



Weirton School Based Health Program Newsletter April 2022

SBH Team

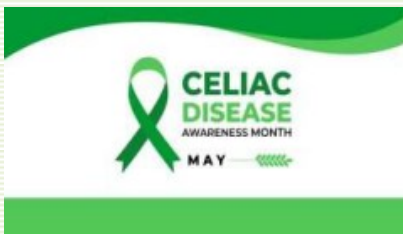
Jill Mullens
School Nurse

Erin McFarland
Counselor

Monica Murray
Clerical Assistant



Happy School Nurse
Day Mrs. Mullens!



“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

GIRLS ON THE RUN is in Full Swing!!

We are over half way through the season and what a team we have!! The 12 girls on our team have been working so hard training for the 5k all the while developing life skills – which are known as the 5 C's + 1 (i.e., confidence, competence, caring, connection, and character + contribution). Each day the curriculum focuses on one or more of these life skills and at the end of the program the girls will feel greater confidence in who they are!! The girls also develop strength of character as they gain awareness of their ability to intentionally choose actions that demonstrate respect and responsibility towards themselves and others.

Soon we will begin working on our Community Impact Project, which is a key element in the Girls on the Run curriculum. First it provides an opportunity for the girls to use skills they have developed and enhanced over the course of the program. The project also provides an opportunity for the girls to apply effort over time toward a goal. Finally, the design of the project is completely driven by the team.

Our GOTR team is so excited to participate in the Girls on the Run 5K event next month at Morgantown, WV. This celebratory, non-competitive event is the culminating experience of the curriculum. The girls have been setting goals over the course of the program which help prepare them for the final event. Completing the 5K gives the girls a tangible understanding of the confidence that comes through accomplishment as well as a framework for setting and achieving life goals. We are so proud of our girls! **GO ST. PAUL SCHOOL GOTR!!!**

Put Away the Salt

The daily recommended amount of salt varies by age: less than 1,900 mg for 4-8 –year-olds, and less than 2,200 mg for 9-12-year olds. What people often don't realize is that salt is an acquired taste. If your child gets used to having less salt, eventually they won't want salty foods anyway-it won't taste good to them.

To start that path, try to limit foods like these: fast food, canned soups, chips, packaged meals, bacon, processed meats and soy sauce. Rinse canned vegetables to remove extra salt, and look for items market "no salt added" or "low sodium".

Finally, keep the salt shaker off the table- if it's not there, your family won't use it!

Frozen Yogurt Bites

Here's a healthy treat that's fun to make and eat. Line a baking sheet with parchment paper. Pour any flavor of nonfat or low-fat yogurt into a zipper bag, seal, and snip off a bottom corner. Let your child squeeze dots of yogurt onto the pan. Freeze until solid and ENJOY!

Let's Go Outside

Now that spring is upon us, start with a healthy routine....**go outside every day!!** Being outside naturally gets kids moving. Your child is likely to run around, explore new places, ride a bike, or toss a ball around. Whatever he does, he'll be working toward the 60 minutes of daily physical activity that's recommended for good health.



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 need to be completed every year if your child needs medication at school.