

# Shelby County Schools Coordinated School Health

2017-2018



**December:  
Healthy Protection Month**





Greetings,

As December begins, our thoughts turn toward the successful end of the first semester of school for students and teachers. Be proud of your successes this year, and take time over the break to recharge and rest. While you gather with family and friends and celebrate the season, be sure the things you're sharing are food, laughter, and joy: skip the germs, the coughs, and the sneezes. To help you spend your holiday break healthy and happy, Coordinated School Health has assembled some helpful resources and easy tips for winter wellness. Pay close attention to hand washing, healthy routines, and, as always, influenza vaccination. With these tips in mind and with a little diligence, you'll be ready to enjoy a happy, healthy time with those you love most.

Happy Holidays & Happy New Year,

**Coordinated School Health Team**

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# World AIDS DAY 2017



Let's Aid Each Other To Combat A.I.D.S.

## National Hand Washing Week Dec. 3<sup>rd</sup>-9<sup>th</sup>



*Most people know it is important to always wash your hands. As we dive into this winter season where the common cold is all too common, here are some specific tips on how to wash your hands and critical times and alternatives to keeping hands clean when running water isn't available.*

# When & How to Wash Your Hands

Keeping hands clean through improved hand hygiene is one of the most important steps we can take to avoid getting sick and spreading germs to others. Many diseases and conditions are spread by not washing hands with soap and clean, running water. If clean, running water is not accessible, as is common in many parts of the world, use soap and available water. If soap and water are unavailable, use an alcohol-based hand sanitizer that contains at least 60% alcohol to clean hands.

## When should you wash your hands?

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage



## How should you wash your hands?

- **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- **Lather** your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.
- **Scrub** your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
- **Rinse** your hands well under clean, running water.
- **Dry** your hands using a clean towel or air dry them.



## What should you do if you don't have soap and clean, running water?

Washing hands with soap and water is the best way to reduce the number of germs on them in most situations. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol. Alcohol-based hand sanitizers can quickly reduce the number of germs on hands in some situations, but sanitizers do **not** eliminate all types of germs and might not remove harmful chemicals.



**Hand sanitizers are not as effective when hands are visibly dirty or greasy.**

### How do you use hand sanitizers?

- Apply the product to the palm of one hand (read the label to learn the correct amount).
- Rub your hands together.
- Rub the product over all surfaces of your hands and fingers until your hands are dry.



## 7 Tips for Keeping Kids in a Healthy Holiday Routine



Winter break is just around the corner for all of the kiddos in your life, and that means it's almost time for the holidays! While your kids are probably super excited to sleep in and not have any homework, keeping them on a regular schedule is important.

Routines are an important part of keeping your children on the right learning path. Children learn how to keep themselves organized, accomplish things they don't want to do and properly care for themselves if parents start routines at a young age. These skills will come in handy as your child grows into a young adult and starts to take on the world.

Children learn how to safely control themselves and their surroundings when they live in a structured environment. This feeling of security fosters creativity and self-expression.

### 1. Get to Sleep at Night

It has been proven that regular schedules help children fall asleep more easily at night. Children who have and know their schedules whine less and don't fight when it comes time to go to bed. When kids know what to expect as they are going to bed, it reduces unexpected stress and promotes relaxation. Even naptimes can come with a routine.

Don't let your kids sleep in too much during winter break. Waking up around the same time every day and going to bed at the same time is a healthy habit for all family members. Sleep can become a regular habit, like hunger, if you go to bed and wake up at the same time every day. People tend to sleep better in a clean and neat environment. Part of the bedtime routine can include tidying up your child's room to create a sense of calm and organization.

## 2. Good Eating Habits

Eating at the same time every day not only reduces hunger-induced crabbiness but also eliminates snacking between meals. Mealtime is a good way to introduce good eating habits. Make sure that your children are eating a healthy breakfast every day. Breakfast is important for every member of your family as it improves your concentration, strength, endurance and performance. It can even lower your cholesterol and round out a healthy diet by adding in vitamins and minerals you might not get during the rest of the day.

Turning off the TV during mealtime is also an excellent eating habit for kids to develop. Families that watch TV while they eat tend to overeat. Good routines limit fast-foods, start with small portions, don't use food as a reward and let you stop eating when you are full even if there is still food on your plate.

