



Wheeling School Based Health Program Newsletter October 2020 ISSUE 1

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**It's A Great
Day
To Wear A
Mask
Wherever
You
May Be.**

Tony Caridi 2020



The School Based Health Staff share your concern, confusion, fear, and frustration with the COVID 19 Pandemic. Whether you are doing in-school learning or virtual at home, everyone is trying to stay healthy and keep our children well. We are being advised by the experts to wear masks, keep social distancing, wash hands often and stay home if you have symptoms. Avoid gatherings even if it involves family members. We have seen cases spread at weddings, cookouts and even gatherings of extended families. There is so much uncertainty. I think parents/guardians are doing a wonderful job with being cautious about cold, flu, and seasonal allergy symptoms. Here are a few web sites for concerns with our children who have health issues.

What you need to know about COVID-19 and:

- **Diabetes**
<https://www.diabetes.org/diabetes/treatment-care/planning-sick-days/coronavirus>
- **Asthma**
<https://community.aafa.org/blog/coronavirus-2019-ncov-flu-what-people-with-asthma-need-to-know>
- **Anxiety**
<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>
- **Seizures**
<https://www.epilepsy.com/article/2020/3/concerns-about-covid-19-coronavirus-and-epilepsy>



1) What did the tree say to autumn?

Please leaf me alone!

2) How do you fix a broken pumpkin?

With a pumpkin patch!

3) What did one autumn leaf say to another?

I'm falling for you!

4) How do trees get on the internet?

They log in!

5) Why do trees hate tests so much?

Because they get stumped on all questions!

6) What happens when winter arrives?

Autumn leaves!

7) What do you get if you drop a pumpkin?

Squash!

Winter is Coming! Winter will be Different

The American Academy of Pediatrics has provided us with some helpful winter health and safety tips:

Outdoor Winter Activities

Ice skating, skiing and sledding are great ways to get exercise on a cold winter day. This year, be cautious with traveling and crowds. Try to maintain social distancing in all activities.

Safety Tips:

It is safer to sled feet first or sitting up, instead of lying down head-first.

Sled on slopes that are not too steep and are free of obstructions like trees or fences.

Skate only on approved surfaces.

Skate in one direction maintaining as much distance as you can.

Do not chew gum or eat candy.

Wear a helmet when skiing.

Stay away from crowded areas, wear a mask and keep social distancing.



Other winter concerns:

Nosebleeds

If your child suffers from winter nosebleeds it may be from the dry air. Try using a cold air humidifier in the child's room at night. Saline nose drops or petroleum jelly may help too. If severe, consult your pediatrician.

Hypothermia/Frostbite

When it is cold outside, remember to set a reasonable time limit on outdoor play and have children come inside periodically to warm up. Dressing in layers is best

What is a growth mindset?

With a growth mindset people believe that their most basic abilities can be developed through dedication and hard work—brains and talent are just the starting point. This view creates a love of learning and a resilience that is essential for great accomplishment.

Ways to instill growth mindset in your child:

- Tell your children that brains can get stronger
- Pay attention to effort over results
- Be specific with praise
(i.e. Instead of saying, “You’re smart”, say, “I like the way you took time to figure out that problem.”)
- Encourage a healthy attitude to failure and challenge
- Use the word “yet” often
- Show them they don’t always have to be successful to be okay
- Encourage them to keep the big picture in mind
- Notice when they do well without effort...
- And when they put in the effort but don’t do so well
- Give permission to fail



resource: Carol Dweck, Psychologist



Ways to Say NO to Drugs/Alcohol

It is very important for children to have a game plan for dealing with boundaries before a situation arises. Please work with your children on ways to say no to drugs or alcohol so when they are offered or pressured to use, they will know what to do.

***Encourage your child to ask questions. If a drink or candy is offered to them, they should ask, “What is this?” and “Where did you get it?” (Also, teach them that it is okay to say things like they don’t eat things unless it is in the package, etc.)**

***Teach your child to be able to assertively say, “No, thanks.”**

***Discuss with your child how to leave uncomfortable situations and always help provide them an “out” (for example, a code word they can text you)**

***Teach your child to NEVER ride with someone who has been drinking or using drugs (tell them they can always call you for a ride with no questions asked)**