

Wheeling School Based Health Program Newsletter January 2022 ISSUE 2

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Winter Funnies

Q: What are a
Mountains favorite
type of candy?

A: Snowcaps

Q: What time is it
when little white
flakes fall past the
classroom window?

A: Snow and Tell

Q: What is it called
when a snowman
has a temper
tantrum?

A: A meltdown!



Here are 10 Cold Weather Safety Tips to Protect Children:

1. **Layer up!** Bitter cold and snow can cause frostbite. Dress your child in several layers, and make sure their head, neck and hands are covered. Dress babies and young children in one more layer than an adult would wear.
2. **Play it safe.** Even when roads are closed to traffic, it's not safe to play or sled in the street. Visibility may be limited due to snowbanks and ice on the roads makes braking difficult.
3. **Beware of clothing hazards.** Scarves and hood strings can strangle smaller children so use other clothing to keep them warm.
4. **Check in on warmth.** Before kids head outside, tell them to come inside if they get wet or if they're cold. Then keep watching them and checking in. They may want to continue playing outside even if they are wet or cold.
5. **Use sunscreen.** Children and adults can still get sunburned in the winter. Sun can reflect off the snow, so apply sunscreen to exposed areas.
6. **Use caution around fires.** Wood-burning stoves, fireplaces and outdoor fire-pits are cozy but can present danger – especially to small children. Use caution and put up protective gates when possible. If you've lost power or heat and are alternative heating methods like kerosene or electric heaters, be sure smoke detectors and carbon monoxide detectors are working.
7. **Get trained and equipped.** Children should wear helmets when snowboarding, skiing, sledding or playing ice hockey. And to avoid injuries, teach children how to do the activity safely.
8. **Prevent nosebleeds.** If your child suffers from minor winter nosebleeds, use a cold-air humidifier in their room. Saline nose drops can help keep their nose moist.
9. **Keep them hydrated.** In drier winter air kids lose more water through their breath. Offer plenty of water, and try giving them warm drinks and soup for extra appeal.
10. **Watch for danger signs.** Signs of frostbite are pale, grey or blistered skin on the fingers, ears, nose, and toes. If you think your child has frostbite, bring the child indoors and put the affected area in warm (not hot) water. Signs of hypothermia are shivering, slurred speech, and unusual clumsiness. If you think your child has hypothermia call 9-1-1 immediately.

<https://www.savethechildren.org/us/charity-stories/cold-weather-tips>

Reminder: Wash your hands often, wear a mask when you are out and keep your distance from others, and always cover your mouth when you cough or sneeze.



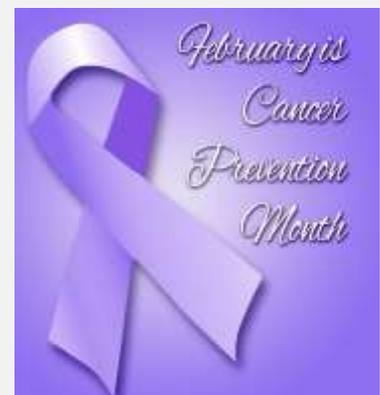
Stress management is something we all need to implement in our lives. Learning how to manage your stress takes practice, but you can do it. Here are 10 ways to make it easier.

