



School Based Health Program Newsletter FEBRUARY ISSUE 1

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SBH would like to bring awareness to:



TOP 11 HEART-HEALTHY FOODS:

1. Salmon
2. Walnuts
3. Raspberries
4. Fat-Free or Low-fat Milk or Yogurt
5. Chickpeas
6. Oatmeal
7. Olive Oil
8. Dark Chocolate
9. Avocados
10. Unsalted almond butter
11. Red Grapes

Signs of Childhood Depression

It is very normal for all kids to feel sad, irritated, or in a bad mood every once in a while. When negative feelings last for a longer time and limit the child's ability to function as they normally would, they might be having depressive symptoms.

The main sign of depression is when kids are sad, discouraged, irritable, or overly angry for weeks, months, or even longer. Another sign is negative thinking (focusing on faults or problems, being critical, self-critical, and complaining a lot).

Depression symptoms can also be seen in changes in energy level, concentration, sleep, and appetite. Also, loss of interest in activities, withdrawal from family and friends, seeming overly tired, and giving up easily can be symptoms.

Severe depression can lead to thoughts about self-harm or suicidal thoughts.

As parents, it is hard to determine sometimes if your child/teen is experiencing normal moodiness that comes with adolescence and growing up, or depression. Keep open lines of communication with your child.

As with all changes in our children, it is best to consult their doctor, talk to their teacher, and/or seek counseling. There are effective treatments and strategies. Remember you are not alone and working as a team with all the players in your child's life can lead to long term success.

Final thoughts: Be sure your child eats enough nutritious foods, gets enough sleep, and gets daily physical activity.

Resource: KidsHealth.org

We hear that carbohydrates are bad, fattening, cause inflammation and more. Fortunately, most of these statements are not true.

Myth 1: Breads and pasta have carbs so they are bad.

If carbs are the reason that breads and pasta are bad then our beloved kale, antioxidant rich berries, and protein packed milk should be too. Breads and pasta get a bad rap not because of the carbs but because we overeat them. Check out [ChooseMyPlate](#) to see an actual oz. of grain compared to a typical serving.

Myth # 2: Simple carbs are the bad ones so avoid foods with simple carbs.

Limiting sweets and desserts is one thing, but to exclude all foods that have simple carbs is another. The truth is that foods like grains, cereals, dairy, fruits, and vegetables contain a mix of simple and complex carbs. They high nutrient content of these foods makes them important to your diet.

Myth # 3: Carbs cause inflammation.

Ironically, the foods that increase inflammation are foods that we should already limit, such as highly-refined products like junk food that have little to offer other than calories. However, a diet consisting of whole grains, whole fruits and vegetables are linked to a decrease in inflammation. Again, it is not the carbs but the quality of the food choices that make a difference.

Myth # 4: Carbs will make you fat.

Weight loss and weight gain is a simple formula. If you eat more calories than you need, you will gain weight. If you eat less calories than you need, you will lose weight. If you eat more calories than you need by consuming too many carbs or fat or protein you will also gain weight. It is the excess calories that causes weight gain. Plain and simple.

Kids of Steel Program

-Nick Fischer, RD, LDN

How to Help Children Deal with Peer Pressure

We work hard to teach our children about right from wrong, moral values, and kindness. Most of the time, this leads to good choices being made.

However, adding in the presence of peers (who also may be very kind, positive, and have high moral values), can lead to poorer choices.

The pressure to conform can be powerful and hard to resist. Plus we need to remember that using alcohol or drugs increases the chances of giving in to peer pressure.

Tips to help your children deal with peer pressure:

-Teach them to listen to their gut

-Plan for possible pressure situations (ie. They want to go to the party but they think there may be alcohol there, decide ahead of time what to do about that)

-Arrange a bail-out code you can call/text to your parents without losing face with your peers.

-Learn to feel comfortable saying no. You should never have to apologize or explain to true friends in peer pressure situations.

-Hang with people who feel the same way you do.

-Blame your parents (ie. "my mom would be really mad at me if I did that.")

-Don't hesitate to get help if it is a dangerous situation

Resource: KidsHealth.org