The holidays come with their fair share of over-eating and sugary sweets. Use this time as a good example of why it's important to eat healthy, even when there is an abundance of options.

## 3. Travel with Kids

Traveling in and of itself can be stressful. Traveling with children can be a nightmare if your child is unrelaxed and uncomfortable. Bring an item that makes your child feel safe like a stuffed animal or blanket to ease that car, plane or train ride. Remember that young children do better in the morning. Plan to do the majority of your travel in the morning and use the evenings to relax.

While it may be impossible to stick to YOUR established routine while traveling to see family, creating a new routine while you go will help your kids feel more relaxed. Sleep times and mealtimes should happen at the same time every day, even if it's different from when you are at home.

Changing time zones can cause jet lag for every member of your family. It's still important to create a new routine based on your new time zone. If you travel from Iowa to Hawaii and your kids have a bedtime of 8 p.m., put them to bed at 8 p.m. Hawaii-time even though it's only 4 p.m. in Iowa.

## 4. Winter Activities

Your kids might get a little restless being cooped up all day instead of being at school. Plan activities ahead of time to keep your little ones' minds and bodies engaged while they're stuck at home during winter vacation. Have a snowball fight, go sledding or build a snowman to keep them physically active and out in the fresh air. Try ice skating, building a fort or walking around the mall to keep them busy inside. To keep their minds engaged, try out math games, crafts, puzzles, science experiments and board games. Planning out a specific time each day during winter break to do an activity will become part of their routine while they are home.



## 5. Eliminate Anxiety in Children

The holidays sometimes create stress. When there is tension in the household, it can lead to a neglect of healthy activities for kids. Families who are on a regular schedule have reduced anxiety in general, and when problems do arise, it's much easier to stick to a healthy routine. Your child already knows what is expected of them if the routine is consistent.

Some kids can get in the habit of watching TV and movies all day during winter break. Limit screen time to 2 hours a day, even when your kids complain of being bored.

Studies have shown that children spend over 10 and a half hours a day on electronics, including watching TV on any device, listening to music, playing on a computer, playing video games and watching movies in a theater. Removing electronic devices, like TVs and video game consoles, from your child's room can help squash some of that time spent in front of the TV. Setting up parental controls through TVs, smartphones and other devices can also cut down on the amount of time your child spends staring at a screen during winter break.

## 7. Back to School Routines

As it gets closer to back-to-school time, you can start preparing your kids for another change in their routine. If sleep schedules changed for your family, slowly adjust them back into the times they usually go to bed during school. If mealtime schedules changed, it's important to adapt to those back-to-school times as well.

It's time to get yourself and your family ready for winter break! Schedule an appointment with a doctor today for a well-child check-up and talk to your doctor about the importance of a family routine.

*from [Blank Children's Hospital](#)*

# 7 Ways to Jump Start Healthy Change in Your Life

*from Harvard Healthy Publications, Harvard Medical School*

The day-to-day choices you make influence whether you maintain vitality as you age or develop life-shortening illnesses and disabling conditions like heart disease, diabetes, high blood pressure, and stroke. You may understand exactly what you need to do to enjoy a healthier, happier life: carve out time to exercise, perhaps, or find a way to ratchet down stress. There's just one hitch. You haven't done it yet.

Often, the biggest hurdle is inertia. It's true that it isn't easy to change ingrained habits like driving to nearby locations instead of walking, let's say, or reaching for a donut instead of an apple. However, gradually working toward change improves your odds of success. Here are some strategies that can help you enact healthy change in your life, no matter what change (or changes) you'd like to make.



## Seven steps to shape your personal plan

Shaping your personal plan starts with setting your first goal. Break down choices that feel overwhelming into tiny steps that can help you succeed.

1. **Select a goal.** Choose a goal that is the best fit for you. It may not be the first goal you feel you *should* choose. But you're much more likely to succeed if you set priorities that are compelling to you and feel attainable at present.
2. **Ask a big question.** Do I have a big dream that pairs with my goal? A big dream might be running a marathon or climbing Mt. Kilimanjaro, wiggling back into a closet full of clothes you love, cutting back on blood pressure medication, or playing games and sports energetically with your children. One word to the wise: if you can't articulate a big dream, don't get hung up on this step. You can still succeed in moving toward your goal through these other approaches.
3. **Pick your choice for change.** Select a choice that feels like a sure bet. Do you want to eat healthier, stick to exercise, diet more effectively, ease stress? It's best to concentrate on just one choice at a time. When a certain change fits into your life comfortably, you can then focus on the next change.

