



**Wheeling School Based Health Program Newsletter
April 2022 ISSUE 3**

In times of stress, the best thing we can do for our children (and for each other) is to listen with our ears and our hearts and to be assured that our questions are just as important as our answers.” Fred Rogers

CHILDREN AND TRAGEDY IN THE NEWS

During times of tragedy and difficulty in the news, we may think that children are unaware of what is happening. However, children are more aware than we know and are especially sensitive to the moods and conversations of adults around them. Here are some ideas and considerations for supporting children when the news in the world is difficult:

*When the world feels uncertain and the news is scary, we can help children feel safe by letting them know we will always care for them and love them, no matter what.

*Be mindful of what children hear and see on the news. Children can overhear media and conversations that are not intended for them. It is best that they learn from a trusted adult, through meaningful and intentional conversations.

*Let children know you are always open to their questions. Before you answer it can help to ask the child, “What do you think?” or “What have you heard?” Sometimes, children may understand more than we realize, may have misinformation or may have a much simpler question than we assume, if you know more about what the child is wondering, it can help you give a simple and honest answer.

*It’s okay if you don’t know the answer to the child’s question. You can let them know, “I wonder about that too.” And that you will share as you learn more. It can help to ask the child more about what they are feeling. Simply listening to the child’s feeling around their uncertainty can help them feel safe.

*Let children know that their feelings are always safe with you, whether they are feeling worried, angry, sad, or anything at all.

*Difficult news takes a toll on all of us. To care for the children in our lives, it is important to care for ourselves. Set boundaries around your own news intake, take moments to rest, and find a support network for yourself.

*Even when you are overwhelmed, unsure of what to say, or are struggling, you are just what the child in your life needs and you are enough.

www.fredrogerscenter.org



SBH Team

Erin McFarland
School Counselor

Stephanie Wadford
School Nurse

Brenda Orth
Clerical Assistant

**Easter
Funnies**

**What should you
do to prepare for
all the Easter
treats?**

Eggs-ercise!

**What do you call
a rabbit with
fleas?**

Bugs Bunny

**What is the
Easter Bunny’s
favorite dance
move?**

The Bunny HOP!



Cold or Allergy: Which is it?



Symptom check: Is it a cold or allergy?

Symptom	Cold	Allergy
Cough	Usually	Sometimes
General aches and pains	Sometimes	Never
Tiredness and weakness	Sometimes	Sometimes
Itchy eyes	Rarely	Usually
Sneezing	Usually	Usually
Sore throat	Usually	Rarely
Runny nose	Usually	Usually
Stuffy nose	Usually	Usually
Fever	Sometimes	Never

You can treat a common cold with rest, pain relievers and cold remedies, such as decongestants. A cold often lasts 5-7 days in adults, although some may last as long as two or three weeks.

You can treat seasonal allergies with antihistamines, nasal steroid sprays and decongestants. Avoid exposure to allergens where possible. Seasonal allergies may last several weeks.



Covid-19 Reminders:

4th Dose Approved COVID-19 Booster available for Moderately or Severely Immunocompromised People or Age 50 or older.

Children Ages 5-11 years who are Moderately or Severely Immunocompromised should receive a primary series of 3 doses of the COVID-19 vaccine.

Help Protect Your Child, Your Family, and Others

Getting a COVID-19 vaccine can help protect children ages 5 years and older against COVID-19.

- Vaccination can help keep children from getting seriously sick even if they do get COVID-19.
- Vaccinating children can help keep them in school and help them safely participate in sports, playdates, and other group activities.

Help protect your whole family by getting yourself and your children ages 5 years and older vaccinated against COVID-19.

REMINDERS

We wanted to remind all our parents about the two shots that are required in West Virginia for all students before they enter 7th grade.

- **One booster dose of Tdap** (tetanus, diphtheria, pertussis)
- **First dose of MCV** (meningitis) vaccine (they will need a second dose before 12th grade)

Please check with your physician, visit Med Express or the Health Department to have these administered. Bring an updated copy of the immunization record or other documentation showing that these have been given to the school. We would appreciate having all of this completed by May if possible. Then the records can be checked for compliance and avoid any delay in starting school in the fall.

Medication Forms needs to be completed every year if your child needs medication at school. Please use the link below to access form. Form can also be obtained in main office.