- 1.Exercise**-Working out regularly is one of the best ways to relax your body and mind. Plus, exercise will improve your mood. But you have to do it often for it to pay off. Focus on setting fitness goals you can meet so you don't give up. Most of all remember that doing any exercise is better than none at all.
- 2.Relax Your Muscles**-When you're stressed, your muscles get tense. You can help loosen them up on your own and refresh your body by stretching, getting a massage, taking a hot bath or shower, and getting a good night's sleep.
- 3.Deep Breathing**-Stopping and taking a few deep breaths can take the pressure off you right away. You'll be surprised how much better you feel once you get good at it.
- 4.Eat Well**-Eating a regular, well-balanced diet will help you feel better in general. It may also help control your moods.
- 5.Slow Down**-Modern life is so busy, and sometimes we just need to slow down and chill out. Look at your life and find small ways you can do that.
- 6.Take a Break**-You need to plan on some real downtime to give your mind time off from stress. If you're a person who likes to set goals, this may be hard for you at first. But stick with it and you'll look forward to these moments.
- 7.Make Time for Hobbies**-You need to set aside time for things you enjoy. Try to do something every day (15-20 min) that makes you feel good, and it will help relieve your stress. Doing an art project
- 8.Talk About Your Problems**-If things are bothering you, talking about them can help lower your stress. You can talk to family members, friends, a trusted clergyman, your doctor, or a therapist.
- 9.Go Easy On Yourself**-Accept that you can't do things perfectly no matter how hard you try. You also can't control everything in your life. So do yourself a favor and stop thinking you can do so much. And don't forget to keep up your sense of humor. Laughter goes a long way towards making you feel relaxed.
- 10.Eliminate Your Triggers**-Figure out what are the biggest causes of stress in your life. Is it your job, your commute, your schoolwork? If you're able to identify what they are, see if you're able to eliminate them from your life, or at least reduce them.

Ref: WebMD

Upcoming Events in February to Note:

For further information right click on pictures below and select open link.





Yoga, an ancient practice and meditation, has become increasingly popular in today's busy society. For many people, yoga provides a retreat from their chaotic and busy lives. Yoga is recognized as a form of mind-body medicine that integrates an individual's physical, mental and spiritual components to improve aspects of health, particularly stress related illnesses. If your family is familiar or unfamiliar with yoga here are some ideas that can be useful at home:

Simple and fun yoga exercises and games for kids

Here are some fun yoga exercises and games for kids. If you are a parent familiar with yoga, you can try these at home with your family:

Simple yoga breath exercise:

1. Take a deep breath in and hold it for a count of three.
2. Breath out forcefully, like you're blowing out a candle.
3. Repeat this for five cycles of breath.

Flying bird breath:

1. Stand tall, with arms at your sides and feet hop-width apart in standing Mountain Pose.
2. Imagine being a beautiful, strong bird.
3. Pretend to prepare to fly by inhaling and raising your arms ("wings") until your palms touch overhead. Keep your arms straight.
4. Exhale slowly as you bring your arms back down to your sides, palms facing down.
5. Repeat in a steady motion with each breath: inhale as you raise your arms, and exhale as you lower your arms.
6. Optional: Close your eyes as you repeat the movements with breath, and imagine yourself fling in the sky like a bird.

Yoga games

Mirror, mirror – This game is a good warm-up exercise to increase focus.

1. One person starts as the leader. The leader chooses a pose to do and shows it to the others.
2. The other players copy the leader's pose as if they are looking into a mirror.
3. Change the leader with each round of poses, so that everyone has a turn at being the leader.

Yogi says

One person is selected as the Yogi. The other players must do the yoga poses that the Yogi tells them to do if the instruction starts with "Yogi says." If the Yogi doesn't use "Yogi says," then players do not do the pose. Keep changing the person who is Yogi, so that everyone gets a turn.

Red light, greet light yoga

One person is chosen at the Stoplight. He or she stands at the front of the room. The other players are the "cars," and they start at the opposite wall. The Stoplight starts the game by calling "Green light!" The other players then use yoga poses to move forward. When the Stoplight calls "Red light!," each player needs to be in a yoga pose and remain still. Everyone takes a turn being the Stoplight.

Meditation

Meditation can be short and simple, and does not have to involve complex yoga poses or staying still in a quiet, dark room. One parent, who is also a physician, describes playing a "meditation game" with her children before bedtime, when she turns off electronic devices and reflects on the day with her children, using questions like, "What are you grateful for today?"

Here are a few simple meditations for children, which can be done for as little as 30 seconds or for several minutes.

Mindful awareness meditation

1. Find a comfortable seated position or lie down.
2. Close your eyes.
3. Try to listen to every single sound in the room.

Loving kindness meditation

1. Find a comfortable seated position or lie down.
2. Close your eyes and think about someone you love.
3. Hold them tight in your heart and continue to think about that person.

