimates autism’s prevalence as 1 in 68 children in the United States. This includes 1 in 42 boys and 1 in 189 girls.
- An estimated 50,000 teens with autism become adults – and lose school-based autism services – each year.
- Around one third of people with autism remain nonverbal.
- Around one third of people with autism have an intellectual disability.
- Certain medical and mental health issues frequently accompany autism. They include gastrointestinal (GI) disorders, seizures, sleep disturbances, attention deficit and hyperactivity disorder (ADHD), anxiety and phobias.



Have you seen blue pinwheels as you make your daily commute? These are reminders that April is Child Abuse Prevention Month. A wonderful resource for families is www.childwelfare.gov.

One way to help keep our children safe is to help build and instill resilience in them. Bad things will happen to each of us in our lifetime. Learning how to manage the rough roads builds stronger human beings.

You can help your children develop resilience by taking the following steps:

- Model a positive outlook. Children will learn from your ability to bounce back from difficulties. When faced with a challenge yourself, model an “I can do it” attitude. Remind yourself and your child that the current problem is temporary and “things will get better.”
- Build confidence. Comment frequently on what your child does well. Point out when he demonstrates qualities such as kindness, persistence, and integrity.
- Build connections. Create a strong, loving family and encourage your child to make good friends. This will help ensure that she has plenty of support in times of trouble.
- Encourage goal-setting. Teach children to set realistic goals and work toward them one step at a time. Even small steps can build confidence and resilience.
- See challenges as learning opportunities. Tough times are often when we learn the most. Resist the urge to solve your child’s problem for him—this can send a message that you don’t believe he can handle it. Instead offer love and support, and show faith in his ability to cope. Remind him of times when he has solved problems successfully in the past.
- Teach self-care. Many challenges are easier to face when we eat well and get enough exercise and rest. Self-care can also mean taking a break from worrying to relax or have some fun.
- Help others. Empower your child by giving her opportunities to help out at home or do age-appropriate volunteer work for her school, neighborhood, or place of worship.

Resource: www.childwelfare.gov