<https://d.docs.live.net/5e15232ceda09439/Documents/POLICIES%20FOR%20DIOCESE/5910.1%20Medication%20Administration%20Authorization%20Form.docx> (Ctrl + Right Click on Mouse to Open)

Events in APRIL/MAY to Note:

For further information right click on pictures below and select open link.



May 11, 2022
Happy School Nurse Day Nurse Stephanie

Guidelines for Leaving Kids HOME ALONE

AGE APPROPRIATE:

7 & under	Should not be left alone for any period of time
8-10 years old	Should not be left alone for more than 1½ hours & only during daylight and early evening hours.
11-12 years old	May be left alone for up to 3 hours but not late at night.
13-15 years old	May be left unsupervised, but not overnight.
16-17 years old	May be left unsupervised (in some cases, for up to two consecutive overnight periods).

SAFETY TIPS:

- Things to memorize: Full name, address, telephone number.
- Post an emergency list - local, long distance numbers to call in case of emergency.
- Let neighbors know that your child may be home alone.
- Call the child several times while you are away.
- Teach your child how to lock windows and doors.
- Tell your child not to go into other people's homes (neighbors included) without your permission.
- Designate a safe house to run to if the child feels like he/she is in danger.
- Teach children kitchen safety and what is/is not okay when you are not at home with them.

thirtyhandmadedays.com

BY STATE

AL	None	MT	None
AK	Unknown	NE	None
AZ	None	NV	None
AR	None	NH	None
CA	None	NJ	None
CO	12*	NM	10
CT	None	NY	None
DE	12*	NC	8
FL	None	ND	9*
GA	8*	OH	None
HI	None	OK	None
ID	None	OR	10
IL	14	PA	None
IN	None	RI	Unknown
IA	None	SC	None
KS	6*	SD	None
KY	Unknown	TN	10*
LA	None	TX	None
ME	None	UT	None
MD	8	VT	Unknown
MA	None	VA	None
MI	11*	WA	10*
MN	None	WV	Unknown
MS	12*	WI	None
MO	None	WY	Unknown

* - suggested age, not legal requirement

In West Virginia, according to a recent article, the law states there is no minimum age when a parent can leave a child home alone. It is left to the parent's discretion.

It's important to note that no two children are alike, and parents must decide on a case-by-case basis what's best for their child. Therefore, in addition to the general guidelines listed above, a parent or caretaker should consider the following before they leave a child home alone:

- The age and maturity level of the child;
- The length of time the child will need to stay home alone;
- Whether the child works well independently and follows directions;
- The age and number of other children being left at home;
- The safety of the surrounding neighborhood;
- Willingness of neighbors to check in with the child during the day; and
- Whether the child would feel **"safe" staying home alone.**

Vaping Facts You Need to Know

1. Vaping is harmful, but the degree is unknown related to the current data known about cigarettes.
2. Research suggests vaping is bad for your heart and lungs.
3. Electronic cigarettes are just as addictive as traditional ones.
4. Electronic cigarettes aren't the best smoking cessation tool.
5. A new generation is getting hooked on nicotine.

Three reasons e-cigarettes may be particularly enticing to young people: First, teens believe vaping is less harmful than smoking. Second, e-cigarettes have a lower per-use cost than traditional cigarettes. Finally, youths and adults find the lack of smoke appealing. With no smell, e-cigarettes reduce some of the stigma of smoking.



Students must be
Healthy to be
educated and
educated to be
Healthy!

ref: Jocelyn Elders



Drinking Water Week May 2-8

How much water should you drink a day? You probably know that it's important to drink plenty of fluids when the temperatures soar outside. But staying hydrated is a daily necessity, no matter what the thermometer says. Unfortunately, many of us aren't getting enough to drink, especially older adults. "Older people don't sense thirst as much as they did when they were younger.

Water keeps every system in the body functioning properly. The Harvard Medical School Special Health Report notes that water has many important jobs, such as:

- Carrying nutrients and oxygen to your cells
- Flushing bacteria from your bladder
- Aiding digestion
- Preventing constipation
- Normalizing blood pressure
- Stabilizing the heartbeat
- Cushioning joints
- Protecting organs and tissues
- Regulating body temperature
- Maintaining electrolyte (sodium) balance

Harvard.edu

