



School Based Health Program Newsletter November 2019 ISSUE 2

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SBH would like to bring awareness to:

Girls on the Run is Coming to SPS and SJS!

Girls on the Run is a transformational physical activity based, positive youth development program for girls in 3rd, 4th and 5th grade. The program teaches life skills through dynamic, interactive lessons and running games. The goal of the program is to unleash confidence through accomplishment while establishing a lifetime appreciation of health and fitness. This 10 week program will begin in February 2020!!
More information to follow!

(GOTR is a national non-profit organization)

NOVEMBER 19th is:

“Play Monopoly Day”

This is a good time of year to start game night in your household to sit around a table and interact with one another.

When to Seek Help

Life gives us stressors that we cannot avoid. These are things in our normal schedules, tests in classes, sports practice, taking the driving test, relationships, etc. Everyday stress is not always easy, but they are not usually big disasters either. Some stress can be good for us such as the stress we feel before presenting in class helps us to prepare and perform at our best. Everyday stress calls awareness to a situation that needs attention and helps us to slow down, focus, and get ready.

Then there are difficult life situations that go beyond everyday stress. This could be a move, a break-up, family conflict, or the death of a loved one. These types of things create stress that takes more time to resolve. Coping skills we've built from everyday stressors generally kick in and we don't even realize it.

Sometimes, stress can overwhelm our ability to cope and the stress can become serious. These stressors can come from a personal crisis, a disaster, a health crisis, or a mental health condition that feels out of control. One of the signs that a person is experiencing serious stress is if it is a situation where the pain keeps coming, leaving the person in a constant state of fear and watchfulness. Another sign is when a person has stress that causes them to lose their emotional balance and react in ways that are self-destructive. Finally, stress that builds or comes on so suddenly that a person is left feeling afraid, overwhelmed, or depressed is a sign of serious stress.

Serious stress is not at all routine. Don't ignore a big problem, hoping it will go away. Get help figuring out how you will cope. Work on building coping skills. Finally, be kind to yourself and do things that you love.

Resource: TeensHealth.org



VAPING EPIDEMIC

The number of lung illnesses linked to vaping has risen again across the United States, showing no sign of slowing. Last month, the Centers for Disease Control and Prevention reported 1,299 cases of severe lung injuries in 49 states, plus Washington, D.C., and the U.S. Virgin Islands.



Alaska remains the only state untouched by the epidemic.

The case count is rising each week, with the new CDC case count being 219 more than what was reported last week. However, state health departments report that more than 1,650 cases have either been confirmed or are under investigation.

The weekly increase in cases include both newly diagnosed patients as well as cases in which patients have since recovered, but whose illnesses have now been determined to have been vaping-related.

There have been reported cases of patients sustaining severe injuries from the vaping devices as well as reports in 22 states of patients dying from vaping-related illnesses. In June of this year, there was a reported case of a young, 17 year-old boy whose e-cigarette blew up in his mouth while he was using the device. The injury shattered his jaw and displaced several of his teeth. One study done in 2018 showed that there has been an estimated 2,000 cases (between 2015 and 2017) of patients in the hospital with severe injuries due to an e-cigarette explosion or burn. Health officials previously have made grim predictions that the death toll will continue to rise if something is not done to stop the spread of vaping.

Vaping devices are targeting our young children through appealing flavors and discrete packages. Parents should be aware that **students are hiding vaping devices in plain sight** as they often resemble flash drives, pens, or watches and are small enough to be hidden in a tightly clenched hand. Manufacturers are specifically targeting our youth in flavors such as mango, bubblegum, and watermelon.

Vaping is being disguised as a harmless activity when compared to other addictions, such as smoking. Vaping is anything but an innocent pastime. As the statistics have clearly shown, vaping, if not stopped, will lead to a serious epidemic of respiratory illnesses and even death among our youth. cdc.gov

<https://www.cnn.com/2019/06/19/health/e-cigarette-vape-explode-teen-study/index.html>

