

Weirton School Based Health Program Newsletter  
May 2021 ISSUE 7

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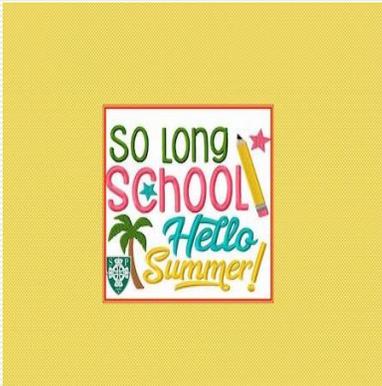
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**PARENTS OF 6<sup>TH</sup> GRADE STUDENTS:**

Please remember to get your child's updated vaccinations this summer **BEFORE** he/she enters 7<sup>th</sup> grade this fall. This includes Tdap (tetanus, diphtheria, acellar pertussis) and MCV4 (meningococcal/meningitis).

**PARENTS OF 11<sup>TH</sup> GRADE STUDENTS:**

Please remember that your child will need proof of one dose of Tdap vaccine and MCV4 (meningococcal/meningitis) **BEFORE** entering 12<sup>th</sup> grade in the Fall. (FYI: A second dose of MCV4 is indicated if the first dose was given before the 16<sup>th</sup> birthday)



IT IS ESTIMATED THAT 83% OF AMERICANS WHO HAVE CELIAC DISEASE DON'T KNOW IT!

**MAY** **CELIAC AWARENESS MONTH**  
Find out the facts. Someone you love may be suffering the effects of undiagnosed celiac disease.  
 CeliacCentral.org

**CELIAC FACTS**

- \* ABOUT 83% OF AMERICANS WHO HAVE CELIAC DISEASE ARE UNDIAGNOSED OR MISDIAGNOSED.
- \* SIX TO 10 YEARS IS THE AVERAGE AMOUNT OF TIME A PERSON WAITS FOR THE CORRECT DIAGNOSIS.
- \* CELIAC DISEASE CAN AFFECT MEN AND WOMEN ACROSS ALL AGES AND RACES.
- \* ONE IN 133 AMERICANS (ABOUT 1% OF THE POPULATION) HAS CELIAC DISEASE.
- \* THERE ARE NO PHARMACEUTICAL CURES FOR CELIAC DISEASE.
- \* A 100% GLUTEN-FREE DIET IS THE ONLY EXISTING TREATMENT.

SOURCE: [HTTP://WWW.CELIACCENTRAL.ORG/CELIAC-DISEASE/FACTS-AND-FIGURES/](http://www.celiaccentral.org/CELIAC-DISEASE/FACTS-AND-FIGURES/)



## May is National Physical Fitness Month

You probably know kids need physical activity to grow up strong and healthy.

But did you know it can help them feel better right away?

- **Better Mood**
- **Better Sleep**
- **Better Grades**

How much do they need? Kids and teens ages 6 to 17 need at least 60 minutes every day. Most of it can be moderate-intensity aerobic activity. Anything that gets their heart beating faster counts. At least 3 days a week, encourage your kids to step it up to vigorous-intensity aerobic activity. Is it moderate or vigorous? Use the “talk test” to find out. When you’re being active, try talking: If you’re breathing hard but can still have a conversation easily, it’s moderate-intensity activity, if you can only say a few words before you have to take a breath, it’s vigorous-intensity activity.

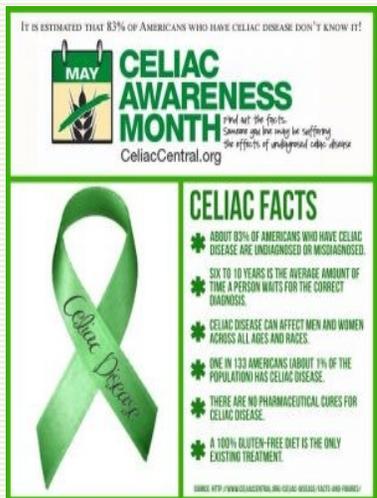
If your kids are younger than 6, they love to be active naturally! Here is what you can do:

- Aim to keep them moving 3 hours a day — and more is better
- Limit time when they’re just sitting around (like screen time)

What counts? Whatever gets them moving! Encourage active play with friends, give them rewards for active chores, and sign them up for free or low-cost sports or classes.

It all adds up. And so do the benefits. Help them get active now, and they’ll build healthy habits for life. So take the first step, get your kids moving, and when you can, move with them and get the health benefits, too!

Source: health.gov Are My Kids Getting Enough Physical Activity? Fact Sheet for Parents



# 9 MENTAL HEALTH ACTIVITIES TO DO WITH YOUR CHILDREN



## WORRY TIME



- Set aside a time each day for your child worry. Discuss with your child how long the worry time will be for. In this time your child can write down their worries, discuss them with your or problem solve to overcome them

## THOUGHT CHALLENGING

- Help your child to write down any unhelpful thoughts they that experience. Try to challenge them with your child and come up with more realistic and helpful ones

## BEING PRESENT



- Help your child to be present and live in the moment. Go for a walk and see how many different things you can both take in with all your senses

## ACTIVITY PLANNING



- Create an activity diary with your child and help them to schedule in some pleasurable and achievement related activities

## TALKING ABOUT FEELINGS

- Why not create a time each week where your child can speak to you about their thoughts and feelings

## 3 GOOD THINGS



- Before bed spend some time with your child to identify and write down three good things they achieved from the day

## WELLBEING



- Support your child to look after their wellbeing. Cook healthy meals with them, exercise or play sport with them and make sure they are getting enough sleep

## IMAGERY

- Work with your child to imagine themselves in an imaginary future where everything has turned out in a positive way

## THOUGHT TESTING

- Try setting out some simple activities to help your child test out the validity of a thought.

