

# HEALTHY FORDS

## SCHOOL DISTRICT OF HAVERFORD TOWNSHIP WELLNESS NEWS



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## Enjoying Spring!

### Spring and Summer Safety Edition

We wish each of our students a safe and happy summer. We hope you enjoy your family and friends, time away to a favorite vacation spot, or perhaps the adventure of somewhere new and exciting. Our Spring/Summer edition of Healthy Fords has plenty of information to ensure you have a safe and healthy summer vacation and are ready to return to learn in September!

#### Why is Emotional Wellness Important?

By understanding how stress impacts our health and what steps we can take to stay emotionally balanced, we can lay the foundation for complete wellness.

# Bike Safety - Wear Your Helmet!

Bike riding is a great way to get exercise and fresh air and share time as a family. But before you and the kids rush out and start pedaling, there's an important factor that you need to consider — safety.

Bicycle helmet use should not be optional for anyone in your family, no matter where you are or how short the ride. In many states, it's the law.

Here's why: Many bike accidents involve a head injury, so a crash could mean permanent brain damage or death for someone who doesn't wear one while riding. In fact, each year in the United States, about half a million kids are seriously injured in bicycle-related accidents, and most of those injuries could have been avoided if a helmet was worn. To protect against brain injury, make sure your kids wear a correctly fitting helmet on every ride.

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## Choosing the Right Helmet

Here are some things to keep in mind when buying a helmet:

- Pick bright colors or fluorescent colors that are visible to drivers and other cyclists.
- Look for a helmet that's well ventilated.
- Make sure that the helmet has a CPSC or Snell sticker inside.

These indicate that the helmet meets standards set by the Consumer Product Safety Commission (CPSC) or the Snell Memorial Foundation, a nonprofit group that tests helmet safety.

- Make sure your child's helmet fits correctly and can be adjusted.

A few bike helmets can be used as protection for other activities, but in general, they're best suited to biking. Most helmets are made for one specific type of activity — for example, special helmets also are made for inline skating, baseball, and snowmobiling.

Kids should not wear any helmet when they're on a playground or climbing a tree — there is a risk of strangulation from the chin strap during these types of activities.

Source: Nemours Healthy Kids

Bryn Mawr Hospital Community Health Services offers low-cost/high-quality bike helmets and BMX / skate helmets for only \$9.00 per helmet.

[Click here for Order Form](#)

# Concussions

## Is it just a bump on the head or something more serious?

A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move rapidly back and forth. This sudden movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging brain cells.

### Concussions Are Serious

Medical providers may describe a concussion as a “mild” brain injury because concussions are usually not life-threatening. Even so, the effects of a concussion can be serious. Children and teens who show or report one or more of the signs and symptoms listed below, or simply say they just “don’t feel right” after a bump, blow, or jolt to the head or body may have a concussion or more serious brain injury.

Each school in the District has a Concussion Management Team to help monitor your child’s physical and academic symptoms as they return to school. We also work with BrainSTEPS, a free consultation service for all schools in Pennsylvania. For more information contact your School Counselor. [Click here to learn more about BrainSTEPS.](#)

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## Signs and Symptoms

- Can’t recall events prior to or after a hit or fall.
- Appears dazed or stunned.
- Forgets an instruction, is confused about an assignment or position, or is unsure of the game, score, or opponent.
- Moves clumsily.
- Answers questions slowly.
- Loses consciousness (even briefly).
- Shows mood, behavior, or personality changes.
- A headache or “pressure” in the head.
- Nausea or vomiting.
- Balance problems or dizziness, or double or blurry vision.
- Bothered by light or noise.
- Feeling sluggish, hazy, foggy, or groggy.
- Confusion, or concentration or memory problems.
- Just not “feeling right,” or “feeling down”.

Signs and symptoms generally show up soon after the injury. However, you may not know how serious the injury is at first and some symptoms may not show up for hours or days. For example, in the first few minutes your child or teen might be a little confused or a bit dazed, but an hour later your child might not be able to remember how he or she got hurt.

You should continue to check for signs of a concussion right after the injury and a few days after the injury. If your child or teen’s concussion signs or symptoms get worse, you should take him or her to the emergency department right away.

Source: Center for Disease Control [www.cdc.gov](http://www.cdc.gov).

# Fun in the Sun

## Don't Feel the Burn

Even though the sun is hot, it does cool things. It keeps us warm. It makes flowers and plants grow. It even gives us Vitamin D so we can better absorb calcium into our bodies for strong bones.

