



## School Based Health Program Newsletter September 2017 ISSUE 1

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*SBH would like to bring awareness to:*

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### **CARDIAC KIDS PROJECT & FLOURIDE MOUTHRINSE PROGRAM IN WV IS CANCELLED:**

The West Virginia CARDIAC Project has been offering free screenings in every WV community for the last 19 years. This project was not funded by West Virginia Legislature this year (2017-2018) due to fiscal constraints, therefore, it will not be offered to our 2nd and 5th graders at St. Pauls School. The oral health program will also be discontinued due to lack of funding at the state level.

### September is National Childhood Obesity Awareness Month

One in 3 children in the United States are overweight or obese. Childhood obesity puts kids at risk for health problems that were once seen only in adults, like type 2 diabetes, high blood pressure, and heart disease. West Virginia now has the second highest adult obesity rate in the nation according to The State of Obesity: Better Policies for a Healthier America.

The good news? Childhood obesity can be prevented. Communities, families, and health professionals can work together to create opportunities for kids to eat healthier and get more active.

### **How can we help combat this epidemic?**

1. **Encourage healthy eating habits.** Small changes can lead to a recipe for success!
2. **Make favorite dishes healthier.** Some of your favorite recipes can be healthier with a few changes.
3. **Remove calorie-rich temptations.** Treats are okay in moderation, but limiting high-fat, high-salt, and high-sugar snacks can also help your children develop healthy eating habits.
4. **Help your kids understand the benefits of being physically active.** Teach them that physical activity has great health benefits like strengthening bone, decreasing blood pressure, reducing stress, and helping with weight management.
5. **Help kids stay active.** Everybody needs to exercise daily, no matter what body type you have.
6. **Reduce sedentary time.** Although quiet time for reading and homework is fine, limit "screen time" (TV, video games, internet) to no more than two hours a day. Encourage your kids to find fun activities to do with family members or on their own that simply involve more activity. You can set a great example!

Balance is the key in helping your child maintain a healthy weight. Balance the calories your child eats and drinks with the calories used through physical activity and normal growth.

Ref: American Heart Assoc

## **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 teacher says things like "write this down", "let me summarize", "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 (ie. Right after school)

Work with teachers/parents on figuring out how you learn best (ie. 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)

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 (ie. 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**

## Happiness

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**

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Some times 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?”