



Wheeling School Based Health Program Newsletter December 2020 ISSUE 2

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Did you ever think that in our lifetime we would be in the middle of a PANDEMIC?

COVID-19 is a virus "on steroids". We had hopes that summer would bring some relief. However, here we are heading for the holidays and the virus is surging stronger than ever! It's hard for us to cope with these changes in our lives and especially in our children's lives.

We have to stay positive. There is light at the end of the tunnel. The virus is not going to go away but with a vaccine coming soon, we will be able to move closer to herd immunity. The vaccines are said to be 95% effective. The flu vaccine is only 50-60% effective each year.

Once enough people are vaccinated, we can start living our lives without fear. There are so many questions with few answers, we have to have faith that we will come through this stronger than before.

For now, we have to be PATIENT and follow the medical expert's advice!

COVID-19 Poison Safety

During this time, family safety is of the utmost importance. To keep your family safe, precautions should be taken for poison safety. The West Virginia Poison Center offers these tips:

- Use products as directed on the label. Using more product than directed or using the product incorrectly, such as drinking bleach or using disinfectant cleaning wipes on skin, can be dangerous.
- Doses written on medication labels are safe when used for the right reasons. Increasing doses can cause harmful adverse effects.
- Use medications for COVID-19 that are recommended by your health care provider or pharmacist. Self-care with Internet recommended therapies can cause harmful effects and/or dangerous drug interactions.
- Mixing chemicals can create toxic fumes. Use separately as directed on the label.
- Clean masks with soap and water only. Using disinfecting sprays and cleaning chemicals on masks can cause harmful skin and breathing effects.
- Monitor all hand sanitizer recalls, especially those containing methanol, which are toxic if consumed or absorbed through your skin.
- Store all poisons in their original containers up, away, and out of reach of children and pets.

Items to use caution with during COVID-19: Household cleaners and disinfectants, hand sanitizer, Medicine, including vitamins and supplements, Hydrogen peroxide



What do reindeer hang on their Christmas trees?

Horn-aments!

Why is a broken drum the best Xmas gift ever?

You just cannot beat it!

Why are Christmas trees so bad at sewing?

They always drop their needles!

Which of the reindeers has to mind their manners most?

Rude-olph!

Why do reindeer hate picnics?

Because of all their ant-lures!

What is worse than Rudolph with a runny nose?

Frosty the snowman with a hot flush!

STUDY SKILLS

In light of the uncertainty of how education will be delivered this year (ie. sometimes in person and sometimes remote), this article will offer some study skills to help keep students focused and ready to learn.

First, having a good place to study is important. It should be quiet, comfortable, well-lit, and have a surface for writing. The study area should have all the tools your student needs to avoid further delays.

Second, eliminate distractions. The television should be off, no music, and telephones silenced. The study area should also be void of household traffic as well so students can focus on the task at hand.

Next, you should determine with your child (ren) when is the best time of day to do homework/study that best fits each child.

Then, help students set a time to do work/study and stick to it. Don't allow for procrastination.

Finally, create a study plan. This is accomplished by deciding exactly what needs to be done, prioritize, and break down larger assignments as needed. If there is something a student needs to memorize, it's a good idea to begin and end study sessions with that work. Also, remember to allow students to take short breaks if the homework/studying is a lengthy process.

TIPS FOR SUCCESS

- *Have a classmate handy to ask if you have a question about an assignment
- *Complete written assignments early as this gives time for improvement
- *If students have a study buddy, make sure they are equally as serious about their work and keep study sessions focused and on task
- *If there is something your student doesn't understand, ask for clarification from the teacher. If you are struggling, don't wait, get help.
- *The key to learning anything is REVIEW. This will help move information from short term to long term memory.
- *Find what type of study strategies work for your student (flashcards, writing, reading aloud, etc.)
- *Alternate types of work (i.e. Read science, do math, read social studies)
- *Some students do well with recording themselves reading material out loud and listening to these recordings
- *Shaking up the study area is sometimes helpful to some students as well (i.e. On a nice day, read the assignments outside)

"Success is the sum of small efforts repeated day in and day out"
(Robert Collier)

Resource: Habits for Success Info Guide, Woodburn Press

Nurse Mary Ann sees a lot of belly aches at school. Here is some information for parents. During the holidays, it is especially difficult to eat right with all the cookies, rich desserts, hectic schedules and trips to fast food places. Vegetables, fruits and grains and a lot of water are even more important at holiday time.



BELLY PAIN

Many school aged kids get belly pain at one time or another. When they come to a parent or the school nurse stating, “My tummy hurts”, the questions begin: Do you feel like you’re going to throw up? Has it been hard for you to go to the bathroom? Do you have diarrhea? Does it hurt anywhere else? Does it hurt so much that you can’t stand up? Are you worried about something at school? Lots of things can cause belly pain.

Sometimes causes of belly pain can be as simple as:



Gas, Constipation, or Diarrhea



Over eating (poor diet and portion control) or eating spicy or greasy foods.

The body has a tough job breaking down or digesting the food. Drink plenty of water.

Other causes can be:

- Food allergies such as milk and dairy
- An infection (stomach flu), irritable bowel problems
- Food Poisoning
- Appendicitis or other painful problem. If the pain starts by your belly button and moves to the lower right side of the abdomen it might be appendicitis. Fever or vomiting, along with pain that gets worse and loss of appetite can also be a sign to watch for and seek medical help.
- Urinary Tract Infections
- Stress causing “nervous stomach”

PARENTS THINK PREVENTION!

Encourage your child not to over eat. Change what you are packing in their lunches. Fruit Roll Ups, Gummy candies, cupcakes and cookies and sugary drinks every day are not good for any of us. Don’t be afraid to make some changes and pack more fruits, vegetables, and fiber rich foods. Many times, what your child eats is directly related to how their “tummy will feel”.

Seek Medical attention if:

- Pain is frequent, increasing, or severe
- Pain that starts near the belly button, then moves to the lower right side of the abdomen
- Difficulty walking due to pain
- trouble having a bowel movement
- Bloody or black bowel movements
- Loss of appetite for more than a day or two

Stealing Santa's Cookies has consequences! Hope Elfie doesn't find a lump of coal in his stocking!



Ref. Nemours Foundation/ Kids Health