It does all these things by sending down light, which includes invisible ultraviolet (say: ul-trah-VYE-uh-lit) rays. These are also called UV rays. Some ultraviolet rays pass through air and clouds and reach the skin. When your skin's been exposed to too many of these rays, you get what's known as a sunburn. Ouch!

Some people get a sunburn faster than others because of their coloring. If you have blond or red hair, light-colored skin, and light-colored eyes, you'll tend to get a sunburn more quickly than someone with dark eyes and skin. That's because you have less melanin (say: MEL-uh-nun). Melanin is a chemical in the skin that protects it from sun damage by reflecting and absorbing UV rays. People with darker skin have more melanin, but even if you have dark hair, dark eyes, or darker-toned skin, you can still get a sunburn. It will just take a little bit longer.

Sunburns look bad and feel worse. They can cause blisters on your skin. They can keep you inside feeling sore when everyone else is outside having fun. They increase your chance of getting wrinkly when you get older. And worst of all, they can lead to skin cancer when you are an adult.

Because getting wrinkles and getting sick don't happen right away, they can seem like things that could never happen to you. But you still need to be careful.

You don't need to hide from the sun completely. But you should take these two steps:

1. Always wear sunscreen.
  2. Take breaks from the sun often by going indoors or moving into the shade.
- These steps are especially important between 10 a.m. (in the morning) and 4 p.m. (in the afternoon), when the sun's rays are strongest.

Use a sunscreen with an SPF rating of 30 or higher. Put on sunscreen 15 to 20 minutes before going out in the sun. The letters SPF stand for sun protection factor, and the number rating tells you how much longer you can stay in the sun without getting sunburned.

But this isn't always true, so reapply sunscreen at least every 2 hours, just to be safe. Do this more often if you've been swimming or sweating a lot — even if the sunscreen is waterproof. And remember that you can get sunburned more quickly when you're swimming or boating because the reflection from the water makes the sun's rays stronger.

Don't forget that your eyes need protection from ultraviolet rays, too. Always wear sunglasses in the sun, and make sure they have a label saying that they block UV rays.

Source: Nemours Kid's Health



# Remember to Hydrate

## Drink Up!

Drinking water is an important part of staying healthy, especially when it's hot outside. When you're sweating, you lose water your body needs to work properly. And if you're playing a sport or running around in the sun, you lose even more water, because you sweat that much more.

So drink up and don't wait until you're thirsty — drinking before you feel thirsty helps keep the water level in your body from dropping too low (dehydration) when it's hot or you're sweating a lot with exercise. If you forget and suddenly feel thirsty, start drinking then. There are lots of cool-looking water bottles around, so get one you really like, fill it up, and drink up!



## Got That Hot Feeling?

If you're out in the hot sun or you're exercising on a hot day, it's easy to get heat exhaustion. Kids get heat exhaustion when their bodies can't cool themselves fast enough. A kid with heat exhaustion might feel overheated, tired, and weak.

Heat exhaustion can come on suddenly. A person may just collapse when playing soccer or tennis, for example. It can leave someone feeling really tired after it happens.

Heat stroke is a more serious heat-related illness and can cause someone to stop sweating; to have red, hot skin; and to have a high temperature. The person might become uncoordinated, confused, or even lose consciousness. It requires emergency medical attention.

Be sure to tell an adult if you're hot and you have a headache or feel dizzy or nauseated (like you're going to throw up). The grown-up will want to get you out of the sun, give you liquids to drink, and take you to a doctor, if necessary.

The good news is that the sun doesn't have to be your enemy if you wear your sunscreen, drink your water, and take breaks when you start to feel too hot. And don't forget your sunglasses. Not only do they protect your eyes from the sun, they make you look so cool! Source: Nemours Kid's Health



# Emotional Wellness: When is Sad Too Sad?

## Regular Sadness or Depression?

Feeling moody, sad, or grouchy? Who doesn't once in a while? It's easy to have a couple of bad days. Your schoolwork, activities, and family and friend drama, all mixed with not enough sleep, can leave you feeling overwhelmed. On top of that, teen hormones can be all over the place and also make you moody or cry about the smallest thing. Regular moodiness and sadness usually go away quickly though, within a couple of days.

## Depression

Untreated depression is a more intense feeling of sadness, hopelessness, and anger or frustration that lasts much longer, such as for weeks, months, or longer. These feelings make it hard for you to function as you normally would or participate in your usual activities. You may also have trouble focusing and feel like you have little to no motivation or energy. You may not even feel like seeing your best friends. Depression can make you feel like it is hard to enjoy life or even get through the day.

