

## School Based Health Program Newsletter November, 2018      ISSUE 1

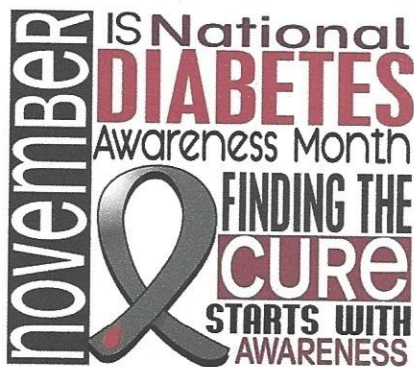
### SBH Team

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*SBH would like to bring awareness to:*



## November is National Diabetes Month

Diabetes is one of the leading causes of disability and death in the United States. Diabetes can cause blindness, nerve damage, kidney disease, and other health problems if it's not controlled.

**November is National Diabetes Month.** In the United States, approximately 30 million persons are living with diabetes and 84 million with prediabetes. Persons with prediabetes are at high risk for developing type 2 diabetes, heart disease, and stroke. Likewise, women who have had gestational diabetes (diabetes during pregnancy) are at increased risk for developing type 2 diabetes later in life. However, type 2 diabetes can be prevented or delayed through a structured lifestyle change program that promotes weight loss, healthy eating, and increased physical activity.

National Diabetes Month is a chance to raise awareness about diabetes risk factors and encourage people to make healthy changes.

Source: Centers for Disease Control & Prevention

## **WHAT'S NEW AT ST. PAUL SCHOOL, ST. JOSEPH THE WORKER SCHOOL AND WEIRTON MADONNA?**

- A new salad bar at St. Joseph the Worker (purchased with a grant from The Allen Foundation) is a huge success with both students and faculty enjoying the healthy lunch option.
- Two of the four new water-filling stations/fountains have been installed at St. Paul School (purchased through the Highmark Foundation Grant).
- All health screenings have been completed at all three schools.
- All faculty at SPS attended the CPR/AED training in October.
- Life Skills classes (self-image, smoking, drugs, alcohol, decision-making, social skills, etc) for the 8<sup>th</sup> grade students are in full swing at both St. Joe's and St. Paul School.
- Stress Management classes are being taught at SPS & SJS in grades 4<sup>th</sup> thru 8<sup>th</sup>.
- Too Good For Drugs program has begun for 2nd grade at St. Paul School.
- Too Good For Drugs program has begun for 3rd grade at St. Paul School.
- Keep a Clear Mind program has begun for 4th grade at St. Paul School.



## Parental Social Media Etiquette

Social media is such a new concept and it is ever changing. It is our job as adults to stay abreast of current trends, safety, and positive social media etiquette. Yet, it is very hard to teach to our younger generation when we adults don't follow proper etiquette ourselves. Here are some tips to help you:

**\*Give your child veto rights.** Have you ever considered asking your child's permission before posting information or pictures of them on social media? Asking THEM permission helps to teach them to get consent before posting things about their friends and family.

**\*Feelings come first.** Birthday party pictures can be hurtful to kids or parents that weren't invited. Please consider sending the pictures privately or put privacy settings on so only party goers can see.

**\*Keep venting IRL.** It IS good to vent about problems. But, social media is not therapy. Sometimes it is therapeutic to type what you WOULD say and erase it but don't actually post. Here is a good rule: Don't post anything you wouldn't feel comfortable SAYING or having your child read in a few years (this includes parenting woes, marital issues, job problems, etc.)

**\*Make your privacy setting airtight.** Photos of children are sometimes taken from social media for use on illegal sites. Locations and other details can be used by predators to target kids.

**\*Live for the moment, not for the likes.** Take a couple pics to preserve the memory and then sit back and take in the moment.

**\*Minimize the bragging.** Posting every week about your child's goal in soccer or straight As may get taxing to others and it also shows kids this is the only way to get likes. Every once in a while posting things that make you proud of your child is a good thing; don't overdo it.

**\*Get a parent's sign off.** Be cautious with other people's children. Ask for permission before posting pictures.

**\*Know your audience.** The school PTO page is not the place to vent about the school, complain to the principal, etc. That is a page made BY parents for information TO parents; not about school policy.

**\*Be a role model.** Parents should support and model to kids using social media in a positive, constructive, productive way.

**\*Stay up to date with social media.** This is to help keep your kids safe. Stalk them (by the way that is actually called parenting)

**\*Give your child SOME privacy.** Don't comment on every one of their posts or pictures

**\*Talk OFTEN to your children about social media etiquette.**

Resources: [realsimple.com](http://realsimple.com); [KidsHealth.org](http://KidsHealth.org)