

Wheeling School Based Health Program Newsletter February 2019 ISSUE 3

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ROSES ARE RED

VIOLETS ARE

BLUE

OUR SCHOOL IS

BLESSED

BECAUSE OF

YOU!



Measles Outbreak

Washington State called a State of Emergency and now there are cases of measles in California, also. All states don't agree on the vaccination required for students to be in school. Law makers all our country are debating the requirement for immunizations. Some are pushing for easier exemptions laws. As a school nurse, I get frightened that if we allow exemptions (other than documented Medical issues) we are asking for these communicable diseases to rise again in our society.

West Virginia has always been one of the strictest states with their immunization requirements for kids entering school. Public and private schools must follow the same requirements. Principals along with the help of school nurses make sure all of the students in their school are properly immunized against communicable diseases. In our state, students must have at least one MMR (measles, mumps and rubella) before entering pre-school. Then, before Kindergarten the student must have a 2nd dose of the MMR.

Children under five and adults over 20 are most likely to experience complications from measles. One in every 10 children will develop an ear infection, which can result in permanent hearing loss. One in every 20 children will develop pneumonia, the most common cause of death from measles. One in 1,000 will experience encephalitis, brain swelling that can leave a child with lifelong disabilities.

The most serious complication is subacute sclerosing panencephalitis (SSPE), a progressive, deadly brain disorder. SSPE takes seven to 10 years to develop after contracting measles. Throughout those years, the person may seem fully recovered, until symptoms like forgetfulness, unusually poor school performance and sudden personality changes appear. It is most common in children who contracted measles under the age of 2.

With travel to other states and other countries on the rise, the chances of bringing a communicable disease home can be great if children are not immunized. Check with your physician if you are going to travel to see if your child is old enough to be vaccinated.

A very wise physician once told me that the best advances in medicine have been antibiotics and immunizations. I am proud to say that our Catholic Schools work hard to keep our kids healthy and well.

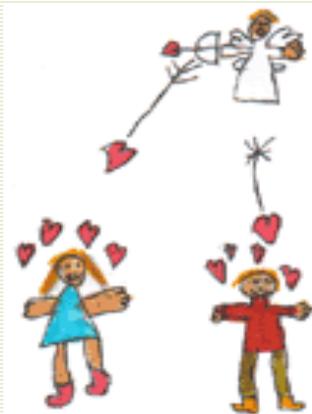
Ref. CDC



Heart-y sayings

Have you thought
about all the
sayings
we have about the
heart?

Here's a list that
some kids came up
with.



I love you with all my heart.
She has broken my heart.
He died of a broken heart.
He wore his heart on his
sleeve.
She was heartsick.
I give you my heart.
His heart leaped into his
throat.
Her heart missed a beat.
You have my heartfelt
thanks.



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



February is HEART HEALTH AWARENESS

Heart Health Fact #1 With every beat of your heart, blood is sent flowing through 60,000 miles of blood vessels, delivering important nutrition and oxygen to all your organs and tissues. If you stretched the blood vessels in your body end-to-end, they'd circle the Earth almost 2.5 times! *(Cleveland Clinic)*

Heart Health Fact #2 Laughing may, in fact, be good for your heart and overall health! Research suggests a good belly laugh can increase your blood flow by 20%. The positive effects of this chuckle can last for 24 hours. *(American Heart Association)*

Heart Health Fact #3 Sadly, only 27% of people can identify all the major symptoms of a heart attack and know to call 911 immediately when they occur. Immediate action saves lives! According to the CDC, the major signs of a heart attack are:

- Chest pain or discomfort.
- Upper body pain or discomfort in the arms, back, neck, jaw, or upper stomach.
- Shortness of breath.
- Nausea, lightheadedness, or cold sweats. *(Centers for Disease Control and Prevention)*

Heart Health Fact #4 Evidence of heart disease found in ancient mummies from around the world suggests heart disease has been an issue for thousands of years. Not long ago, researchers reviewed CT scans of 76 Egyptian mummies, and 38 percent were found to have probably or definite calcification in their arteries. *(Global Heart Journal)*

Heart Health Fact #5 Did you know that an octopus has three hearts but a jellyfish doesn't have a heart at all? Two of the hearts in an octopus pump blood (it happens to be the color blue) to the gills, while the third circulates it throughout the rest of the body. *(NOAA)*

Heart Health Fact #6 Before the invention of the stethoscope in 1816 a doctor would listen to his patient's heart by placing his ear to the patient's bare chest. A French doctor, who thought this approach was both awkward and of limited clinical value, used a rolled sheet of paper to create an aural tube that led soon thereafter led to the stethoscope's invention. *(US National Library of Medicine)*

Heart Health Fact #7 The No. 1 killer of women in America is heart disease. It's more deadly each year than all forms of cancer combined. Some 43 million American women have heart disease, although females comprise only 24 percent of all heart-related study participants. *(American Heart Association)*

Heart Health Fact #8 Happy Birthday EKG! This vital medical instrument was invented 114 years ago and revolutionized the way in which heart problems are detected. *(Cleveland Clinic)*

Heart Health Fact #9 An adult heart pumps more than a gallon of blood per minute – enough to fill 38,000 drinking glasses each day! *(Cleveland Clinic)*

Heart Health Fact #10 Keep Calm and ...Stay Heart Healthy? Studies suggest angry outbursts can boost the chance of heart attack and stroke. *(Harvard School of Medicine)*

Heart Health Fact #11 Suspect a heart attack? Stay out of the car and call 911. An ambulance is the fastest, safest option for help. *(National Heart, Lung and Blood Institute)*

Heart Health Fact #12 Studies have found yoga is effective in slowing down your heart rate, which can help lower your blood pressure. *(American Heart Association)*

