

CORIE



January 2014

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Growing Like a "Weed"

By Mary Ann Glusich RN

The legalizing of medical marijuana in Colorado recently has this school nurse concerned for our young people. Dr. Christian Thurstone, the medical director for one of Colorado's largest clinics for treating youth with substance abuse issues, has seen firsthand what research shows. He reports that one out of six kids who tries marijuana before the age of 18 become addicted. During my years working with youth at a Juvenile Center, I saw firsthand that smoking marijuana is becoming an accepted practice in our society. During my medical assessment I would ask about the boy's drug use. I would often get the answer, "I don't use drugs, I just smoke weed." Sometimes the answer would be, "No, I don't smoke weed, only K2 (the synthetic version). This is coming from 12 to 17 year olds who obviously were going down the wrong path with their lives. However, this attitude is growing among our school kids everywhere. Students have told me that marijuana is just a soft drug," it's going to become legal everywhere soon." A lot of kids are trying the drug. Substance Abuse and Mental Health Services Administration report that two-thirds of new marijuana users are fewer than 18. This is the time for enormous brain development. Students who regularly smoke before age of 18 can lose up to eight IQ points. We need to educate our kids who say "It's just a plant, you smoke it and it just gets you high it doesn't kill you." I don't know how this will play out in the future, but I know I want to see our kids "growing like weeds" the right way. The challenges of growing up are there for our kids. Through education and support from parents and our communities we can pick the weeds out and let the flowers grow. Ref. www.cbn.com/cbnnews/healthscience/2013/February/Legal-Pot-Marijuana-Friendly

MYTH BUSTER:

Has anyone ever told you that if you don't bundle up, you'll catch a cold? **False! You don't catch a cold by going outside in cold weather or from going outside with wet hair.**

Viruses and bacteria cause colds and flu -- spread by contact with infected people -- not cold air.

Water Water everywhere but not a drop to drink!

We are all aware of the recent chemical spill in Charleston W.V. which contaminated all of the water supply in several counties. As we await answers, this incident can be a wakeup call for us all on how we need to be prepared for environmental emergencies. Make emergency kits for home; learn about what to do about floods, fires, severe weather conditions, disease epidemics and terrorism.

Visit these web sites to learn more.

www.wvdhhr.org/healthprep/

www.wvdhsem.gov

www.fema.gov

www.ready.gov

Don't Be Too Late/Vaccinate

Since August 2013, all students entering 7th or 12th grade in WV are now required by law to be vaccinated against Meningitis. Parents must present proof of these vaccinations before the students can enter those grades. Since March, we have been reading about how *Princeton University* has been dealing with an onslaught of severe bacterial meningitis. The type of bacteria is Serotype B which there is no vaccine yet to combat. Bacterial meningitis is life threatening so the FDA has allowed Princeton to use a vaccine not yet approved in the US. We all know that vaccines are not 100% effective but as a society, we need to continue to try to keep our people safe from communicable diseases. Meningitis is spread from person to person through saliva and respiratory secretions during close and lengthy contact. Coughing, kissing, sharing food, drinks or cigarettes can promote spread of this disease. College students particularly those living in dorms are at risk. The vaccine that our students are given in WV fights against Groups A C Y and W135. Maybe we will see some progress with this new vaccine being available to the general public soon. We are all reminded to cover a cough or a sneeze with a tissue or a sleeve, practice good hand hygiene, don't use others water bottles or drink after others. We need to become educated in the health risks and ways to keep ourselves and our children healthy and well.

Ref www.healthmap.org/site/diseasedaily/article/update-meningitiis-princeton-universtiy



Things Happy People Do Differently

- Express gratitude for what they have.
- They cultivate optimism and see the world with endless opportunities.
- They avoid over-thinking and social comparison.
- They practice acts of kindness.
- They nurture deep and meaningful social relationships.
- They develop strategies for coping.
- They learn to forgive.
- They increase flow experiences in their life (flow is a state in which it feels like time stands still) and focus just on what they are doing in that moment.
- They savor life's joys (i.e. smelling the roses).
- They commit to their goals (write them down, look at them often, work on them).
- They have a relationship with God.
- They take care of their body.

Resource: www.FB.com/TributetoStephenCovey