



Wheeling School Based Health Program Newsletter May2021 ISSUE 4

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Last Day of School Jokes!

Q: Why did the
Lifesaver go to
summer school?

A: It wanted to be a
Smartie

Q: Which friend do
students never
see over summer
vacation?

A: Their princi-PAL.

Q: Why was the
teacher cross-
eyed on the last
day of school?

A: She lost control of
her pupils.



A LETTER FROM OUR COUNSELOR

Dear Parents/Guardians:

I just wanted to talk to you a minute about your child's time spent on the internet. I have been thinking a lot about that fact that I, in my mid-40s, grew up with NO internet. Some of you may have had some internet as you were growing up, and some of you were born into the internet age. Technology is not going anywhere and we all have to learn to live with it.

I recently had a great lesson in remembering to monitor what your child is seeing online. Please remember that we can google absolutely anything and that there is a YouTube video for just about everything.

Also, remember that even when our children know right from wrong, so much is coming at them on the internet that they may not even know when something is not appropriate for them. There are people in this world that make adult-content entertainment with no malice towards children, but their content isn't child appropriate. Then, there are the people who have content on the internet that isn't appropriate for children because they are intent on harming children.

There is a YouTube video that was recently brought to my attention that is in drawn cartoon media and there are catchy tunes associated with it. It is made by ASDFmovie and one of the videos/songs is called "Muffin Time". Kids are attracted to this music and cartoon but it is NOT child friendly AT ALL. Also, please be wary of TikTok "trends" and content on this seemingly harmless app (I am VERY leery of TikTok in general because the app used to be called Musically and awhile back switched to TikTok and raised the age to use it to 18.....I always ask myself....why? I think the answer is that there is a lot of content on there that is NOT child friendly).

Please monitor what your child is playing, viewing, who they are talking to, etc. and keep open lines of discussion with them about anything that is not appropriate or makes them feel uncomfortable.

Thank you for considering my thoughts and always feel free to call me whenever you need.

Sincerely,

Erin McFarland, M.Ed., LPC, School Based Health Counselor

Schools play a critical role in promoting the health and safety of young people and helping them establish lifelong healthy behaviors. Research shows that school health programs reduce the prevalence of health risk behaviors among youth and have a positive effect on academic performance. CDC analyzes research findings to develop strategies for schools to address health risk behaviors among students and creates tools for schools to implement. Compared to students who received mostly A's, those who reported receiving D's and F's are 11 times more likely to have injected illegal drugs, 5 times more likely to miss school because of safety concerns and 2 times more likely to feel sad or hopeless.



Ref: CDC Health-Related Behavior and achievement

What Will School Look Like Next Fall?



It has been an “unprecedented” academic year for our children, teachers, and parents in the Catholic Schools of the DWC and schools around the world. We have found ways to navigate through the changes as best as we can.

Experts say that there is a good chance most kids will be back in the classroom five days a week in the fall. Public health officials and school administrators do not know what will happen between now and September. Vaccines have arrived, new strains of the virus are raising new question about vaccinations and immunity.

“ I do think we'll be in a much better place than we were last year”, says Dr. Tanya Altmann, a pediatrician and spokesperson for the American Academy of Pediatrics. Pfizer and Moderna are conducting trials on children down to age 12. Once these trials are completed, the next step is for FDA approval for use in children. At this point, it appears unlikely that younger elementary school children will be able to receive a COVID-19 vaccine before the 2021 academic year. Our hope is that widespread adult vaccinations will continue to help keep our children safe and healthy. Altmann added that she hopes a vaccine for younger children will be approved by next cold and flu season but emphasized that no one really knows.

Masks aren't going anywhere. “Kids are going to be wearing masks, teachers are going to be wearing masks,” says Dr. Megan Collins with John Hopkins School of Medicine and a member with a cross-disciplinary team to provide guidelines for reopening and closing schools. “I think that is an absolute at this point in time and there are going to be modifications to the school day, whether that's on a bus or how kids eat in the lunchroom and how they engage in sports activities. Those are going to be around for a fair bit at least until we get a large amount of the population vaccinated.”

Collins predicts that we will have uniformity on measures that should be used to trigger various restrictions in our schools. Schools have suffered by the lack of clear thresholds. They have been forced to try and answer all these questions with a lot of uncertainty in the data.

Learning loss will be a challenge in the fall. Schools will need to prepare for make up through summer instruction, tutoring or something else. “I think schools will spend time trying to figure out: “What have been the successes of virtual learning, and what have been the successes of being in a virtual world with parents that schools had not previously done.” Collins said. Parents and caregivers will continue to be an important part of the children's education.

Ref. [huffpost.com](https://www.huffpost.com)- what schools will look like next fall
by Catherine Pearson Updated January 12,2021

MAY IS AWARENESS MONTH FOR MANY CAUSES AND DISEASES

- *ABOUT 83% OF AMERICANS WHO HAVE CELIAC DISEASE ARE UNDIAGNOSED OR MISDIAGNOSED
- *SIX TO 10 YEARS IS THE AVERAGE AMOUNT OF TIME A PERSON WAITS FOR THE CORRECT DIAGNOSIS
- *CELIAC DISEASE CAN AFFECT MEN AND WOMEN ACROSS ALL AGES AND RACES
- *ONE IN 133 AMERICANS (ABOUT 1% OF THE POPULATION) HAS CELIAC DISEASE
- *THERE ARE NO PHARMACEUTICAL CURES FOR CELIAC DISEASE
- *A % GLUTEN-FREE DIET IS THE ONLY EXISTING TREATMENT



YOU ARE
NOT
ALONE

Now more than ever, we need to find ways to stay connected with our community. No one should feel alone or without the information, support and help they need.

"IN ORDER TO EMPATHIZE WITH SOMEONE'S EXPERIENCE YOU MUST BE WILLING TO BELIEVE THEM AS THEY SEE IT AND NOT HOW YOU IMAGINE THEIR EXPERIENCE TO BE"

-BRENÉ BROWN

