

## School Based Health Program Newsletter September/October 2019 ISSUE 1

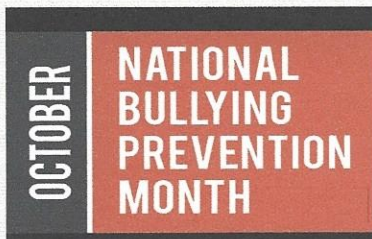
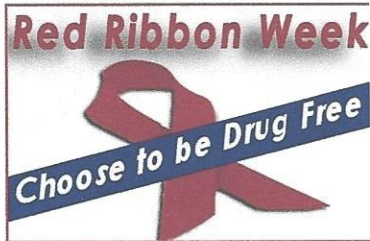
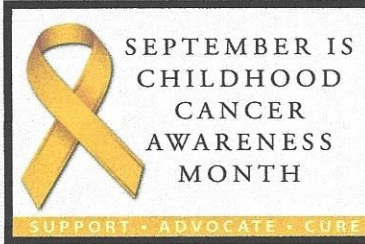
### SBH Team

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School Nurse

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



### Helping Your Child Succeed in School Through Good Attendance

Starting in Kindergarten, too many absences can cause children to fall behind in school, even a day or two every few weeks. Absences can affect the entire classroom if the teacher has to slow down learning to help children to catch up.

Tips to help with good attendance at school:

- Set a regular bedtime and morning routine.
- Lay out clothes and pack backpacks the night before.
- Make sure your child has the proper immunizations before the start of school.
- Introduce your child to the teacher/students in the class before the first day, if possible.
- Do not let your child stay home unless he is truly sick. Complaints of stomachache or headache COULD be nervousness and is not a reason to stay home.
- If your child is anxious about school, talk to the teacher, counselor, or other parents for advice on how to make her feel more comfortable and excited about learning.
- Develop back up plans for getting to school if something comes up (i.e. Neighbor, family member, classmate's parent.)
- Avoid medication appointments and extended trips when school is in session.

**Resource:** [attendanceworks.org](http://attendanceworks.org)





United States Department of Agriculture

**10  
tips  
Nutrition  
Education Series**



**MyPlate  
MyWins**

Based on the  
**Dietary  
Guidelines  
for Americans**

## Eating foods away from home

Full-service and fast-food restaurants, convenience stores, and grocery stores offer a variety of meal options. Typically, these meals are higher in calories, saturated fat, sodium, and added sugars than the food you prepare at home. Think about ways to make healthier choices when eating food away from home.

### 1 Consider your drink

Choose water, unsweetened tea, and other drinks without added sugars to complement your meal. If you drink alcohol, choose drinks lower in added sugars and be aware of the alcohol content of your beverage. Keep in mind that many coffee drinks may be high in saturated fat and added sugar.

### 2 Savor a salad

Start your meal with a salad packed with vegetables to help you feel satisfied sooner. Ask for dressing on the side and use a small amount of it.



### 3 Share a dish

Share a dish with a friend or family member. Or, ask the server to pack up half of your entree before it comes to the table to control the amount you eat.

### 4 Customize your meal

Order a side dish or an appetizer-sized portion instead of a regular entree. They're usually served on smaller plates and in smaller amounts.

### 5 Pack your snack

Pack fruit, sliced vegetables, low-fat string cheese, or unsalted nuts to eat during road trips or long commutes. No need to stop for other food when these snacks are ready-to-eat.



### 6 Fill your plate with vegetables and fruit

Stir-fries, kabobs, or vegetarian menu items usually have more vegetables. Select fruits as a side dish or dessert.

### 7 Compare the calories, fat, and sodium

Many menus now include nutrition information. Look for items that are lower in calories, saturated fat, and sodium. Check with your server if you don't see them on the menu. For more information, check [www.FDA.gov](http://www.FDA.gov).

### 8 Pass on the buffet

Have an item from the menu and avoid the "all-you-can-eat" buffet. Steamed, grilled, or broiled dishes have fewer calories than foods that are fried in oil or cooked in butter.

### 9 Get your whole grains

Request 100% whole-wheat breads, rolls, and pasta when choosing sandwiches, burgers, or main dishes.



### 10 Quit the "clean your plate club"

You don't have to eat everything on your plate. Take leftovers home and refrigerate within 2 hours. Leftovers in the refrigerator are safe to eat for about 3 to 4 days.

**Did you know?** Children who regularly eat meals with their families tend to do better in school and avoid risky behavior. Eating dinner together is great, but other meals count, too. If you work at night, maybe you could make time for a family breakfast. Or on a weekend, try a picnic lunch.



# Suicide Prevention Awareness Month

If you or someone you know is in an emergency, call [The National Suicide Prevention Lifeline](#) at

800-273-TALK (8255) or call 911 immediately.

Suicidal thoughts, much like mental health conditions, can affect anyone regardless of age, gender or background. In fact, suicide is often the result of an untreated mental health condition. Suicidal thoughts, although common, should not be considered normal and often indicate more serious issues.

In 2016 alone, nearly [45,000 individuals died by suicide](#), leaving behind their friends and family members to navigate the tragedy of loss. In many cases, friends and families affected by a suicide loss (often called “suicide loss survivors”) are left in the dark. Too often the feelings of shame and stigma prevent them from talking openly.

September is National Suicide Prevention Awareness Month—a time to share resources and stories in an effort to shed light on this highly taboo and stigmatized topic. We use this month to reach out to those affected by suicide, raise awareness and connect individuals with suicidal ideation to treatment services. It is also important to ensure that individuals, friends and families have access to the resources they need to discuss suicide prevention.

Resource: [National Alliance on Mental Illness \(NAMI\)](#)

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## THINGS HAPPENING AT OUR SCHOOLS:

- Activities related to Red Ribbon Week, observed to promote drug abuse prevention.
- Activities related to Anti-bullying.
- The School-Based Health Program has been awarded 3 grants from the Highmark Foundation for each of the 3 Catholic schools in Weirton. Madonna and St. Joseph the Worker have installed new water fountains/bottle-filling stations with their grant money and St. Paul School will be purchasing various programs to promote healthy living (PE equipment, peaceful playground, resources for education, etc).
- Health Screenings (height, weight, BMI, vision, blood pressure, and immunization checks) are underway at all 3 schools.
- SPS “goes gold” during the month of September to help raise awareness of Pediatric Cancer.