



School Based Health Program Newsletter November 2016 ISSUE 2

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More Shots! More Protection!

The CDC is now routinely recommending two doses of HPV (Human Papilloma Vaccine) for 11 and 12-year olds to prevent HPV cancers. This makes it easy for parents to protect their children by offering this cancer prevention tool. Many parents are accepting of this bundled recommendation because it demonstrates that HPV vaccination is a normal part of adolescent vaccinations. Like with all preventable disease, we want to protect your child early. If we start now, it is one less thing for parents to worry about. Also, your child will only need two doses of HPV vaccine at this age. If you wait, your child may need three doses in order to get complete protection. The second shot is given 6-12 months after the first. This vaccine provides safe effective long lasting protection. Parents who have questions or would like more information should talk to their physician or log onto the CDC website or at Kids Health.org

Ref. Centers for Disease Control and Prevention 10/22/2016



Boy Am I Stuffed!



*If you Gobbled until
you Wobbled ...Get
out and EXERCISE!*



News from the SVS & CCS RAZE Crew

The Great American Smokeout

November 17, 2016

Get ready to lose the habit, and become victorious over tobacco. The American Cancer Society Great American Smokeout event is your chance to triumph over addiction. Every November, we set aside the third Thursday to encourage smokers to go the distance, and to finally give up smoking.



By quitting — even for one day you will be taking an important step toward a healthier life for you and your loved ones — one that can lead to reducing your cancer risk. It's a race for your health, and it starts today. **Today's the day that quitters win!**

You can learn more at:

<http://www.cancer.org/healthy/stayawayfromtobacco/greatamericansmokeout/>

On October 15th Nurse Mary Ann and 18 Raze Crew members attended a day of fun and education about the dangers of tobacco use at a conference in Morgantown.

Call us at 1-800-227-2345 to get more information on quitting tobacco and to find telephone support, counseling or other support in your area.

How to Have Conversations with Your Child about School

When you think of parent involvement, do you picture moms and dads volunteering in classrooms? That's one way to help. But, research shows that supporting your child's education at home is even more important. Here are four conversations that will help you stay involved.

“Let's see what you brought home.” Look at completed work to find out what your child is learning and how well they are doing. You could comment on their social studies report or art project, for instance (“You know a lot about our state's history.”) Also, respond to notes from their teacher, and sign their weekly folder or daily planner if required.

“Show me what you have for homework.” It's your child's job to do their homework. But, you play a role too. Make sure they know what they are supposed to do by having them explain the assignments to you. After they finish their homework, glance over the work to see that it's complete.

“Describe a book you enjoyed today.” This gives you an idea of what your youngster prefers to read. Then, build a daily reading habit by asking what they would like to read tonight. Encourage their reading and listening skills by reading aloud to them and letting them read to you.

“Tell me what you learned that you'd like to know more about.” Use their interests as jumping-off points for activities to share. If they likes geometry, you might do tangrams together. If they are fascinated by how animals adapt to winter, take them to the library to research the subject or to the zoo to see live animals.

Here are some sample questions that may help you get a better picture of your child's day at school. Instead of simply asking, “How was school?” you might want to try:

“What's the coolest thing that happened? What wasn't so cool?”

“Pretend you're the teacher. How would you describe the day?”

“What made you laugh?”

“What was the most creative thing you did?”

“How were you kind or helpful today? Was anyone kind or helpful to you?”

Resource: Resources for Educators, a division of CCH Incorporated



As we parents are trying to keep up with the changing technological times, we need to stay aware of all of the changes and stay acutely aware of our children's access to such technology. Below is a sample cell phone contract that you may wish to share with your child to help ensure their safety, the safety of the device, and to help them get a good night's sleep:

Cell Phone Contract

It is a privilege, not a right, to have a cell phone. It can be taken away at any time for any reason.

