

MAY 2020

EDGARTOWN HEALTH OFFICE NEWSLETTER

FROM NURSE BARLETT



Hello, Edgartown Families & Staff, this newsletter was created to offer some suggestions about staying healthy during this time away from school. First and foremost, I want you to know while we physically are not able to be in school, I miss seeing my colleagues & the children and families I serve. There has been a tremendous amount of change that has occurred since our last day of school on Friday, March 13th. Despite this storm that most of us did not expect to endure, each of us will experience this pandemic differently. With that being said, it is more important than ever to stay connected and adopt or continue healthy habits.

TOPICS

Sleep Routines - Self-Care -
Connectedness



THE IMPORTANCE OF SLEEP ROUTINES

Being out of school and adjusting to an online learning platform can be challenging for many and harder to adapt to a routine. For example, sleep routines may become compromised resulting in reduced alertness, impaired performance and negatively affecting one's health. Lack of adequate sleep or irregularities in sleep wake patterns have been linked to mood dysregulation or negative moods and irritability. Evidence also supports insomnia (defined as a problem with initiating or staying asleep) can increase the risk of developing the symptoms of oppositional defiant disorder, depression, ADHD and social phobias in younger children. It becomes more challenging and necessary to keep routines for children & adolescents during this time.

Basic Sleep Hygiene Tips

Daily exercise reduces stress and helps the body feel a sense of calmness . The American Academy of Pediatrics recommends children exercise 60 minutes daily.

Make the bedroom environment conducive to sleep. For example ditch the technology.

Clean out the clutter so your brain associates this space with sleep.

**National Sleep
Foundation
recommends
children age 6–13
sleep 9–11
hours/night**

School Nurse Contact Information

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WHAT IS YOUR SELF CARE PRACTICE



Self-care is not an indulgence, it's a decision an individual can make to enhance their overall physical, mental, and emotional wellbeing. When we think of self-care most of us don't feel we have enough time. Adults who choose self-care are acting as positive role models for others including our youth who are looking to us for guidance. I challenge you to think about your own self care practice & try to incorporate one or two healthful habits.

Self Care Ideas

- Journal or read a book
- Walk on the beach
- Get your hands in the dirt/garden
- Listen to music or podcasts
- Be kind to your self & your neighbor
- Hydrate by drinking water

SELF CARE STEPS

RECOGNIZE IT'S SMART TO SELF-CARE.

RECOGNIZE SELF-CARE LOOKS DIFFERENTLY FOR EVERYONE.

PUT YOUR PLAN INTO ACTION AND REVISIT IT AS OFTEN AS NECESSARY TO CONTINUE YOUR SELF-CARE PRACTICES.

"SELF-CARE MEANS GIVING YOURSELF PERMISSION TO PAUSE."
- CECILIA TRAN

Connectedness



Information for Parents and Families

Helping Your Child Feel Connected to School

As a parent, you want your child to do well in school. You also want your child to be healthy and avoid behaviors that are risky or harmful. Through your guidance and support, you can have great influence on your child's health and learning. But you also have important allies in this effort—the caring adults in your child's school.

Research shows that students who feel a genuine sense of belonging at school are more likely to do well in school, stay in school, and make healthy choices. This sense of belonging is often described as *school connectedness*. Connected students believe their parents, teachers, school staff, and other students in their school care about them and about how well they are learning.

Why is it important for your child to feel connected to school?

Scientists who study youth health and behavior have learned that strong connections at school can help young people

- Get better grades
- Have higher test scores
- Stay in school longer
- Attend school more regularly

In addition, students who feel connected to their school are less likely to

- Smoke cigarettes
- Drink alcohol
- Have sexual intercourse
- Carry a weapon or become involved in violence
- Be injured from drinking and driving or not wearing seat belts
- Have emotional distress or eating disorders
- Consider or attempt suicide



**Centers for Disease
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TB Prevention

Connectedness

What can you do to increase your child's connection to school?

Here are some actions that you can take, at home and at school, to help your child become more connected to his or her school:

1. Encourage your child to talk openly with you, teachers, counselors, and other school staff about his or her ideas, needs, and worries.
2. Find out what the school expects your child to learn and how your child should behave in school by talking to teachers and staff, attending school meetings, and reading information the school sends home. Then, support these expectations at home.
3. Help your child with homework, and teach your child how to use his or her time well. Make sure your child has the tools—books, supplies, a quiet place to work—he or she needs to do homework at home, at the library, or at an afterschool program.
4. Encourage your child to help adults at home, at school, and in the community, such as helping with chores, serving as a library aide, volunteering at a hospital or clinic, or tutoring younger students after school.
5. Read school newsletters, attend parent-teacher-student conferences, and check out the school's Web site to learn what is going on at the school. Encourage your child to participate in school activities.
6. Meet regularly with your child's teachers to discuss his or her grades, behavior, and accomplishments.
7. Ask teachers if your child can participate in or lead parent-teacher conferences.
8. As your schedule allows, help in your child's classroom, attend afterschool events, or participate in a school committee, such as a health team or parent organization. Ask whether your school offers babysitting or transportation for parents who need them.
9. Offer to share important aspects of your culture with your child's class.
10. If your first language is not English, ask for materials that are translated into the language you speak at home, and ask for interpreters to help you at school events.
11. Learn whether community organizations provide dental services, health screenings, child care, or health promotion programs at school. If not, advocate having those services offered at your school or in your school district.
12. Get involved with your child's school to help plan school policies and school-wide activities.
13. Ask whether your school or school district provides—or could offer—programs or classes to help you become more involved in your child's academic and school life. For example, the school or school district might offer
 - Training to help you talk with your child and to help manage his or her behavior.
 - Programs to help you to talk with your child's teachers and help your child learn.
 - Educational programs for parents by telephone or online.
 - General Education Development (GED), English as a second language, or other classes to help you work better with your child and with the adults at school.
14. Talk with teachers and school staff to suggest simple changes that can make the school a more pleasant and welcoming place. For example, the school might decorate the eating area with student-made posters, allow families to use the school gym or other facilities during out-of-school times, or create a place in the school or on school grounds for kids and families to socialize.