4. **Commit yourself.** Make a written or verbal promise to yourself and one or two supporters you don't want to let down: your partner or child, a teacher, doctor, boss, or friends. That will encourage you to slog through tough spots. Be explicit about the change you've chosen and why it matters to you. If it's a step toward a bigger goal, include that, too. *I'm making a commitment to my health by planning to take a mindful walk, two days a week. This is my first step to a bigger goal: doing a stress-reducing activity every day (and it helps me meet another goal: getting a half-hour of exercise every day). I want to do this because I sleep better, my mood improves, and I'm more patient with family and friends when I ease the stress in my life.*
5. **Scout out easy obstacles.** Maybe you'd love to try meditating, but can't imagine having the time to do it. Or perhaps your hopes for eating healthier run aground if you're hungry when you walk through the door at night, or your kitchen cabinets and refrigerator aren't well-stocked with healthy foods.
6. **Brainstorm ways to leap over obstacles.** Now think about ways to overcome those roadblocks. Not enough time? *I'll get up 20 minutes early for exercises and fit in a 10-minute walk before lunch.* Cupboard bare of healthy choices? *I'll think about five to 10 healthy foods I enjoy and will put them on my grocery list.*
7. **Plan a simple reward.** Is there a reward you might enjoy for a job well done? For example, if you hit most or all of your marks on planned activities for one week, you'll treat yourself to a splurge with money you saved by quitting smoking, a luxurious bath, or just a double helping of the iTunes application "Atta boy." Try to steer clear of food rewards, since this approach can be counterproductive.



## Breaking it down

Taking a 10-minute walk as part of a larger plan to exercise, or deciding to drink more water and less soda, certainly seem like easy choices. Even so, breaking them down further can help you succeed.

Here are a few examples of how you can break a goal into smaller bites.

### Take a 10-minute walk

- Find my comfortable walking shoes or buy a pair.
- Choose days and times to walk, and then pencil this in on the calendar.
- Think about a route.
- Think about possible obstacles and solutions. If it's raining hard, what's Plan B? (I'll do 10 minutes of mixed marching, stair climbing, and jumping rope before dinner.) Maybe I dislike

getting my work clothes sweaty. If I'm planning to hop off the bus a few stops early and walk the rest of the way home, what could I do? (I'll need T-shirts to change into at work. If I bring in five every Monday, I'm covered. I'll put my walking shoes in my work bag at night.)

### **Drink more water, less soda**

- Find my water bottle (or buy one).
- Wash out the bottle, fill it up, and put it in the refrigerator at night.
- Put a sticky note on the front door, or on my bag, to remind me to take the water bottle with me.
- At work, take a break in the morning and one in the afternoon to freshen up my water bottle. This is a good time to notice how much (or little) I'm drinking.
- When I get home from work, scrub out my water bottle for the following day and repeat.

### **Track my budget for a month**

- Every night, put all receipts and paid bills in an envelope placed in a visible spot.
- Choose one: a) buy budget-tracking computer software, such as Quicken or QuickBooks; b) buy a similar application for my phone; c) use a debit card for every purchase; d) tuck a notepad into my purse or pocket to record all purchases.
- Follow instructions to load software on computer, or application on phone, if I've chosen to use it.
- Schedule 30 minutes at the end of the two-week mark to go over expenses with an eye toward identifying low-hanging fruit to trim. Sort expenses into categories first (rent or mortgage, utilities, groceries, entertainment, etc.). Consider what categories to trim. Set a goal to reduce or eliminate some of these expenses (for example: cut out 5% of spending across the board or in one category, ride a bike to work rather than paying commuter fees, or make my own coffee rather than buying it).
- At the end of the fourth week, review all spending categories and add up the money I've saved. Decide on an appropriate reward — maybe spending half the money, spending time in a pleasurable pursuit, or just basking in praise for a job well done.

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