



School Based Health

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INSIDE THIS ISSUE:

Breakfast cont. 2

Who can use the SBHC 2

Welcome 2

Stress and your child 3

Homework 3

5-2-1-0 3

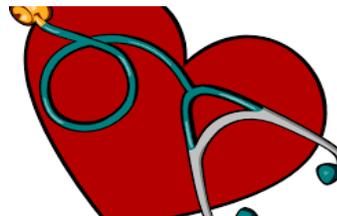
Kids and weight 4

How the School Nurses and the Nurse Practitioner Work Together

School nurses are generally the first health professional your child will have contact with at school. Whether it be an injury on the playground, sore throat, headache, or routine health screening, the school nurse is intrinsic to maintaining your child's health while he or she is in school. The school nurse also works closely with parents and strives to meet the needs of those children with specific medical conditions.

The School Based Health Center's (SBHC) pediatric nurse practitioner offers an additional layer of health care for your child. The school nurses assess health problems, provide initial treatment, and if needed refer to the SBHC nurse practitioner. The SBHC nurse practitioner will further examine a child, diagnose the problem, provide treatment, and if appropriate, prescribe medication. In addition, the SBHC nurse practitioner

is able to conduct routine and school mandated physical exams, including sport and camp physicals. Immunizations are on hand here at the SBHC and can be administered as



SBHC teams up with BPS school nurses

needed by the nurse practitioner. Finally, the SBHC tries to ease the tension of missed work days for parents offering an assessment of a questionably ill child. Often, early intervention will not only decrease the severity of the illness, but will

help keep a child in school and often, prevent a parent from missing a day of work.

The SBHC staff and the school nurses work together seamlessly to ensure our students stay healthy! Together, we coordinate the care of all ill children at school, whether this be for an ongoing illness, a sudden incident, or a temporary health condition that requires ongoing services. Finally, we collaborate to provide preventative services such as group or individual health education, scoliosis screening, and coordination of community care.

Our goal, working together, is to keep children in school and optimize their health. This makes for a receptive learner and a happy child!

Eat Your Breakfast!

We have all heard it; "breakfast is the most important meal of the day." Why do dieticians always say that? Think of your body as a car. After a long night's sleep, the tank is empty and needs to be refueled. Breakfast is the "gas" needed to get it going. When your body is properly fueled, you have better

concentration, improved weight control, consume more daily vitamins and minerals and may also help to keep your cholesterol lower.

So what to have for breakfast? Any breakfast is better than no breakfast. Encourage your child to choose foods from at least 3 of 4 food groups. Fresh fruits,

vegetables and 100% fruit juices are a good start. Add whole grain cereals, breads, bagels or muffins. When choosing dairy, choose low fat (1%) or no fat (skim milk), yogurts and cheeses.

Finally, round it out with protein such as eggs, peanut butter, or lean meats or fish.



Eat Breakfast cont.

Bored with the usual? Change it up and try leftover vegetable or cheese pizza. Smoothies made with fruit, milk, and yogurt; cheese and crackers, breakfast tortillas made with eggs, cheese and salsa, and celery with peanut butter and raisins are creative ways to spice-up your morning.

No time for breakfast? Keep these tips in mind in order to avoid the AM time crunch:

- Finish work and pack all bags the night before.
- Get up 10-15 minutes earlier — your mind and body will thank you mid-morning.
- Give up morning “screen time;” no TV,

computer, video games.

- Have some healthy “grab and go” food choices available to grab on your way out the door.

Start your day the healthy way?

“Once a child is enrolled in the SBHC, the enrollment will follow him or her for their life in the school district.”

OPEN TO ALL

- All children enrolled at Mary T. Murphy, Walsh Intermediate, and Branford High may use the School Based Health Center regardless of income or health insurance coverage.
- Our program is committed to working with children and families in order to keep everyone healthy and in school!
- See our link on the Branford Public Schools website under Health Services or on each individual school website as well.
- You can download the permission form, complete it, and return it to your child’s school.



dreamstime.com

SBHC New Staff Member

Please help us welcome Jeffrey Nelson, the new office manager for the SBHC at Walsh Intermediate School.

Jeffrey is a Yale New haven Health employee who has just joined the SBHC Department. He will assist with enrolling and scheduling your child’s visits with the SBHC Nurse Practitioner. If you have any questions about either, you can reach Jeffrey at 203-315-3533.



