

Wheeling School Based Health Program Newsletter October 2021 ISSUE 1

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Fall Fun



Q: How do trees get on the internet?

A: They log in!

Q: Why do trees hate tests so much?

A: Because they get stumped on all questions!

Q: How do you fix a broken pumpkin?

A: With a pumpkin patch!



Effects of Pandemic on Children

We have all been living in a new way since March of 2020. I wanted to give you food for thought about how this pandemic has affected our children.

Their routines have been disrupted. Social interaction has been affected. Early on it involved social isolation and learning new ways to connect with others. Then, interaction has been off and on again. It's also been hard on children as some people have followed certain guidelines as others have followed other guidelines so nothing was consistent, at times contentious, and very difficult to navigate.

Many children have had increased levels of anxiety and depression with a lower amount of readily available mental health services. The ambiguity and not knowing what is going to happen next is hard for children as they crave consistency, routine, and discipline. All of these things have taken on different and evolving forms in the past year and a half.

Children have missed some life events of birthday celebrations that they may have been accustomed to. This also affected weddings, funerals, and other regular celebrations.

The stress that parents and other influential adults (i.e., Teachers, coaches, etc.) have experienced has affected the children as well and many adult topics have been something that children have been impacted by too.

One of the biggest stressors for children is the fear of or actually getting sick, family and friends getting sick, and more death experiences than our children have ever seen.

We've seen an increase in adverse childhood experiences as well with children being out of school and with their nuclear families more.

We are starting to see the effects on education and learning as well. I saw a recent graphic that put this into perspective. Think of this, a 3rd grade student this year, has not had a full "normal" school year since kindergarten; a 7th grade student's last normal year was 4th grade.

So, with all of that said, what are we going to do about it? The answer lies in being creative, using new tools, finding the good in change, working together as a team, and moving forward. We also need to have grace, patience, and flexibility in all of these areas of our children's lives.



Erin McFarland

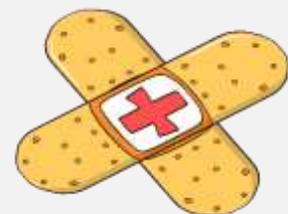


If you put 100 black ants and 100 red ants in a jar, nothing will happen. But if you shake the jar, the ants will start killing each other. Red will believe black is their enemy while black will believe red is their enemy when the real enemy is the person who shook the jar.

Same is also true in our society. Before we fight with each other, we must ask ourselves: who shook the jar???



**Just A Reminder
to Get Your
Vaccines**



Healthy Eating

Your Amazing Body

By the time you turn 18 (for girls) or 20 (for boys), your skeleton will be almost completely done growing. So, it's super important to take in plenty of calcium now, to build strong bones!



A Healthy Start

Breakfast gives kids the power to concentrate in school and the energy to play. Choose cereals with less than 10g of sugar and at least 2g of fiber per serving. Low-fat milk and fruit add protein, fiber and natural sweetness. Other quick breakfast options: eggs and toast, a fruit smoothie (see below) or a peanut butter sandwich.

Homemade smoothies are a great way to add extra nutrition to your diet. Shh! Sneak some fruits or veggies in! Try this recipe:

½ c. coconut water (or regular water)
½ c. plain yogurt (low-fat for big kids)
1 c. blueberries (fresh or frozen)
½ c ripe banana
handful of ice cubes



Four Steps for Healthier Habits

1. Serve healthy portions.

*Teach your child to eat healthy amounts using their hand as a guide. A serving of most grains, fruits and vegetables is the size of a child's fist. A meat serving is the size of their palm, and for added fats like may, butter and salad dressing, use the top of their thumb.

*Make sure your child is hungry when they ask for food (and not just bored)

*Don't insist your child clean their plate. Instead, teach them to stop eating if they feel full.

2. Read nutrition labels.

*Look at serving size, calories, fat sugar and sodium.

*When your child's old enough, show them what to look for.

3. Serve water or milk.

*Avoid soft drinks (even diet ones), sports drinks, energy drinks and juices.

*Add fruit to water to make it more fun.

4. Encourage healthy snacking.

*Limit your child to two snacks a day so they still have an appetite at meal times.

*Include at least two food groups in every snack, like apple slices (fruit) and string cheese (dairy).

*Make healthy snacks easy for your child to find and grab on-the-go. Keep fruits and veggies cleaned, chopped and ready to eat.

Avoid Empty Calories

Empty calories are the extra calories added to foods from fat and sugar. They don't provide any nutrients, but they take up valuable space in your child's stomach. If they eat too many empty calories, they'll be too full for healthier, more nutrient-rich foods.

Flu vs. COVID(Similarities and Differences)

Signs and symptoms

Similarities: Both COVID-19 and flu can have varying signs and symptoms, ranges from no symptoms to severe symptoms.

Common symptoms COVID-19 and flu share:

- Fever/chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue(tiredness)
- Sore throat
- Runny or stuffy nose
- Muscle pain or body aches
- Headache
- Vomiting and/or diarrhea
- Change in or loss of taste or smell more frequent with COVID



How Long Symptoms Appear After Exposure and infection

Similarities: COVID and flu: 1 or more days

Differences: COVID- 19, could take longer to experience symptoms than if have flu

COVID-19: Typically, 5 days after being infected, but can appear 2 to 14 days after infection

Flu: Typically, 1 to 4 days after infection

How Long Someone Can Spread the Virus

Similarities: For both COVID-19 and flu, it's possible to spread the virus for at least 1 day before experiencing any symptoms.

Difference: If a person has COVID-19, they could be contagious for a longer time than if they had the flu.

Flu: Most people are contagious for about 1 day before they show symptoms.

Older children and adults with flu appear to be most contagious during the initial 3-4 days of their illness but many people remain contagious for about 7 days.

Infants and people with weakened immune systems can be contagious for even longer.

COVID-19: How long someone can spread the virus that causes COVID-19 is still under investigation. It's possible for people to spread the virus for about 2 days before experiencing signs or symptoms(or possibly earlier) and remain contagious for at least 10 days after signs and symptoms first appeared.

If someone is asymptomatic or their symptoms go away, it's possible to remain contagious for a at least 10 days after testing positive for COVID-19. People who are hospitalized with severe disease and people with weakened immune systems can be contagious for 20 days or longer.

Reference: [https://www.cdc.gov/flu/symptoms/flu-vs-covid19.htm#:~:text=Influenza%20\(flu\)%20and%20COVID%2D19%20are%20both%20contagious%20respiratory,spre ad%20more%20easily%20than%20flu.](https://www.cdc.gov/flu/symptoms/flu-vs-covid19.htm#:~:text=Influenza%20(flu)%20and%20COVID%2D19%20are%20both%20contagious%20respiratory,spre ad%20more%20easily%20than%20flu.)