

## Wheeling School Based Health Program Newsletter September 2017      ISSUE 1

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### School Sports- Setting Limits



The American Academy of Pediatrics estimates that 30-50 million kids play youth sports annually. The dramatic increase in recent years is good because children are exercising and staying fit.

Research tells us that kids benefit mentally and emotionally by playing sports. But, should there be a limit to the different sports your child plays at one time? Should kids play sports continually all year long?

Here are some things to consider when letting your child play multiple sports:

- **School Studies:** are they able to keep up their grades?
- **Your time:** are you driving them around from one place to the other all of the time?
- **The cost:** are sports equipment costs adding up quickly?
- **Your child's health:** are they able to take on all those sports and stay injury free?

Watch out for burnout or overtraining syndrome. Many young athletes will take training and competing too far. Overlapping seasons without intervals of rest can be a problem. Year-round participation without an "off season" can have a negative effect on a child's health.

Some kids can experience chronic muscle or joint pain from overuse, fatigue, lack of enthusiasm, sleep changes, appetite changes, increased injuries or infections.

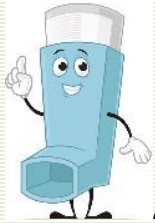
Here are some tips to reduce burnout and injury:

- Proper treatment of injuries including rest
- Focus on good nutrition and hydration
- Maximum sporting activity 5 days per week
- Minimum rest 1 day per week
- Participate in only one sport per season
- Seasonal rest 2-3 months off per year

It is important that parents and coaches talk with their young athletes to ensure they are working at the level that is appropriate for the athlete.

Ref. AAP





## Asthma

Asthma rates in children are reaching epidemic proportions. In the U.S., nearly nine million children have asthma. It is the third leading cause of hospitalizations among children.

Watch out for triggers! Pet dander, pollen, dust, mold, feathers, animal saliva and urine, household cleaning products or air fresheners, smoke and perfumes can trigger an attack. Look to see what the triggers are for your child.

Administer medication and use inhalers as directed by your physician. Wash sheets weekly. Get rid of rugs and old stuffed animals. Keep pets out of bedrooms.

Watch the weather. Winds stir up pollen. Rain allows for trees and grasses to produce even more pollen later. Very cold and very hot weather is not good for asthmatics. You may have to keep your child inside on these days. Breathe easy and stay well.

Ref. Kidshealth.org.



We cannot, nor should we try to, make our children happy all of the time. Life definitely comes with some disappointments and we must teach our little ones how to gracefully handle it. Yet here are 10 tips to help make children happier:

1. Give them plenty of play time.
2. Take arguments and heavy discussions elsewhere.
3. Don't compare them to others.
4. Teach the benefits of negative emotions (i.e. anger can fuel change)
5. Acknowledge their efforts.
6. Value family traditions.
7. Let them take chances.
8. Give them a sense of individual responsibility (kids need chores)
9. Create happy memories.
10. Be happy yourself.

**“The best way to cheer yourself up is to try to cheer somebody else up!”-Mark Twain**



Sometimes it is very difficult to get your child to discuss their school day. Asking, “How was school today?”, might not get you far. Instead, ask questions like these to get a better idea of your child's day:

-“What's the coolest thing that happened at school today? What wasn't so cool?”

-Pretend you're the teacher. “How would you describe the day?”

-“What made you laugh today?”

-“What was the most creative thing you did today?”

-“How were you kind or helpful today? Was anyone kind or helpful to you?”

-“Who did you sit with at lunch? What did you do at recess?”

ref: Resources for Educators

## **Study habits-Some hints to teach your children:**

### **At School:**

Ask your teacher questions if needed through the week (don't wait until the test and still not understand)

Organization skills (use agenda, keep notes together in same place, have sharpened pencils, eraser, etc.)

Notice when the teacher says things like "write this down", "let me summarize", and "let me say this again", "this is important", "this is on the test".

### **At Home:**

Take breaks when you're studying (eat a snack, go to the restroom, do some jumping jacks) but don't get involved in another activity like watching TV or playing video games until you're finished

Have supplies ready when studying (sharpened pencil, eraser, paper) so you can stay focused

Have a certain space at home to study with bright light that's free of distractions (not near the TV or where everyone is talking)-a desk in your room, for example

Start with the most difficult work each day and do what you can before asking for help

Set a time of day that you will do homework/study that your parents agree with (i.e. Right after school)

Work with teachers/parents on figuring out how you learn best (i.e. Visual, auditory, flashcards, writing, etc.)

Get enough sleep (remember 10-11 hours a night-try to be in bed with lights out by 9pm if you can)

### **At Home: (cont.)**

Eat a healthy breakfast the morning of a test

Make a study plan about what you need to do each day and break it down (i.e. Read the chapter Monday night, write key words Tuesday, do study questions Wednesday, have mom ask you questions on Thursday, test on Friday)

### **During the test:**

Take a deep breath before the test starts (deep belly breathing)

Read/listen to all directions before starting

Answer questions that you know first

Eliminate wrong answers in multiple choice if you're having a hard time

Mark questions to come back to

Read True/False questions carefully

Use all of the time for the test

Pay attention to words like "all", "now", "always", "never", "only", "exactly", "not", "no", and "never".

Neatness counts

Check your work

**It's almost impossible to fail if you do all of your work!**