Helping your child cope with stress

Although we would like to think our children live carefree lives with few worries or constraints, the fact is, even middle school children experience stress. School, peer pressures, after school activities, and family commitments can all lead to an overwhelming schedule for children. The result can be an unhappy child who begins to act out, appear sad or starts to withdraw from friends and family. Physical

symptoms may include, headaches, stomach aches, or clouded concentration. How can you help your child cope with stress? First, acknowledge the feelings your child has. Remind him/her that everyone feels stress at certain points in their lives and that this is normal. Second, talk with your child and try to identify what may be causing the stress and do what

you can to manage the source. This may mean reducing commitments and cutting back on after school activities. Third, arrange to spend time with your child and be available to hear him/her concerns. Fourth, talk with teachers to identify any problems or issues that may be occurring at school. Fifth, control those things that you can! For example, ensure that your child exercises, eats

If changes in your child's behavior persist and they are seriously impacting them, seek the advice of your primary care provider or consider talking to the SBHC social worker.

Homework help?

Do you find yourself arguing with your son or daughter each night about doing their homework? You are not alone. The homework battle occurs in many households. Homework is an important component of your child's education. It reinforces skills and lessons taught during the school day. Homework is also a way for students to learn how to be organized and to devel-

op organizational skills. Children may never "want" or "like" to do homework. They see it as "boring" and not useful. If you find yourself struggling with this each night there are some strategies that may assist you with helping your child. Have a designated area in your home where homework is done. This could be the kitchen table, living room couch, desk, etc. Keep extra

pencils, pens, rulers, notebooks available at home. Be sure your child knows where these materials are kept. Occasionally, some children concentrate better with background music on low. Also, your child may focus better if you are nearby. Most importantly communicate with your child's teachers. We encourage you not to argue with your child about homework, but rather remain supportive.

5-2-1-0 EVERY DAY

What is 5-2-1-0? Suggestions on how to eat healthy.

5: Eat 5 or more servings of fruits and vegetables

2: 2 hours or less of recreational screen time a day

1: 1 hour or more of physical activity each day

0: Zero sugary drinks, more water and low fat milk.

BE A ROLE MODEL

Snack on fruits and vegetables. Have a family dinner without the TV or cell phones. Use a pedometer or fit bit or a phone app and go for a walk. Grab a glass of water instead of a soda.





SCHOOL BASED HEALTH CENTERS

Branford School Based Health

Mary T. Murphy
Walsh Intermediate
Branford High School

Melanie Wilde
Director of SBHC
203-315-3534

Services Include:

Medical

- **Diagnosis and treatment for acute injuries and illness**
- **Well-child physical examinations & sports and camp physicals**
- **Immunizations & laboratory tests**
- **Management of chronic health conditions**
- **Topic-specific groups**
- **Referrals for specialty care**
- **Individual, group, classroom health education**

Behavioral Health

- **Individual, group, and family therapy**
- **Behavioral health awareness and outreach**
- **Screening and assessment for behavioral issues**
- **Crisis prevention and intervention**
- **Case management and/or referrals**
- **Student and/or family support groups**

What's all the talk about kids and weight?

Childhood obesity is on the rise. Studies indicate we are seeing more severe cases of obesity in children than ever before.

Healthy eating and physical activity habits are important to your child's well-being. Eating too much and exercising too little can lead to overweight and related health problems. These problems can follow children into their adult years. You can take an active role in helping your child and your whole family with healthy eating and physical activity habits that can last a lifetime.

You can get involved by buying and serving more fruits and vegetables. Offering water instead of juice or soda. Keep healthy snacks on hand and out in plain sight. You can include your children in meal planning

and plan healthy meals together. Then eat as a family. Fast food can be very unhealthy. Try to choose healthy options when there. Try to not use food as a reward. Instead, consider time at the trampoline park or a hike in a new location. Portion size is key. Begin with a small helping of foods. Let your child ask for more if they are still hungry.

Like adults, kids need daily physical activity. Here are some ways to help your child move every day:

- **Set a good example.** If your child sees you being active, they are more likely to stay active.
- **Encourage your child to join an active activity** such as sports, dance, martial arts or a recreation center.

- **Be active together as a family.** Even chores can be active, like vacuuming, making beds or washing the car.
- **If you can't dedicated 60 minutes for activity altogether, split it up.** Short 10 or even 5 minute bouts of activity throughout the day are just as good.

If you are concerned about your child's weight, please consider speaking to a health care professional. The SBHC medical staff are available to speak to you and meet with your child. They can provide on-going nutrition and physical activity counseling during the school year. Call your child's SBHC if you would like more information.