These are the things I'm responsible for:

- *Answer the phone if my mom or dad calls.
- *I will text or call back right away if it's missed.
- *Follow all rules wherever I am (school, church, activities, etc.)
- *Let my parents know right away about any unknown texts, calls, social media.
- *Make sure that it is charged.
- *Keep it in good condition.
- *If I lose or break it, it is my responsibility to replace or fix it.
- *Hand the phone over to my parents at any time, for any reason.
- *Let parents know my passwords.
- *Turn it in every night before bed.

These are the things I will not do:

- *Text, email, or say anything through this device that I wouldn't say in person.
- *Take inappropriate pictures of myself.
- *Be involved in inappropriate behavior.
- *Text or send mean emails to others.
- *Call or text anyone after 9pm.
- *Bring my phone to the dinner table.



Sign here



Chocolate Milk vs. Regular Milk

All milk — flavored or not — is packed with nutrients. One cup of fortified low-fat milk contains around 100 calories and 13 grams of sugar (in the form of lactose, a sugar found naturally in milk) and about 300 milligrams of calcium (about 25 percent of kids' daily need) as well as vitamin D, vitamin A, B vitamins, and minerals like potassium and phosphorus. The same size serving of typical low-fat chocolate milk contains about 160 calories and 25 grams of sugar (the increased amount comes from added sugar), with comparable levels of vitamins and minerals.

It may not seem like a huge difference, but over time that extra sugar and calories add up, especially when they're consumed daily at school and as part of an [already too-sugary diet](#), explains [Joy Bauer](#), RD, nutrition and health expert for the *Today* show and *Everyday Health*. A recent Emory University study found that added sugar accounts for 20 percent of teens' daily calories; those with the highest sugar intake had lower levels of "good" HDL cholesterol and higher levels of "bad" LDL cholesterol and triglycerides, according to the American Academy of Pediatrics.) If your child will only drink flavored milk, Bauer says it's better to have them drink water with their school lunch and serve them chocolate milk with breakfast, a snack, or dinner at home (stick with one serving a day for flavored milk), where you can make your own healthier version.

"At home parents can control the kind of milk poured and the amount of chocolate syrup or sweetened cocoa stirred in," she says. Just mix two teaspoons of chocolate syrup or sweetened cocoa powder into fat-free milk, which only adds around 7 extra grams of sugar and 35 calories.

Thanksgiving is just right around the corner. As you keep busy with planning and prepping, involving your kids can make the holiday more meaningful and great for family bonding. Here is a fun and creative way your kids can take a more active and impactful role this Thanksgiving:

Cooking and Prepping

If your family is anything like mine, holiday cooking is a multi-day event. While initially it may seem easier and faster to let the adults handle all the cooking, getting your kids involved could be a big help. Kids learning to cook builds confidence, empowerment and independence. Kids can help with prepping such as washing veggies, measuring and mixing. Or give your kids a special dish to contribute to the family meal. There are so many kid-friendly recipes that are simple to prepare fairly independently. They provide the dessert like these easy & fun **Baked Apple Pie Bites**, a twist on traditional apple pie shown to your left.



Baked Apple Pie Bites

Preheat Oven to 375 degrees

Ingredients:

1 Apple, peeled and cut into 8 slices - 2 Tbsp. of melted butter
1 can refrigerated Crescent Roll Dough (Can use reduced fat)
1/3 c. brown sugar - 1 tsp cinnamon - 1 tsp nutmeg

Pour 1 tablespoon of melted butter over the apple slices in a bowl. In a separate small bowl, mix the brown sugar, cinnamon and nutmeg. Unroll the crescent dough and separate into 8 triangles on a baking sheet lined with parchment paper. Sprinkle sugar mixture evenly among triangles then place an apple slice at the wide end of the triangle. Starting at the wide end of each triangle, roll the apple in the crescent dough. Brush the top with remaining tablespoon of melted butter then sprinkle the top with remaining sugar mixture.

Bake for 10-15 minutes and then let cool for 5 minutes. Then enjoy as a family!