



School Based Health Program Newsletter February, 2019 ISSUE 3

FEBRUARY IS AMERICAN HEART MONTH

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SBH would like to bring awareness to:



Since 1963, February has been celebrated as American Heart Month to urge Americans to join the battle against heart disease. Since 2004, February also has been the signature month for the American Heart Association's Go Red For Women campaign and the message that heart disease is not only a man's problem.

Heart disease kills an estimated 630,000 Americans each year. It's the leading cause of death for both men and women. In the United States, the most common type of heart disease is coronary artery disease (CAD), which can lead to a heart attack. You can greatly reduce your risk for CAD through lifestyle changes and, in some cases, medication.

You can prevent heart disease by following a heart-healthy lifestyle. Here are some strategies to help protect your heart.

1. Don't smoke or use tobacco. Smoking or using tobacco of any kind is one of the most significant risk factors for developing heart disease.
2. Exercise for about 30 minutes on most days of the week. Remember, brisk walking, gardening, housekeeping, taking the stairs and walking the dog all count toward your total.
3. Eat a heart-healthy diet. A diet rich in fruits, vegetables and whole grains can help protect your heart. Avoid too much salt and sugars in your diet and limit certain fats in your diet.
4. Maintain a healthy weight. Being overweight – especially if you carry excess weight around your middle – increases your risk of heart disease – including high blood pressure, high cholesterol and diabetes.
5. Get enough quality sleep. People who don't get enough sleep have a higher risk of obesity, high blood pressure, heart attack, diabetes and depression.
6. Manage stress. Finding ways to manage stress in healthy ways – such as physical activity, relaxation exercises or meditation – can help improve your health.
7. Get regular health screenings. High blood pressure and high cholesterol can damage your heart and blood vessels. But without testing for them, you probably won't know whether you have these conditions. Regular screening can tell you what your numbers are and whether you need to take action.

(source: Mayo Clinic)

Dear parents/guardians,

*Do you know that children are supposed to be **AT LEAST** 13 years old to be on social media sites (Facebook, Instagram, Snap Chat, Tic Tok, etc.)?

*Do you know what social media sites your child is on?

*Do you know that if you do not restrict the apps your child can add to their device or restrict the internet on their device, they may be on sites you do not even know about?

*Do you know that if your child has access to the internet that they can be exposed to **ANYTHING** they type into the search engine?

*Do you talk to your child about that when they post something, it can be copied, altered, or reposted and it becomes very hard to “take back”?

*Do you know your child can get into trouble with the school, friends, or even the law if they post inappropriate, offensive, or illegal content?

*Do you notice your child’s mood change when they are online or gaming for a significant length of time?

*Is your child aware of what they should/should not post online to keep themselves safe from malicious strangers?

*Do you know what video games your child is playing and that there are “popular” rated M games that have very offensive and questionable language and behavior in them?

*Does your child play video games online with only people they know in real life?

****PLEASE, PLEASE, PLEASE** talk to your child often about the internet and social media. Try to stay updated on the games they are playing, the apps they are using, and the conversations they are having. **PLEASE** limit their screen time usage. **PLEASE** research all social media (even seemingly harmless ones like Tik Tok where they make music videos) because they are harmful breeding grounds for damaging behavior like bullying or being exposed to online predators.**

Parenting isn’t always easy. Let’s work on this together. If you have any questions about the above subject and want to talk more, I promise to work through it and learn with you. In addition to being a Counselor, I am also a parent of a 9 and 14 year old. I have learned some through trial and error and some from educating myself. But I would be happy any day to help you navigate this scary and new world for our children.

Sincerely,

Erin McFarland, M.Ed., LPC, Counselor

What's New?

- The School Based Health Program obtained a \$1,000 Youth Soccer Grant.
- A free Youth Soccer Camp will take place at St. Joseph the Worker School gymnasium on March 4th, open to all boys and girls in grades 5-8 at St. Paul & St. Joe's. (Sponsored by the School Based Health Program & Target)
- Yoga Classes offered at St. Paul School for teachers 3 days a week for 6 weeks.
- Pennies 4 Patients Campaign to raise money for The Leukemia & Lymphoma Society took place the week of Catholic Schools Week. We raised over \$1,500.
- New Stock EpiPens have been delivered from Mylan Pharmaceuticals to replace the expired ones in all three schools.
- Six-week weight loss competition for the teachers was started in January at St. Paul School.
- In February & March, NAMI (National Alliance on Mental Illness) is coming to speak to 7th & 8th grade students at SJS & SPS on a program called "Ending the Silence" to address mental health and suicidal prevention.



Sponsored by the Sisters of St. Joseph Health and Wellness Foundation, Diocese of Wheeling-Charleston