



Wheeling School Based Health Program Newsletter September 2019 ISSUE 1

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Helping Your Child Succeed in School Through Good Attendance

Starting in Kindergarten, too many absences can cause children to fall behind in school, even a day or two every few weeks. Absences can affect the entire classroom if the teacher has to slow down learning to help children to catch up.

Tips to help with good attendance at school:

- Set a regular bedtime and morning routine.
- Lay out clothes and pack backpack the night before.
- Make sure your child has the proper immunizations before the start of school.
- Introduce your child to the teacher/students in the class before the first day, if possible.
- Do not let your child stay home unless he is truly sick. Complaints of stomachache or headache COULD be nervousness and is not a reason to stay home.
- If your child is anxious about school, talk to the teacher, counselor, or other parents for advice on how to make her feel more comfortable and excited about learning.
- Develop back up plans for getting to school if something comes up (i.e. Neighbor, family member, classmate's parent.)
- Avoid medication appointments and extended trips when school is in session.

Resource: attendanceworks.org



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Did you know?

Children who regularly eat meals with their families tend to do better in school and avoid risky behavior. Eating dinner together is great, but other meals count, too.

If you work at night, maybe you could make time for a family breakfast. Or on a weekend, try a picnic lunch.



Cell phones connect you with people far away but not with the ones sitting right beside you.



VAPING EPIDEMIC- Not just a Smoke Screen

Did you hear about the 17-year-old boy who was vaping for 18 months? Doctors report that he has the lungs of a 70-year-old man. He is suing the company that makes the JUUL -e cig.

Nearly three dozen young people have been hospitalized around the country in recent weeks for severe respiratory problems after vaping either nicotine or marijuana. E-cigarettes were created for adults who wanted to quit smoking regular cigarettes. The E-cigarettes still contain nicotine but does not contain all the harmful chemicals that a tobacco-based cigarette has in them.

The problem is, that teens who never smoked are now vaping! They think it is harmless flavored water vapor. The fact is, you can't vape just flavored water. There has to be a chemical to create the heat so it will work. These chemicals are causing lung disease in our youth. All JUULs contain a nicotine pod. One pod is equivalent to 20 cigarettes. Most teens can vape the entire pod in one day. Vape smoke does not leave an odor on your clothes or your breath. The large puff of smoke disperses quickly so they can do it in school bathrooms.

How can we educate these young people as to the dangers of vaping? Parents need to talk to their teens about this topic. Research on the internet what is happening with the health of our kids.

A teacher told me that a Kindergarten student who had been taking ADHD told her that he no longer needed the medication. He was now Vaping "weed". That is one for CPS. We need to take care of our children! Teens think that they are invincible! We all did at that age. It is our duty as parents and grandparents to provide education to our kids to help them lead healthy productive lives!

Suicide Prevention Awareness Month

If you or someone you know is in an emergency, call [The National Suicide Prevention Lifeline](#) at 800-273-TALK (8255) or call 911 immediately.

Suicidal thoughts, much like mental health conditions, can affect anyone regardless of age, gender or background. In fact, suicide is often the result of an untreated mental health condition. Suicidal thoughts, although common, should not be considered normal and often indicate more serious issues.

In 2016 alone, nearly [45,000 individuals died by suicide](#), leaving behind their friends and family members to navigate the tragedy of loss. In many cases, friends and families affected by a suicide loss (often called “suicide loss survivors”) are left in the dark. Too often the feelings of shame and stigma prevent them from talking openly.

September is National Suicide Prevention Awareness Month—a time to share resources and stories in an effort to shed light on this highly taboo and stigmatized topic. We use this month to reach out to those affected by suicide, raise awareness and connect individuals with suicidal ideation to treatment services. It is also important to ensure that individuals, friends and families have access to the resources they need to discuss suicide prevention.

Resource: [National Alliance on Mental Illness \(NAMI\)](#)



Take the Challenge- Take Charge

You probably won't be surprised to hear that a new report found that teens and tweens spend a lot of time watching TV, videos and movies, playing video game, listening to music and checking social media, but you might be somewhat shocked by how much time.

Ages 5-16 spent on average 6 1/2 hours per day. Teen boys average 8 hours a day and teen girls average 7 hours per day on some kind of media. Did you know that people check their cell phone every 12 minutes (80 times a day)?

Research shows that too much screen time is unhealthy. It has an impact on the obesity rates, aggressive behavior, lack of socialization, poor academic performance, sleep deprivation and mental and behavioral health.

Technology is here to stay. We are not asking you to give up your cell phones, computers, tablets, TV and other electronic devices however; parents need to control the amount of screen time for themselves and their children.

Create alternative activities that will get the family together and get everyone “moving”. This is a great time for leaf raking and playing outside, taking walks and just talking to one another.

Life's too short to spend staring at a screen.

Attached are worksheets that parents can use to become aware of how screen time is affecting your family.

Take the Challenge-Take Charge.

You Be the Judge

Reviewer's Name:

Directions: Choose either a TV show, movie, or video game. Assess the program based on a 5-point scale (5 being the best rating and 1 being the worst rating). Give a reason for each rating. Total the score, find the percentage and give the program a grade. Rate the program based on its appropriateness for your grade level.

Name of TV Show/Movie/Video Game:

Advertised Audience Rating: _____

Quality of Message: 1 2 3 4 5
(Remember 1 means a poor message and a 5 means a real positive message.)

Reason _____

Violent Content:

(1 meaning too much violence and 5 meaning no violent content.)

Reason _____

Interest Level ___ Grade: 1 2 3 4 5

Reason _____

Age Appropriate: 1 2 3 4 5

Reason _____

*Add up all the points to give the Overall Score: # of points _____/20

*Turn this overall score into a percentage by multiplying the # of points by 5

Quality Percentage _____%

Based on the above information, what is the Final Letter Grade that you give: _____

VIOLENCE IN CARTOONS TALLY CHART

Watch the cartoon and use tally marks to record how many times you see characters doing the following actions.

<u>Action</u>	<u>Tally Marks</u>	<u>Number</u>
Hit		
Push		
Kick		
Tease		
Bully		

Yesterday

How did you spend your screen time? CIRCLE ONE:				How long? WRITE IN BELOW:
TV Program	Videotape DVD	Video Game	Computer Time	
TV Program	Videotape DVD	Video Game	Computer Time	
TV Program	Videotape DVD	Video Game	Computer Time	
TV Program	Videotape DVD	Video Game	Computer Time	
TV Program	Videotape DVD	Video Game	Computer Time	
TV Program	Videotape DVD	Video Game	Computer Time	
TV Program	Videotape DVD	Video Game	Computer Time	
TV Program	Videotape DVD	Video Game	Computer Time	
TV Program	Videotape DVD	Video Game	Computer Time	

Check the box of the category where the most time was spent.

TOTALS

TV Program ____ Videotape or DVD ____ Video Game ____ Computers ____