

Weirton School Based Health Program Newsletter
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STUDY SKILLS

In light of the uncertainty of how education will be delivered this year (ie. sometimes in person and sometimes remote), this article will offer some study skills to help keep students focused and ready to learn.

Firstly, having a good place to study is important. It should be quiet, comfortable, well-lit, and have a surface for writing. The study area should have all the tools your student needs to avoid further delays.

Second, eliminate distractions. The television should be off, no music, and telephones silenced. The study area should also be void of household traffic as well so students can focus on the task at hand.

Next, you should determine with your child (ren) when is the best time of day to do homework/study that best fits each child.

Then, help students set a time to do work/study and stick to it. Don't allow for procrastination.

Finally, create a study plan. This is accomplished by deciding exactly what needs to be done, prioritize, and break down larger assignments as needed. If there is something a student needs to memorize, it's a good idea to begin and end study sessions with that work. Also, remember to allow students to take short breaks if the homework/studying is a lengthy process.

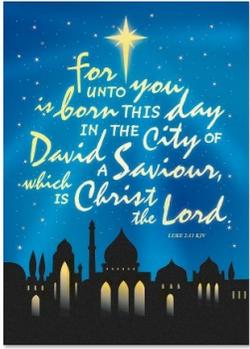
TIPS FOR SUCCESS

- *Have a classmate handy to ask if you have a question about an assignment
- *Complete written assignments early as this gives time for improvement
- *If students have a study buddy, make sure they are equally as serious about their work and keep study sessions focused and on task
- *If there is something your student doesn't understand, ask for clarification from the teacher. If you are struggling, don't wait, get help.
- *The key to learning anything is REVIEW. This will help move information from short term to long term memory.
- *Find what type of study strategies work for your student (flashcards, writing, reading aloud, etc.)
- *Alternate types of work (ie. Read science, do math, read social studies)
- *Some students do well with recording themselves reading material out loud and listening to these recordings
- *Shaking up the study area is sometimes helpful to some students as well (ie. On a nice day, read the assignments outside)

"Success is the sum of small efforts repeated day in and day out" (Robert Collier)

Resource: Habits for Success InfoGuide, Woodburn Press

Donating Blood is Safe – and Needed – During Coronavirus



Remaining indoors during the winter is appealing. But you and your family may want to venture outdoors to enjoy winter activities. When you do, take these steps to prevent serious injuries like hypothermia and frostbite:

- Wear layers of light and warm clothing, a wind-resistant coat, waterproof shoes, and a hat, gloves, and scarf.
- Work slowly when engaged in outdoor tasks, such as shoveling your driveway or removing snow from your car.
- Take a friend and carry a charged cell phone when participating in outdoor activities.

<https://chcw.org/8-winter-safety-tips/>

Blood donations are essential for transfusions that save the lives of trauma patients, those with blood disorders, like sickle cell disease, or other conditions such as cancer. Even as coronavirus (COVID-19) spreads across the United States and globally, the need for blood donations remains. Blood drives and blood donor appointments are being cancelled at a high rate due to the effect of people staying home and social distancing. The lack of blood donations has caused unprecedented challenges to the U.S. blood supply. To ensure an adequate blood supply can be maintained at all times, it is imperative that healthy, eligible individuals donate blood to their local blood donor center. Since blood is a living substance, the shelf life is short and must continually be replenished.

People who have fully recovered from COVID-19 for at least two weeks are encouraged to consider donating plasma, which may help save the lives of other patients. Individuals must have had a prior diagnosis of COVID-19 documented by a laboratory test, meet other donor qualifications, and have complete resolution of symptoms for at least 14 days prior to donation. A negative lab test for active COVID-19 disease is not necessary to qualify for donation.

Blood donation is safe. The blood collectors check the health of all donors before they are allowed to donate. Individuals are not at risk of contracting COVID-19 through the blood donation process or via a blood transfusion, since respiratory viruses are generally not known to be transmitted by donation or transfusion. We ask that all donors come with their masks on, as recommended by the CDC, and to respect social distancing. Anyone who is not feeling well should refrain from donating blood. We want to reinforce that only those donors who feel healthy on the day of donation and who are completely asymptomatic should donate, even excluding those who report symptoms from allergies.

The blood donation process is easy and doesn't require a lot of time. Donating whole blood takes about 30-35 minutes. Platelet donations take anywhere from 45 minutes to two hours. Plasma can take a little over an hour and double red blood cells can take about one and a half hours. Most people feel great after donating.

The average person has 8-12 pints of blood in their body and a standard blood donation provides one pint of blood. This one pint of blood can be used for four to five children or up to three adults. If you are healthy, please give the gift of a blood donation during this holiday season!

Sources: Children's National & FDA



Christmas JOKES for Kids

WHY DO
MUMMIES LIKE
CHRISTMAS SO MUCH?
**BECAUSE OF ALL
THE WRAPPING!**

WHAT DID THE
GHOST SAY TO
SANTA CLAUS?
**I'LL HAVE A
BOO CHRISTMAS
WITHOUT YOU.**

WHERE DO
MISTLETOE GO
TO BECOME FAMOUS?
"HOLLY" WOOD!

WHAT DO SHEEP
SAY TO EACH OTHER
AT CHRISTMAS TIME?
**MERRY
CHRISTMAS
TO EWE!**

WHAT'S THE BEST THING
TO GIVE YOUR PARENTS
FOR CHRISTMAS?
**A LIST OF
EVERYTHING
YOU WANT!**

WHAT DID THE GINGERBREAD
MAN PUT ON HIS BED?
**A COOKIE
SHEET!**

HOW IS THE
CHRISTMAS ALPHABET
DIFFERENT FROM THE
ORDINARY ALPHABET?
**THE CHRISTMAS
ALPHABET HAS
NO EL.**

WHAT DO THE ELVES
SING TO SANTA CLAUS
ON HIS BIRTHDAY?
**FREEZE A JOLLY
GOOD FELLOW.**

WHAT DO
VAMPIRES PUT
ON THEIR
CHRISTMAS
TURKEY?
GRAVE-Y.