

Health News



Back to School Tips

The transition from summer to back school can be a stressful time for both parents and students.

Here are some helpful tips for easing the transition for both you and your child:

- During the summer, most kids go to bed later than during the school year because there is more daylight and all the fun activities they are involved in. To get your child back into an earlier bedtime, start a week or 2 before school starts by backing up the bedtime 15 minutes every couple of nights so that by the time school starts, bedtime is a more reasonable time. Getting enough sleep helps students be at their best and stay focused in class.
- Eat a good breakfast-you put gas in a car to make it go, in the same way your body needs fuel to perform in

school. A good breakfast with a balance of protein and carbohydrates is best; a bowl of oatmeal with fruit, an egg sandwich with juice or milk are good choices.

- Be prepared for your school day. Get all your supplies and even what you will wear ready the night before. Make sure your backpack is not too heavy but contains the needed supplies for the day i.e. pens, pencil, notebooks. Make sure to include a notebook to write down your assignments. Be sure to put your completed homework in and any papers that need to be returned to school and hand them in to your teacher.
- At school, follow good hygiene practices. Wash your hands after you use the bathroom and anytime your

hands have touched your face or mouth and before and after you eat. Remember to cough or sneeze into your sleeve.

Hand sanitizer is a good option.

- Discuss any medical needs and medications your child may need with the school nurse.
- After school, have a healthy snack of fruit, nuts or seeds. Organize your homework and after a brief break, start your homework, the sooner you get it done, the more time you will have to relax and do what you want to do.

Good luck and best wishes for a healthy school year!!

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Supporting Children's Mental Health: Tips for Parents



Children's Mental Health Matters!

Create a sense of belonging. Feeling connected and welcomed is essential to children's positive adjustment, self-identification, and sense of trust in others and themselves. Building strong, positive relationships among students, school staff, and parents is important to promoting mental wellness.

Promote resilience. Adversity is a natural part of life and being resilient is important to overcoming challenges and good mental health. Connectedness, competency, helping others, and successfully facing difficult situations can foster resilience.

Develop competencies. Children need to know that they can overcome challenges and accomplish goals through their actions. Achieving academic success and developing individual talents and interests helps children feel competent and more able to deal with stress positively. Social competency is also important. Having friends and staying connected to friends and loved ones can enhance mental wellness.

Ensure a positive, safe school environment. Feeling safe is critical to students' learning and mental health. Promote positive behaviors such as respect, responsibility, and kindness. Prevent negative behaviors such as bullying and harassment.

Teach and reinforce positive behaviors and decision making. Provide consistent expectations and support. Teaching children social skills, problem solving, and conflict resolution supports good mental health.

Encourage helping others. Children need to know that they can make a difference. Pro-social behaviors build self-esteem, foster connectedness; reinforce personal responsibility, and present opportunities for positive recognition.

Encourage good physical health. Good physical health supports good mental health. Healthy eating habits, regular exercise and adequate sleep protect kids against the stress of tough situations. Regular exercise also decreases negative emotions such as anxiety, anger, and depression.

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Why Is Children's Mental Health Important?

Mental health — an essential part of children's overall health — has a complex interactive relationship with their physical health and their ability to succeed in school, at work and in society.

Both physical and mental health affect how we think, feel and act on the inside and outside. For instance, an overweight young boy who is teased about his weight may withdraw socially and become depressed and may be reluctant to play with others or exercise, which further contributes to his poorer physical health and as a result poorer mental health.

These issues have long-term implications on the ability of children and youth to fulfill their potential as well as consequences for the health, education, labor and criminal justice systems of our society.

All children and youth have the right to happy and healthy lives and deserve access to effective care to prevent or treat any mental health problems that they may develop. However, there is a tremendous amount of unmet need, and health disparities are particularly pronounced for children and youth living in low-income communities, ethnic minority youth or those with special needs.

American Psychological Association, 2016

AUTUMN



SHORTER DAYS, LESS SUNLIGHT

What less sun exposure means for your health

Vitamin D, good for bones and immunity, decreases

Seasonal affective disorder causes depression

4
FACTS

Catch early morning rays to prep melatonin for better sleep.

Serotonin, the happiness hormone, decreases

Sources: Harvard School of Public Health, National Institutes of Health, Sleep Disorders Center at Northwestern University, Psychology Today

everydayHEALTH



Deb Perelman

Homemade Potato Chips

If you're still telling your kids to not eat potato chips, it's probably because you didn't know you could make them in your microwave without a smidgen of grease. For real. I could tell you more, but I suspect you're already in the kitchen trying this out.

- One Russet potato sliced paper thin
- Salt (optional)
- Parchment paper
Cut a sheet of parchment paper to fit a plate. Lay discs of potato on top in a flat layer, none touching. Sprinkle layer with salt, if desired. Cover with another sheet of parchment paper. Microwave for 5-6 minutes. Discs will have become lightly browned potato chips.

Kids can help: Cut paper to shape, lay out slices of potato
Extras: Season with some salt, paprika, garlic or onion powder

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Feeling hungry?

10 MOST FILLING CALORIE-LIGHT FOODS

100povndst100days.tvmbtv.com



Fish
100 calories/3 oz



Soup
50-100 calories/
cup



Air Popped
Popcorn
(no butter)
93 calories/3 cups



Lean beef
160 calories/3 oz



Apple
50-100 calories



Grapes (and pretty
much any fruit)
50-100 calories/cup



Anything
wholegrain/
whole wheat
Calories vary



All vegetables
5-80 calories/cup



Skinless chicken
100 calories/
half cup



Oatmeal
150 calories/
half cup