



School Based Health Program Newsletter April/May 2018 ISSUE 1

SBH Team

Jill Mullens
School Nurse

Erin McFarland
Counselor

Angie Impellicceiri
Clerical Assistant

SBH would like to bring awareness to:



Attention Parents!!!

Please make sure that your child is up to date on their shots this summer. Young children are not the only ones that need shots. Take your adolescents to their health care provider for a routine check-up to determine if their shots are current. Immunizations help keep adolescents healthy and prevent problems as they grow older.

Child Abuse Prevention Month

April 2018

Have you seen blue pinwheels as you make your daily commute? These are reminders that April is Child Abuse Prevention Month. A wonderful resource for families is www.childwelfare.gov.

One way to help keep our children safe is to help build and instill resilience in them. Bad things will happen to each of us in our lifetime. Learning how to manage the rough roads builds stronger human beings.

You can help your children develop resilience by taking the following steps:

- Model a positive outlook. Children will learn from your ability to bounce back from difficulties. When faced with a challenge yourself, model an "I can do it" attitude. Remind yourself and your child that the current problem is temporary and "things will get better."
- Build confidence. Comment frequently on what your child does well. Point out when he demonstrates qualities such as kindness, persistence, and integrity.
- Build connections. Create a strong, loving family and encourage your child to make good friends. This will help ensure that she has plenty of support in times of trouble.
- Encourage goal-setting. Teach children to set realistic goals and work toward them one step at a time. Even small steps can build confidence and resilience.
- See challenges as learning opportunities. Tough times are often when we learn the most. Resist the urge to solve your child's problem for him—this can send a message that you don't believe he can handle it. Instead offer love and support, and show faith in his ability to cope. Remind him of times when he has solved problems successfully in the past.
- Teach self-care. Many challenges are easier to face when we eat well and get enough exercise and rest. Self-care can also mean taking a break from worrying to relax or have some fun.
- Help others. Empower your child by giving her opportunities to help out at home or do age-appropriate volunteer work for her school, neighborhood, or place of worship.

Resource: www.childwelfare.gov

Standardized Tests

True or False: standardized tests are tough. The answer depends on how prepared your youngster is. With State testing upon us, here are four ways to help him handle the testing week:

1. Explain that the tests will show how much he has learned. Encourage him to try his best, but don't put so much emphasis on them that he feels stressed.
2. Practice the test format. For example, your child might have to read a paragraph and answer questions. Using one of his textbooks, have him look at the questions at the end of a section first and then read the passage. That will help him know what to look for and how to find the answers.
3. Limit unnecessary activities the night before the tests. You may want to avoid having friends over that evening or skip his brother's baseball game if it means being out late. Be sure your child gets to bed on time and sets an alarm the next morning.
4. On test day, give him an energy-boosting breakfast. Try to include both protein (eggs, yogurt, milk) and carbohydrates (multi-grain cereal, fruit, toast or oatmeal). (Resources for Educators)

May is National Physical Fitness and Sports Month

Participating in sports can build your child up... or drag her down. Make athletics a positive experience for your youngster with these strategies:

- Keep games in perspective. At this age, sports should be about having fun and developing skills. Ask about her favorite part of practice or the most interesting play in the game, rather than focusing on her performance or the score.
- Encourage her to set goals – but make sure the goals are reachable. She might aim to touch the ball three times during the game or try a move she's been working on.
- Avoid comments about your youngster's size or body. Concentrate on the friends she is making, the places she is playing and the effort she is putting forth. (Resources for Educators)

What is autism spectrum disorder?

Autism, or autism spectrum disorder, refers to a range of conditions characterized by challenges with social skills, repetitive behaviors, speech and nonverbal communication, as well as by unique strengths and differences. We now know that there is not one autism but many types, caused by different combinations of genetic and environmental influences.

The term "spectrum" reflects the wide variation in challenges and strengths possessed by each person with autism.

Autism's most-obvious signs tend to appear between 2 and 3 years of age. In some cases, it can be diagnosed as early as 18 months. Some developmental delays associated with autism can be identified and addressed even earlier. Autism Speaks urges parents with concerns to seek evaluation without delay, as early intervention can improve outcomes.

Some facts about autism

- The Centers for Disease Control and Prevention (CDC) estimates autism's prevalence as 1 in 68 children in the United States. This includes 1 in 42 boys and 1 in 189 girls.
- An estimated 50,000 teens with autism become adults – and lose school-based autism services – each year.
- Around one third of people with autism remain nonverbal.
- Around one third of people with autism have an intellectual disability.
- Certain medical and mental health issues frequently accompany autism. They include gastrointestinal (GI) disorders, seizures, sleep disturbances, attention deficit and hyperactivity disorder (ADHD), anxiety and phobias.

Resource: AutismSpeaks.org