



School Based Health Program Newsletter September 2016 ISSUE 1

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**SBH would like to
bring awareness to:**



Things Happening this Fall at SPS:

- St. Paul's School Healthcare Program is very excited to start the **5210** Let's Go Program this fall and will continue all school year.
- The Coronary Artery Risk Detection in Appalachian Communities (CARDIAC) Kids program is taking place in September.
- We are continuing our "Taste Testing" and "Two-Bite Club" and will be done monthly throughout the year with all students.
- Health Screenings will be initiated (Height, weight, BMI and vision screenings)
- Nutrition education will continue to take place throughout the year with all grades.
- Fluoride Mouthrinse Program will continue with grades K-6 the entire school year.
- The NED show will be held on September 27 (Character building program). More information to follow.
- Erin McFarland, our counselor, will be providing "kindness lessons" to all grades this Fall.
- Red Ribbon Week will take place on October 24-28.
- FitnessGram Program will continue during Physical Education classes this year. (equipment is funded through the Highmark Foundation Healthy Schools Grant)

Healthy Shopping

When you go to the grocery store, "shop the perimeter" first. The outside aisles are where you will usually find fresh produce, healthy dairy products (fat-free milk, yogurt, and cheese), and fresh meats, chicken, and fish. Fill your cart mostly with those items, and then get what you need from the middle of the store. (*Nutrition Nuggets*)

How much juice should I give my child?

While juice has nutrients, it also has a lot of sugar. Believe it or not, a 12-ounce glass of apple juice can contain 10 teaspoons of sugar – the same as in a can of soda – and a glass of grape juice can have 15 teaspoons of sugar. Encourage your children to eat fruit rather than drink juice. They will consume fiber along with nutrients.

TALKING TO YOUR CHILD ABOUT DRUGS

Resource: Kidshealth.org

Preschool to Age 7

Before you get nervous about talking to young kids, take heart. You've probably already laid the groundwork for a discussion. For instance, whenever you give a fever medicine or an antibiotic to your child, you can discuss why and when these medicines should be given. This is also a time when your child is likely to pay attention to your behavior and guidance.

Take advantage of "teachable moments" now. If you see a character in a movie or on TV with a cigarette, talk about smoking, nicotine addiction, and what smoking does to a person's body. This can lead into a discussion about other drugs and how they could cause harm.

Keep the tone of these discussions calm and use terms that your child can understand. Be specific about the effects of the drugs: how they make a person feel, the risk of overdose, and the other long-term damage they can cause. To give your kids these facts, you might have to do a little research.

Ages 8 to 12

As your kids grow older, you can begin talks with them by asking them what they think about drugs. By asking the questions in a nonjudgmental, open-ended way, you're more likely to get an honest response.

Remember to show your kids that you're listening and really paying attention to their concerns and questions.

Kids this age usually are still willing to talk openly to their parents about touchy subjects. Starting a dialogue now helps keep the door open as kids get older and are less inclined to share their thoughts and feelings.

Even if your questions don't immediately result in a discussion, you'll get your kids thinking about the issue. Show them that you're willing to discuss the topic and hear what they have to say. Then, they might be more willing to come to you for help in the future.

News, such as steroid use in professional sports, can be springboards for casual conversations about current events. Use these discussions to give your kids information about the risks of drugs.

Ages 13 to 17

Kids this age are likely to know other kids who use alcohol or drugs, and to have friends who drive. Many are still willing to express their thoughts or concerns with parents about it. They may ask you more specific questions about drugs.

Use these conversations not only to understand your child's thoughts and feelings, but also to talk about the dangers of driving under the influence of drugs or alcohol. Talk about the legal issues — jail time and fines — and the possibility that they or someone else might be killed or seriously injured.

Consider making a written or verbal contract on the rules about going out or using the car. You can promise to pick your kids up at any time (even 2 a.m.!), no questions asked, if they call you when the person responsible for driving has been drinking or using drugs.

The contract also can detail other situations: For example, if you find out that someone drank or used drugs in your car while your son or daughter was behind the wheel, you may want to suspend driving privileges for 6 months. By discussing all of this with your kids from the start, you eliminate surprises and make your expectations clear.