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Resources

School Connectedness: Strategies for Increasing Protective Factors Among Youth

www.cdc.gov/HealthyYouth/AdolescentHealth/connectedness.htm

Student Health and Academic Achievement

www.cdc.gov/HealthyYouth/health_and_academics/index.htm

FindYouthInfo.gov

www.findyouthinfo.gov

Enhancing Student Connectedness to Schools

<http://csmh.umaryland.edu/resources.html/caring%20connectedness%20brief.pdf>

School Connectedness: Improving Students' Lives

<http://cecp.air.org/download/MCMonographFINAL.pdf>

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BOLETIM DE NOTÍCIAS DO ESCRITÓRIO DE SAÚDE DE EDGARTOWN

FROM NURSE BARLETT



OLÁ, FAMÍLIAS E FUNCIONÁRIOS DE EDGARTOWN, ESTE BOLETIM FOI CRIADO PARA OFERECER ALGUMAS SUGESTÕES SOBRE COMO MANTER-SE SAUDÁVEL DURANTE ESSE PERÍODO FORA DA ESCOLA. EM PRIMEIRO LUGAR, QUERO QUE VOCÊ SAIBA QUE, EMBORA FISICAMENTE NÃO POSSAMOS ESTAR NA ESCOLA, SINTO FALTA DE VER MEUS COLEGAS, AS CRIANÇAS E AS FAMÍLIAS QUE SIRVO. HOUE UMA TREMENDA QUANTIDADE DE MUDANÇAS QUE OCORRERAM DESDE O ÚLTIMO DIA DE AULA NA SEXTA-FEIRA, 13 DE MARÇO. APESAR DA TEMPESTADE QUE A MAIORIA DE NÓS NÃO ESPERAVA SUPORTAR, CADA UM DE NÓS EXPERIMENTARÁ ESSA PANDEMIA DE MANEIRA DIFERENTE. COM ISSO DITO, É MAIS IMPORTANTE DO QUE NUNCA PERMANECER CONECTADO E ADOTAR OU CONTINUAR HÁBITOS SAUDÁVEIS.

TÓPICA

Rotinas do Sono - Autocuidado -
Conexão



A IMPORTÂNCIA DAS ROTINAS DO SONO

Estar fora da escola e se adaptar a uma plataforma de aprendizado on-line pode ser um desafio para muitos. Por um lado, pode ser difícil manter uma rotina. Por exemplo, as rotinas do sono podem ficar comprometidas, resultando em alerta reduzido, desempenho prejudicado e afetando negativamente a saúde. A falta de sono adequado ou irregularidades nos padrões de vigília do sono têm sido associadas a desregulação do humor, como humor negativo ou irritabilidade. As evidências também apóiam a insônia (definida como um problema com o início ou o adormecimento) e podem aumentar o risco de desenvolver sintomas de transtorno desafiador de oposição, depressão, TDAH e fobias sociais em crianças pequenas. Torna-se mais desafiador e necessário manter rotinas para crianças e adolescentes durante esse período.

**Fundação
Nacional do Sono
recomenda que
crianças de 6 a 13
anos durmam 9 a
11 horas / noite**

**enfermeira
escolar Informações
de Contato**

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Dicas básicas de higiene do sono

O exercício diário reduz o estresse e ajuda o corpo a sentir uma sensação de calma. A Academia Americana de Pediatria recomenda que as crianças se exercitem 60 minutos diariamente.

Torne o ambiente do quarto propício para dormir. Por exemplo, abandone a tecnologia.

Limpe a desordem para que seu cérebro associe esse espaço ao sono.

QUAL É A SUA PRÁTICA DE AUTO-CUIDADO



O autocuidado não é uma indulgência, é uma decisão que um indivíduo pode tomar para melhorar seu bem-estar físico, mental e emocional. Quando pensamos no autocuidado, a maioria de nós não acha que tem tempo suficiente. Os adultos que escolhem o autocuidado estão agindo como modelos positivos para outras pessoas, incluindo nossos jovens, que nos procuram em busca de orientação. Desafio você a pensar em sua própria prática de autocuidado e tentar incorporar um ou dois hábitos saudáveis. À esquerda, existem alguns links que você deve ter algumas idéias e também aprender como as práticas de autocuidado podem impactar positivamente sua saúde.

Self Care Ideas

- Diário ou leia um livro
- Caminhar na praia
- Coloque suas mãos na terra / jardim
- Ouça músicas ou podcasts
- Seja gentil consigo mesmo e com o seu próximo
- Hidratar por água potável

etapas de autocuidado

RECONHEÇA QUE É INTELIGENTE CUIDAR DE SI MESMO.

RECONHECER O AUTOCUIDADO PARECE DIFERENTE PARA TODOS.

COLOQUE SEU PLANO EM AÇÃO E REVISE-O COMO SEMPRE QUE NECESSÁRIO PARA CONTINUAR SUAS PRÁTICAS DE AUTOCUIDADO.

"AUTO-CUIDADO SIGNIFICA DAR-SE PERMISSÃO PARA PAUSAR."
-CECILIA TRAN



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