



Wheeling School Based Health Program Newsletter April 2017 ISSUE 4

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More Chores, Fewer Allergies

A new study suggests that washing dishes by hand is healthier than using a dishwasher.

By Zachary Humenik with TIME reporting



Nobody likes doing the dishes, but it turns out that doing this mundane task might pay off in an unexpected way. According to a new study published in the Journal of Pediatrics, washing dishes by hand instead of using a dishwasher might prevent the development of allergies.

Researchers in Sweden surveyed the parents of 1,029 children ages 7 and 8. They discovered that children whose families hand-washed the dishes instead of using a machine were less likely to have allergies.

A Little Bit of Dirt

Earlier research has shown that dishes washed by machine are cleaner than those washed by hand. So why would kids who eat off of slightly dirtier plates be better off when it comes to preventing allergies? One explanation is based on a theory known as the "hygiene hypothesis," which says the reason kids develop allergies is because their surroundings are actually too clean.

Your immune system keeps you healthy by fighting germs like bacteria and viruses. But when you have allergies, it overreacts and tries to fight ordinary things like pollen or certain foods.

Being exposed to germs, especially early in life, is good training for the immune system, says the lead author of the study, Dr. Bill Hesselmar of Queen Silvia Hospital in Sweden. "You stimulate the immune system in various ways and it becomes tolerant."

This study shows that while using the dishwasher might be easier, the old-fashioned method of cleaning up could be better for your health.





National Child Abuse Prevention Month is a time to acknowledge the importance of families and communities working together to prevent child abuse and neglect, and to promote the social and emotional well-being of children and families.



Middle School and Friendship

There are some important things that we need to know about middle school friendships. As parents, this information will be valuable for us to think about but also to teach our children to help them navigate these transitional years. Here are some key points:

1. It is normal for friendships to evolve and change. It doesn't mean there is something wrong with you or the other person. It just means you are growing up. Friendships can be fluid at this stage in life.
2. Everything will be okay. Over time your friendships will solidify and you will know who is good for you and meant to be in your life. Be patient, pray for good friends, and pray to be a good friend. True friends are worth the wait.
3. Rather than focus on finding the right friends, concentrate on being the right friend. When you treat people well, you'll attract friends who treat you well too.
4. Even when you find your "people", always leave room at the table to invite someone new in.
5. Love your friends well, but keep a loose grip. Give them space to explore new friendships and explore new friendships yourself.
6. Remember that everyone is learning and gradually maturing. Just because you don't click with someone right now doesn't mean you won't click later.
7. The biggest friendship killers are jealousy, comparison, insecurity, and fear (of rejection, being left out, or being alone). Acting on these emotions can turn you into someone you are not.
8. Form your own opinions about people, and don't believe everything you hear. Just because your friend dislikes someone doesn't mean you should too.
9. Know the difference between committed friends and casual friends. Committed friends make up a small portion of your social network. These are the kind of friends you carry throughout life.
10. Be kind, and keep in mind that kindness is more important than popularity. Making popularity your ultimate goal is a bad idea, because you'll do anything to impress the "right" people, even compromise your values. Treat everyone with equal respect.

Please remember, parents, that your children's friendships will change and ebb and flow and that is okay and a normal part of development. It is hard to see your children's friendships slip away but sometimes kids drift apart for no reason or for an identified reason. It is all okay. Let's all work together to help our kiddos navigate these tricky middle school friendship waters.

Resource: Liked by Kari Kampakis

20 Truths about Kindness

By Liked author Kari Kampakis (and Facebook friends)

How you make others feel about themselves says a lot about you.

You'll never regret being kind.

Kindness is contagious. It inspires others to be kind too.

Kindness is a sign of strength, not weakness.

Nobody is kind all the time. We all mess up. Apologize and pray to do better next time.

Only God can help you be kind without motive or expectations.

True kindness isn't advertised. It counts most when nobody is watching.

Being kind to yourself enables you to be kind to others.

Be kind or be quiet

Kindness is king

Kindness costs nothing-but being unkind can cost you a lot!

Kindness attracts kind friends, who will be life-long friends!

You'll have a hard time finding friends if you're unkind.

Being kind builds bridges. Being unkind burns them.

The happiest, healthiest friendships are based on love for one another.

Be kind whenever you can.

You can be unkind without saying a word. Body language speaks volumes.

Kindness is most appreciated after you've been burned by an unkind friend.

Be kind to everyone-even those who don't deserve it. They need it the most.

You may not be the best at school or sports, but you can be the best at showing kindness!

ALERT:

The CDC, several states, and the FDA are currently investigating an outbreak of *E. coli* O157:H7 infections in several states. Most of the ill people are young children, and several of them have developed a serious complication from their infection called hemolytic uremic syndrome (a type of kidney failure).

The latest outbreak information from CDC can be found at: <https://www.cdc.gov/ecoli/2017/O157H7-03-17/index.html>

The children got sick after eating a soy nut butter product made by the SoyNut Butter Co. under the brand "I.M. Healthy." As a result, the company recalled the following products:

- All varieties of I.M. Healthy SoyNut Butters
- All varieties of I.M. Healthy Granola products
- Dixie Diner's Club brand Carb Not Beanit Butter