

Weirton School Based Health Program Newsletter October 2021 ISSUE 8

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Women who have close blood relatives with breast cancer have a higher risk. Having a first-degree relative (mother, sister or daughter) with breast cancer almost doubles a woman's risk.



What's new??!

All 3 Weirton Catholic Schools received Healthy Eating and Physical Activity grants from the Highmark Foundation totaling over \$12,000. We will be using this funding for various nutritional programs and physical activity equipment throughout the school year.

Health Screenings are complete at St. Joseph the Worker School and St. Paul School and are underway at Madonna High School.

A program brought to us by the National Alliance on Mental Illness (NAMI) is being scheduled for early November for the St. Paul Middle School students.



TIPS FOR RAISING HEALTHY EATERS

PICKY EATING CAN BE NORMAL FOR CHILDREN. SOME DAYS THEY WILL EAT A LOT, AND OTHER DAYS THEY WILL EAT A LITTLE. CHILDREN MAY GO THROUGH PERIODS OF EATING THE SAME FEW FOODS AND MAY RESIST TRYING NEW FOODS.

TRY THESE TIPS TO KEEP MEALTIME POSITIVE:

- INCLUDE CHILDREN IN MEAL PREPARATION.
- OFFER NEW FOODS ONE AT A TIME, ALONG WITH A FAMILIAR FOOD.
- MODEL HEALTHY EATING BY ENJOYING A VARIETY OF FRUITS AND VEGETABLES.
- SERVE THE SAME FOOD IN DIFFERENT WAYS (E.G. VEGGIES WITH BEAN DIP OR ROASTED VEGETABLES IN LASAGNA).
- RESPECT YOUR ROLES. AS THE PARENT/CAREGIVER YOU DECIDE **WHAT** FOOD AND DRINK ARE SERVED, **WHEN** AND **WHERE**. TRUST YOUR CHILD TO DECIDE IF AND HOW MUCH TO EAT FROM THE FOOD THAT IS SERVED.

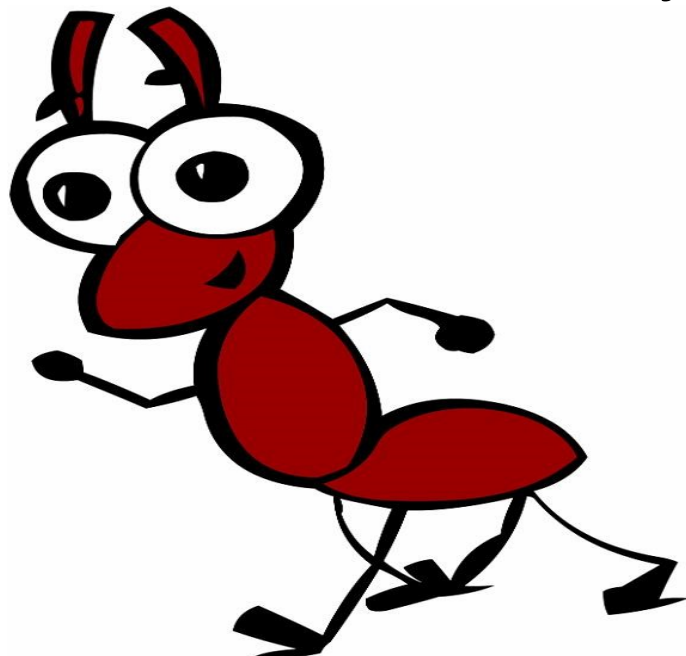
Drug Free Looks Like Me!



October is Anti-bullying Month

If you put 100 black ants and 100 red ants in a jar, nothing will happen. But if you shake the jar, the ants will start killing each other. Red will believe black is their enemy while black will believe red is their enemy when the real enemy is the person who shook the jar.

Same is also true in our society. Before we fight with each other, we must ask ourselves: who shook the jar???



Effects of Pandemic on Children

We have all been living in a new way since March of 2020. But, I wanted to give food for thought about how this pandemic has affected our children.

Their routines have been disrupted. Social interaction has been affected.. Early on it involved social isolation and learning new ways to connect with others. Then, interaction has been off and on again. It's also been hard on children as some people have followed certain guidelines as others have followed other guidelines so nothing was consistent, at times contentious, and very difficult to navigate.

Many children have had increased levels of anxiety and depression with a lower amount of readily available mental health services. The ambiguity and not knowing what is going to happen next is hard for children as they crave consistency, routine, and discipline. All of these things have taken on different and evolving forms in the past year and a half.

Children have missed some life events of birthday celebrations that they may have been accustomed to. This also affected weddings, funerals, and other regular celebrations.

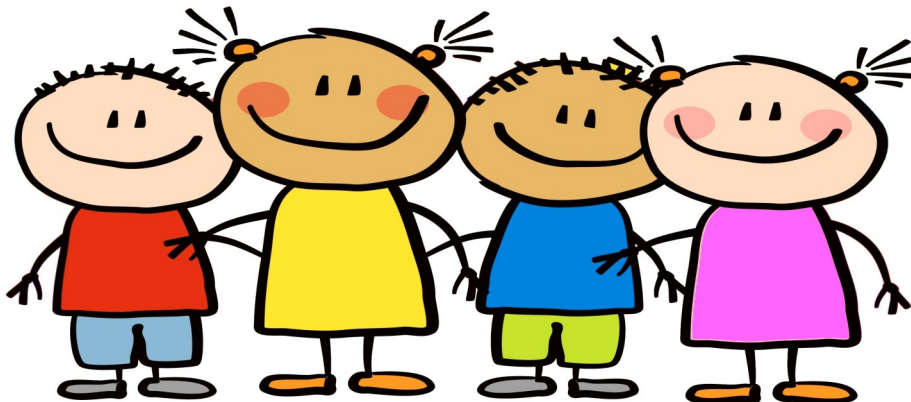
The stress that parents and other influential adults (i.e. Teachers, coaches, etc.) have experienced has affected the children as well and many adult topics have been something that children have been impacted by too.

One of the biggest stressors for children is the fear of or actually getting sick, family and friends getting sick, and more death experiences than our children have ever seen.

We've seen an increase in adverse childhood experiences as well with children being out of school and with their nuclear families more.

We are starting to see the effects on education and learning as well. I saw a recent graphic that put this into perspective. Think of this, a 3rd grade student this year, has not had a full "normal" school year since kindergarten; a 7th grade student's last normal year was 4th grade.

So, with all of that said, what are we going to do about it? The answer lies in being creative, using new tools, finding the good in change, working together as a team, and moving forward. We also need to have grace, patience, and flexibility in all of these areas of our children's lives.



Erin McFarland