



## Wheeling School Based Health Program Newsletter March 2021 ISSUE 3

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When is a potato not  
an Irish Potato?

When it's a "French"  
Fry!



Why do Frogs like St.  
Patty's Day?

Because they are  
always wearing  
green!

Why did the  
leprechaun cross the  
road?

To get to the pot of  
gold faster!



### COVID-19 Vaccines for Kids Are Coming, but Not for Many Months

As we scramble to get our teachers and seniors vaccinated, many parents want to know when the children will be able to get the vaccine. The answer is not before later summer, experts tell us.

Pfizer and Moderna have enrolled children 12 and older in a clinical trial and hope to have the results by summer. Depending on the results, they may test them in younger children.

About 2% of children who get Covid19 require hospital care, and at least 227 children in the US have died from this disease. This is a significant disease in children, just not necessarily when you compare it to adults, says Dr. Kristine Oliver, a pediatrician and vaccine expert at Mount Sinai Hospital in New York.

Children will also need to be vaccinated in order for the United States to approach herd immunity-that long promised goal. Scientists have estimated that 70-90 percent of the populations might need to be vaccinated to reach herd immunity. In the meantime, let's be careful to wear masks, wash hands often and social distance. Our Catholic Schools in WV are doing a great job with keeping students and teachers/staff safe.

Ref. New York Times 2/24/2021

### Guidelines for Leaving Children Alone

- 7 & under** Should not be left alone for any period of time
- 8-10** Should not be left alone for more than 1 ½ hours and only during the daytime
- 11-12** May be left alone for up to 3 hours but not late at night
- 13-15** May be left unsupervised, but not overnight
- 16-17** May be left unsupervised (consecutives overnight periods) in some cases, for up to two

### Safety Tips

- Things to memorize: full name, address, phone numbers
- 911 or Post an emergency list with numbers to call in case of emergency
- Let a trusted neighbor know that your child may be home alone
- Call the child several times while you are away
- Teach your child how to lock windows and doors
- Tell your child not to go into other people's homes without permission



## Learn from St. Patrick



*On March 17<sup>th</sup> we celebrate St. Patrick's Day. People dress in green and talk about Leprechauns, and shamrocks, some cities have parades and some people eat corn beef and cabbage with potatoes just like the Irish. In school, we have parties and make crafts.*

*However, we are reminded about what St. Patrick did 1,500 years ago. Did you know that when he was 16 years old and lived in Wales, he was captured by Irish pirates and taken to Ireland as a slave? He suffered from starvation and abuse for 6 years while praying every day. St. Patrick was able to escape walking 200 miles to get a ship to go back to Wales and was reunited with his family. In time, he became a priest and then at age 30 he became a bishop. He wanted to go back to Ireland to minister to the same people who mistreated him. St. Patrick taught love of God and love for one another. He asked the people to practice forgiveness.*

## Nine Positive Mental Health Habits To Try Weekly



**Connectedness**-try and find some time during your week to connect with friends, colleagues, or family members

**Self-care**-find activities that you can schedule into your week that provide you with a sense of self care

**Staying present**-use some mindfulness exercises to try and connect you to the present moment

**Relaxation**-schedule time into your week where you can switch off and relax your mind and body

**Physical activities**-where possible try and stay active. Exercise is a great tool for boosting mood and reducing stress and anxiety

**Coping skills**-Be proactive with your mental health. Learn, practice, and refine some new skills that can help you cope with pressure or stress

**Talk**-talk openly to close friends or family members about how you are feeling and what you might be thinking

**Achievement**-engage in activities that provide you with both a sense of pleasure and achievement

Resource: Twitter @believephq

### Even for Preschoolers, HEALTHY HEARTS May Mean HEALTHY BRAINS

Research shows that 4-6 year old children who could walk farther during a timed test also scored high on tests of thinking abilities and other measures of brain function. Preschool children with higher estimated cardiorespiratory fitness had higher scores on academic ability tasks related to general intellectual abilities as well as their use of expressive language, said study co-leader Shelby Keys a doctoral student in Kinesiology at the University of Illinois. They had better performance on computerized tasks requiring attention and multitasking skills and they showed the potential for faster processing speeds and greater resource allocation in the brain.

Researchers also noted like most older kids and adults, preschoolers aren't getting daily recommended level of physical activity. So, start young with healthy habits related to exercise and fitness.

Healthy Day 2021

