



Wheeling School Based Health Program Newsletter December 2018 ISSUE 2

SBH Team

Mary Ann Glusich
School Nurse

Erin McFarland
School Counselor

Brenda Orth
Clerical Assistant



Christmas Tree Blessing

Lord Jesus,

Encircle this tree with your blessing.

May its twinkling lights remind us of the hope and promise of your coming.

May we find joy in the memories we share in its tinsel and trimmings.

May the presents we place beneath it give rise to an appreciation for the gift of your presence among us.

We ask this your Holy name.

Amen



Traditional Toys Win Out

Adults want children to play with “traditional” toys such as board games and science kits. An independent study revealed most adults believe young children should be exposed to shape sorters, dolls, teddy bears, dolls and ride-on cars, while those of a slight older age benefit from bikes, train sets, telescopes and chemistry sets. One in 10 adults highlighted role-play as an important factor in play time, with dress-up clothes and play houses. Four in ten adults felt it was important for toys to be educational, while 44% wanted them to inspire creativity.

Child development expert, Anita Cleare said, “Play is essential for children’s development - it’s how they build their brains, learn about the universe and develop creativity, problem solving and social skills.

Legos encourage children to use their imagination, board games give them an opportunity to develop complex thinking skills like planning and prediction. Puzzles are great for practicing mental rotation.



Adults acknowledge the fact there were certain toys during their childhood which had a really positive impact on their growth and development. Over two-thirds of the parents polled said their children play with the same toys they did when they themselves were young, showing how timeless classics help. I know playdough is always on my list for my grandkids no matter what the age.

Ref www.INDEPENDENT.co.uk

Laugh at Silly Elf Jokes



What kind of music do
elves like best?

“Wrap” Music!

What kind of bread do
elves make sandwiches
with?

“Shortbread” of course!

What kind of money do
elves use?

“Jingle” Bills!

What’s the first thing
elves learn in school?

The “elf-abet”!

**If athletes get athlete’s
foot, what do elves get?**

“Mistle”-toes!



Parental Social Media Etiquette

Social media is such a new concept and it is ever changing. It is our job as adults to stay abreast of current trends, safety, and positive social media etiquette. Yet, it is very hard to teach to our younger generation when we adults don't follow proper etiquette ourselves. Here are some tips to help you:

***Give your child veto rights.** Have you ever considered asking your child's permission before posting information or pictures of them on social media? Asking THEM permission helps to teach them to get consent before posting things about their friends and family.

***Feelings come first.** Birthday party pictures can be hurtful to kids or parents that weren't invited. Please consider sending the pictures privately or put privacy settings on so only party goers can see.

***Keep venting IRL.** It IS good to vent about problems. But, social media is not therapy. Sometimes it is therapeutic to type what you WOULD say and erase it but don't actually post. Here is a good rule: Don't post anything you wouldn't feel comfortable SAYING or having your child read in a few years (this includes parenting woes, marital issues, job problems, etc.)

***Make your privacy setting airtight.** Photos of children are sometimes taken from social media for use on illegal sites. Locations and other details can be used by predators to target kids.

***Live for the moment, not for the likes.** Take a couple pics to preserve the memory and then sit back and take in the moment.

***Minimize the bragging.** Posting every week about your child's goal in soccer or straight A's may get taxing to others and it also shows kids this is the only way to get likes. Every once in a while posting things that make you proud of your child is a good thing; don't overdo it.

***Get a parent's sign off.** Be cautious with other people's children. Ask for permission before posting pictures.

***Know your audience.** The school PTO page is not the place to vent about the school, complain to the principal, etc. That is a page made BY parents for information TO parents; not about school policy.

***Be a role model.** Parents should support and model to kids using social media in a positive, constructive, productive way.

***Stay up to date with social media.** This is to help keep your kids safe. Stalk them (by the way that is actually called parenting)

***Give your child SOME privacy.** Don't comment on every one of their posts or pictures

***Talk OFTEN to your children about social media etiquette.**

PUBLIC RESTROOM THE NEXT DRUG DENS



We all are aware of the Opioid epidemic that is plaguing our country. Locally, we can see the effects in homelessness, tent cities, panhandling and the increase in HIV due to drug use.

Drug addicts are using in restaurants, department stores, fast food places, gas stations and many other restrooms to administer drugs. There is concern that harmful residue is left behind.

If you saw the episode of Dr. Oz recently, I'm sure you were shocked at the amount of drug residue in public restrooms. Changing tables that were tested had 100% of drug residue on them. Carry Clorox wipes with you.

Here is the link to this segment of the show. It is worth taking the time to watch.

https://www.doctoroz.com/episode/oz-investigates-why-you-could-be-risk-dangerous-drugs-dr-oz-found-public-bathrooms?video_id=5859543319001

Holiday Healthy-Eating Tips

- **Bring on the Vegetables**
Make half your plate vegetables!
- **East those vegetables first**
Vegetables tend to be high in nutrients and fiber—a winning combination for overall health.
- **Savor each bite**
By savoring every delicious bite, you're more likely to take your time and stop when you've had enough. It takes 20 minutes for your brain to get the signal it's full.
- **Ask yourself “Am I still enjoying this?”**
If the answer is yes, then consider continuing to eat. If the answer is no, you also have the option to take a break and then reevaluate the need for later.
- **Do not skip meals**
Skipping breakfast and lunch to "save" all of your calories for dinner typically leads to overeating.
- **Eat what you love**
Most of us find it extremely easy to eat something just because it's there. Try to be picky at your holiday dinner. Focus on only eating the foods you absolutely love.
- **Resist the urge to fall into a food coma**
That's right, walking is one of the healthiest habits you can have during the holidays, especially after a big meal. There are a bunch of studies that say taking a brisk 15- to 20-minute walk after a meal can help ease digestion and stabilize blood sugar levels.
- **And finally “lose the guilt”.**
I know that healthy holiday eating can make people anxious, but try not to get too worked up. This should be a time of celebration and also relaxation.