Know the signs and symptoms of depression

Most of the day or nearly every day you may feel one or all of the following:

- Sad
- Empty
- Hopeless
- Angry, cranky, or frustrated, even at minor things
- Not care about things or activities you used to enjoy.
- Have weight loss when you are not dieting or weight gain from eating too much.
- Have trouble falling asleep or staying asleep, or sleep much more than usual.
- Move or talk more slowly.
- Feel restless or have trouble sitting still.
- Feel very tired or like you have no energy.
- Feel worthless or very guilty.
- Have trouble concentrating, remembering information, or making decisions.
- Think about death or suicide or try suicide.



Not everyone experiences depression the same way. And depression can occur at the same time as other mental health problems, such as anxiety, an eating disorder, or substance abuse.



If you think you are depressed, ask for help as early as you can

1. Talk to:

- Your parents or guardian
- Your teacher or counselor
- Your doctor
- A helpline, such as 1-800-273-TALK (8255), free 24-hour help
- Or call 911 if you are in a crisis or want to hurt yourself.

2. Ask your parent or guardian to make an appointment with your doctor for a checkup. Your doctor can make sure that you do not have another health problem that is causing your depression. If your doctor finds that you do not have another health problem, he or she can treat your depression or refer you to a mental health professional. A mental health professional can give you a thorough evaluation and also treat your depression.

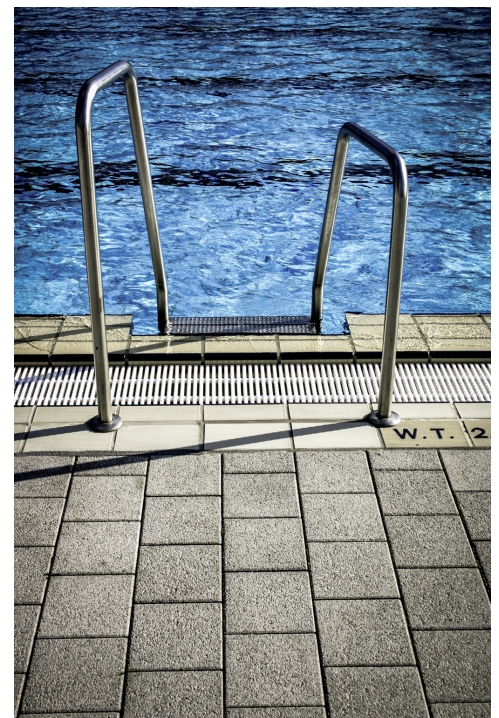
3. Talk to a mental health professional, such as a psychiatrist, counselor, psychologist, or other therapist. These mental health professionals can diagnose and treat depression and other mental health problems. There are ways you can feel better.

Source: National Institute of Mental Health

## WATER SAFETY

Follow these safety actions whenever you are in, on or around water. Make Water Safety Your Priority

- Swim in designated areas supervised by lifeguards.
- Always swim with a buddy; do not allow anyone to swim alone. Even at a public pool or a lifeguarded beach use the buddy system!
- Ensure that everyone in the family learns to swim well. Enroll in age-appropriate water orientation and Learn-to-Swim courses.
- Never leave a child unattended near water and do not trust a child's life to another child; teach children to always ask permission to go near the water.



Source: American Red Cross



## Mandated School Physical and Dental Examinations and Vaccinations

### Physical Examinations

The Pennsylvania Public School Code Section 1402 Health Services requires that students be given a "comprehensive appraisal" of their health. The physical is to be completed within 4 months prior to the start of the school year as follows:

- Original entry into school (typically K or 1st grade),
- Grade six (6)
- Grade eleven (11)

This requirement may be completed by the student's primary care provider (MD, DO, CRNP, PA) or by the school provider if the student does not have a primary care provider.

### Physicals for Student-Athletes

Students are eligible only if they have completed a comprehensive initial pre-participation physical evaluation ("CIPPE"), performed by an Authorized Medical Examiner (as that term is defined in the GLOSSARY of the PIAA By-Laws) before the first sports season's first Practice of that school year. If students want to participate in subsequent sport(s) in the same school year, they may be required to be re-evaluated and re-certified that their physical condition is satisfactory. Check with your Principal or Athletic Director to determine whether re-evaluation and re-certification is needed.

Wrestlers must also obtain a certification of the minimum wrestling weight at which they may wrestle during that season.

In all cases, an Authorized Medical Examiner must certify, on the PIAA CIPPE form, as to your physical fitness to participate in the particular sport(s) involved. A CIPPE may be performed no earlier than June 1st; and, regardless of when performed during the school year, remains effective only until the next May 31st. Click here for the PIAA CIPPE form.

