

CORIE



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Oct 23-31

**2014
Red
Ribbon
Theme:
"Love
Yourself.
Be Drug
Free."**



BREAST CANCER AWARENESS MONTH



October is when we raise awareness about breast cancer. We need to win this fight. So many families are impacted by this disease. EARLY DETECTION is key. Our young girls need to be taught how to do self exams. Mammograms are recommended for women at the age of 40 or earlier if there is a family history of breast cancer.

Harvest Time at SVS

Students at St. Vincent School have been visiting the many pumpkin farms around the area during the month of October. These field trips are all planned by the School Based Health Program to bring awareness to the need for eating fresh fruits and vegetables. Hay rides through apple orchards and pumpkin patches let the students see how many fruits and vegetables are grown. Romping through the corn mazes and playing at the unique play grounds promote exercise which is essential to a healthy lifestyle. One presentation by "Mrs. B" at Triple B Farms focuses on how everything we eat comes directly or indirectly from the earth. Kids in the halls can be heard singing, "Dirt made my lunch. Thank you dirt, thanks a bunch for my salad and my sandwich and my milk and my lunch. Dirt made my lunch."

LET's REVERSE THE TREND

Being **BULLIED** in school can cause a range of emotions for students from being slightly annoyed to being paralyzed with fear. Sometimes a student will be so traumatized that they will seek refuge and transfer to another school. We all know that students learn best in a safe, nurturing and respectful environment. Parents have a responsibility to be role models for their kids. If a parent models bully behavior such as poor sportsmanship at a sporting event, talking about others and posting unkind comments on face book, then we can only expect our kids to learn that behavior. We need to look at ourselves. We need to inspire students to peacefully and safely reverse this trend.

Enteroviruses

It is all over the news! Watch out for those nasty bugs! They are coming to get us! Doctors urge parents to keep things in perspective. "Few people who contract EV-D68 develop symptoms other than a runny nose and a cough," said Dr. Andy Shane, associate professor of pediatrics and global health at Emory University's School of Medicine and Children's Healthcare of Atlanta. The impact of EV-D68 is "quite modest" as compared to the flu, said Dr. Andrew Pavia, chief of pediatric infectious diseases and epidemiologist for Primary Children's Hospital, which is a part of Intermountain Healthcare in Utah.

Enteroviruses have been around for a long time. There are 100 different kinds. The reason everyone is so concerned about the EV-D68 is that it is landing some kids in the hospital with severe respiratory problems. Children with asthma and other respiratory illnesses need to seek medical attention if they become sick. Flu kills several hundred children in an average year. Dr. Pavia said this is dramatically more than the impact of EV-D68, but we are familiar with flu, while EV-D68 is something that seems new and noteworthy. Help prevent the spreading of this virus by:

- Washing hands often with soap and water for at least 20 seconds
- Cover coughs and sneezes
- Clean/disinfect surfaces such as door knobs, table tops, remote controls and others
- Avoid contact with people who are sick.

Ref. <http://www.dhhr.wv.gov/oeps/disease/atoz/pages/enterovirus.aspx>

Helping Our Children with Their Feelings

Family life is busier than ever. During our rushed schedules, it is often our inclination to say, "You're fine!", "Don't worry about it.", or "Don't be dramatic." when our kids become upset. Helping our children to learn to identify and manage uncomfortable or strong feelings is just as important as teaching them about safety when crossing the street.

Here are five reasons **NOT** to minimize your child's feelings:

1. It sends the message of don't TRUST your feelings. Being able to identify feelings is one of the first steps towards learning how to manage them.
2. It causes the child to become confused. If they are feeling rotten but you (whom they trust) are telling them they are okay, this can be confusing.
3. It leads the child to believe that his feelings are misleading and inaccurate. Your child may stuff his feelings and they are bound to come out in some behavioral manner.
4. It creates the belief for your child that his feelings are not acceptable. Many adults with on-going problems with their emotions never learned how to properly manage their emotions and turn to negative coping skills.
5. It robs your child of learning alternatives to handling BIG emotions. Children don't have the life skills or experience to handle upsetting feelings and they look to you to teach them how to manage their feelings.



HOME MADE

We all know that the lunch snacks we buy are very deceiving when they say “Fruit Snacks” or “Fruit Roll Ups.” The kids say, “Look Nurse Mary Ann, I’m eating fruit.” The truth is they are basically eating candy.

Read the package and you will find ingredients such as corn syrup, corn starch, gelatin, wax, red dye and juice from concentrate to mention a few. These are all red flags that add to tooth decay and childhood obesity. Researchers have identified sugar as a major factor in developing cancers and other diseases.

I tried this recipe this summer and it worked! My grandkids were used to the sugary taste of the artificial roll ups and it took getting them involved, trying new fruits and perseverance throughout the summer. Now, they enjoy making them and eating them.

Here is a recipe for home made fruit roll ups. It takes a little time to make but are delicious and healthy.

Watch the How To: <http://youtu.be/4-NBWDhjiOY>

1. Take 3 cups of fruit such as strawberries, blueberries, or mango
2. Puree in a blender until smooth (you can add *a little* sugar or honey if you like)
3. Pour onto parchment paper on a cookie sheet
4. Put in oven at 175 degrees for 3-4 hours.
5. When dehydrated, cut into strips and roll up.

It is up to us to teach our children how to eat healthy. With a little effort on a parent’s part, they can pave the way for a child to live a healthy long life.



Ways to Teach Your Child Resilience

We would all love to be able to protect our children from all of life's challenges, "put them in a bubble". Yet, this isn't realistic and we have to instead teach our children how to handle and bounce back from such challenges.

People often forget that children have problems too. We also forget that things that seem trivial to adults, may be life-altering to a child. But, children aren't "little adults" and do not manage problems the same as adults.

Resilience is part of our emotional intelligence. Resilient people focus on finding solutions rather than getting depressed and feeling like victims. So, here are some ways to help your kids develop resilience:

- Watch how you talk to your kids. A major obstacle to resilience is negativity.
- Teach kids to trust their instincts or gut feelings. This will help them to be less influenced by what others expect of them.
- Teach flexibility so they can adjust to different ideas and changing situations.
- Teach responsibility. Blaming gives the other person or circumstance the power over your life.
- Teach emotions and how to label how you are feeling.
- Teach positive focus and find good in every situation.
- Level your expectations. Try to remember yourself at that age and what you were able to accomplish.
- Help your children master a skill. Being good at something gives kids a very good feeling and confidence.
- Expose kids to inspiring people.
- Tell your kids they always have a choice. In every situation, every person has a choice about what to do, how to respond, and how to feel.
- Teach gratitude. Grateful kids are more positive.
- Teach your kids to reward themselves with words like, "I did well", "I was great", or "I am a good friend".

Having a purpose is an important factor of resilience. Yet, for kids that's a bit overwhelming to think about. So, the best way to explain it to them is about thinking about others and making a difference.

Ref: www.kidspot.com