



## School Based Health Program Newsletter February 2017 ISSUE 1

### SBH Team

Jill Mullens  
School Nurse

Erin McFarland  
Counselor

Angie Impellicceiri  
Clerical Assistant

---

**SBH would like to bring awareness to:**



---

Worth Quoting- "The time is always right to do what is right."

Martin Luther King Jr.

When I think about what it is that will make the world a better place the first thing that comes to mind kindness.

Look for a way to lift someone up. If that's all you do, it's enough.

---

## Acts of Kindness

February is a month to remember to show love to one another and to do random acts of kindness:

- \*Donate food, toys, and books
- \*Smile at everyone you come across
- \*Give out hugs
- \*Send a handwritten note or text message
- \*Put positive sticky notes on mirrors
- \*Send anonymous flowers
- \*Say please and thank you
- \*Walk a dog
- \*Volunteer
- \*Hold a door open
- \*Babysit for free
- \*Pass out balloons
- \*Plant a tree
- \*Call/visit an elderly family member
- \*Give a secret gift to someone
- \*Bring hot chocolate or coffee to someone

## How to Disagree Peacefully

There is so much information thrown at us, adults, and children on a daily basis. We have so much on our plate to accomplish each day. We do not need to add fighting and hatred to this pile of stress. We CAN disagree with others peacefully and this is a skill that will be VALUABLE to teach to our youth. Here are some tips:

1. Remember that we each have our own unique filter through which we see the world. Another person's opinion seems every bit as "right" to them as ours does to us.
2. We should learn to ACTIVELY listen and really HEAR the other person, instead of monologing just our thoughts on a subject.
3. Stay calm. When you become emotional in a conversation, take a time out to reflect, pray, or have private emotional expression.
4. Think outside of the box. It is POSSIBLE that the way we see something might not be the best or most productive way.
5. Leave the name calling out of it. It is not productive in a conversation with another person.
6. Do not mock the other person's point of view.
7. Do not make absolute claims.....ever. Don't use words like always, never, every, none, etc. because you cannot guarantee that to be true.
8. Use real statistics from reputable sources.
9. Be willing to agree to disagree OR to concede if the other person's perspective works better at that time.
10. Pick your battles. You are not obligated to address every injustice or irritation that comes along.
11. Be respectful.
12. Speak for yourself rather than attacking the other person's position.
13. Speak to common interests and keep the common goal and good in mind.
14. Aim to clear the air, rather than to win.

# Flu Season is in Full Swing!!

## Prevent Flu: Soap Away Germs

To keep the flu virus at bay, wash your hands with soap and water several times a day!

An icky fact: That elevator button or door knob you just touched? It likely has flu germs on it. If you're avoiding the flu, take note. Then wash those hands. Do it the right way -- and do it often, several times a day!

It's true -- germs can live on any surface for two hours or more. If someone in your office or school is infected, those germs can reside on anything they've touched -- desks, phones, coffee pots, microwaves, cafeteria tables, toys, books.

When flu prevention experts advise you to wash your hands, they don't mean a light drizzle of water. As mama always said, use soap and warm water -- and rub hands for 15 to 20 seconds. Sing the 'Happy Birthday' song twice while rubbing, to keep track of the time.



American Heart Month is sponsored by the American Heart Association, which devotes February to bringing attention to American heart health.

While there are some risk factors that cannot be controlled such as age, race and family history of heart disease, there are many risk factors that can. These include:

- High blood pressure
- High blood cholesterol
- Diabetes
- Smoking
- Being overweight
- Being physically inactive

Each risk factor greatly increases an individual's chance of developing heart disease. To reduce the risk of heart disease, *all* risk factors need to be addressed, not just one or two. Steps can be taken to reduce the risk of heart disease by focusing on lifestyle choices and health habits.

**The message is clear: Heart disease is the leading cause of death in the U.S. but is highly preventable.** American Heart Month is the perfect time to make or renew a life-long commitment to embrace prevention and avoid the risks associated with heart disease.

Sponsored by the Sisters of St. Joseph Health and Wellness Foundation, Diocese of Wheeling-Charleston