Source: Pennsylvania Interscholastic Athletic Association <https://www.piaa.org>

### Dental Examinations

Dental examinations are required by 28 PA Code (regulations) 23.3(a) Dental examinations shall be required on:

- Original entry into school (typically Kindergarten or first grade)
- Grades three (3)
- Grade seven (7)

This requirement may be completed by the student's primary dentist. The student may receive a dental screening by the school provider if the student does not have a primary care provider.



# School Immunization Requirements

The following are required for students unless they have a medical or religious exemption. Students without the required vaccines risk exclusion from school according to PA Department of Health regulations. [Click here for the PA School Immunization Parent Fact Sheet](#)

## For all students:

- 4 doses of tetanus, diphtheria and acellular pertussis (1 dose on or after the 4th birthday)
- 4 doses of polio (4th dose on or after 4th birthday and at least 6 months after the previous dose is given)
- 2 doses of measles, mumps, rubella
- 3 doses of hepatitis B
- 2 doses of varicella (chickenpox) or evidence of immunity

## For Grade 7

- 1 dose of tetanus, diphtheria, acellular pertussis (Tdap) on the first day of 7th grade
- 1 dose of meningococcal conjugate vaccine (MCV) on the first day of 7th grade

Note: If a child gains entrance to the school in any succeeding year, the same immunizations are required on the first day.

## For Grade 12

- 1 dose of meningococcal conjugate vaccine (MCV) on the first day of 12th grade

Note: If one dose was given at 16 years of age or older, that shall count as the twelfth-grade dose.

A student may be excluded from school without proper vaccinations- Please [click here for PA Requirements](#)



*For happy health, fuel yourself with dreams and greens.  
Terri Guillemets*

*Physical fitness is not only one of the most important keys to a healthy body, it is the  
basis of dynamic and creative intellectual activity.  
John F. Kennedy*

## Kid Friendly Summer Recipes

Now that summer is here, you're likely prepping a lot more snacks—whether you're home with kids all day, packing bags for day camp, or loading up for a road trip. If you're looking for new ideas, here are 12 ideas that will fill kids' bellies and provide tons of good nutrition between meals:

### 1. Fro-Yo Bark

Spread a layer of yogurt onto a parchment-lined baking tray. Top with sliced strawberries or mini chocolate chips. Freeze until firm, then crack into pieces. Eat quickly; the bark melts fast!

### 2. Pesto Roll-Ups

Spread pesto (homemade or store-bought) on a whole wheat tortilla. Top with a slice of deli turkey and a slice of cheese. Roll up and cut into slices (spear slices with a toothpick to hold them together).

### 3. Veggie Tray

At the beginning of the week, wash and chop a bunch of fresh veggies, arrange them on a plate with dip, then pull it out of the fridge at the first sign of "I'm hungry" whining.

### 4. All-Fruit Popsicles

Fill a Popsicle mold (or small paper cup) with sliced fruit and berries, fill with coconut water (sweeten it with a bit of honey or maple syrup), insert the stick, and freeze until firm.

### 5. Watermelon on a Stick

Slice watermelon into wedges and slide a popsicle stick into the rind.

### 6. Caprese Kebabs

Thread cherry tomatoes, chunks of mozzarella, and basil leaves onto a skewer and sprinkle with salt and pepper.

### 7. Banana "Ice Cream"

Freeze peeled, sliced banana chunks, then whirl in a food processor or blender until it becomes the texture of ice cream. Add in other kinds of frozen fruit (like blueberries or pineapple) for extra flavor and color, or a couple spoonfuls of peanut butter.

### 8. Muffin Tin Munchies

Fill each compartment of a muffin tin with a different food, like blueberries, plain "o" cereal, snap peas, cheese cubes, dip, and crackers.

### 9. Frozen Kiwi

Peel a kiwi and slice into rounds. Slide a Popsicle stick into one end and freeze on a parchment-covered plate until frozen.

### 10. Hummus Cups

Place a few tablespoons of hummus (or another dip) at the bottom of a small cup, then stand up raw veggie sticks like carrots, cucumbers, and peppers in the hummus.

### 11. DIY Yogurt Tubes

Get disposable or reusable Popsicle pouches and fill with a mix of half plain/half flavored yogurt (an easy way to cut sugar!) and some mashed fruit. Stash in the fridge or freeze into pops.

### 12. Frozen Grapes

Remove grapes from the stem, rinse, and pat dry. Place in a freezer-safe zip top bag and lay flat in your freezer until firm (cut grapes into halves or quarters for children under four years of age).

Source: Sally Kuzemchak, MS, RD, registered dietitian, educator, and mom of two.