

What's Up, Edison?

May 4 - 8, 2020

What's up Hornets, Knights, Jaguars and Challengers? The MSNs are back for Week Seven, we know it feels like ELEVEN! Presenting...*Part Two of Gross Things We Do!*

We hope you won't be leaving when we talk about "heaving" because it's not intentional, but we need to talk to you about the gastrointestinal. All about G.I. issues, you may need more than tissues. (So, grab a seat or a bowl, we are on a roll!)

Stay safe and healthy,

Your Middle School Nurses,

Carol Martinez, RN, MS, CSN, HHMS

Jasmine Cromartie, RN, BSN, CSN, JAMS

Nicole Montilus, RN, BS, CSN, TJMS

Roulla Fanik, RN, MSN, CSN, WWMS

Kristine Walters, RN, BSN, CSN, District Nurse



What's Up, Edison?

May 4 - 8, 2020

HOW THE
DIGESTIVE
SYSTEM
WORKS



Vomit, Burps, Flatulence (what is that?), and Diarrhea, these come courtesy to you from our **DIGESTIVE SYSTEM!** Watch the TEDEd video on the left.

Then click below to watch the Kids Health movie about how it all works.

<https://kidshealth.org/en/kids/dsmovie.html?WT.ac=k-ra#cattake-care>

Then take the quiz!

<https://kidshealth.org/en/kids/dsquiz.html?WT.ac=k-ra#cattake-care>

Whether we call it vomit, barf, puke, upchuck, it is gross, but believe it or not, it is one of the ways the body protects itself. Check out the Dr. Binocs video to learn more.

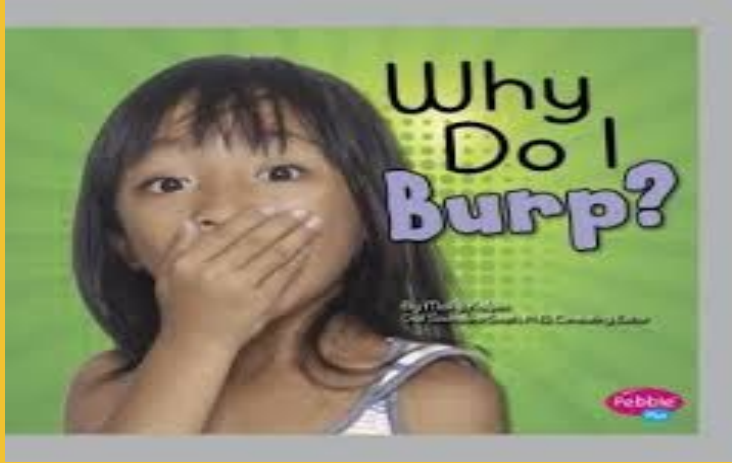


WHY DO WE
PUKE?



What's Up, Edison?

May 4 - 8, 2020



When you eat or drink, you swallow food, liquid, AND air at the same time - BURP! Click left to learn more about burps. Of course, whether your burp is loud or quiet, saying "excuse me" can't hurt either!

<https://www.youtube.com/watch?v=MlhZVIvFlgk>

More info on why we burp:

<https://www.cbc.ca/kidscbc2/the-feed/why-do-i-burp>



Passing gas, flatulence, or farts are also caused by swallowing too much air, but there are other reasons too. Watch the TEDEd video to *hear* all about it.

Just Some Fun Facts About Farts!

May 4 - 8, 2020

Tips to Reduce Excessive Gas and Bloating




Eat more
insoluble fiber


Avoid straws



Avoid laying down
after eating


Limit carbohydrate intake


Limit carbonated drinks


Drink plenty of water


Exercise daily


Eat slowly
and mindfully

verywell

On average, a fart is composed of about 59 percent nitrogen, 21 percent hydrogen, 9 percent carbon dioxide, 7 percent methane and 4 percent oxygen. Less than 1 percent of their makeup is what makes farts stink.

- The temperature of a fart at the time of creation is 98.6 degrees Fahrenheit.
- Farts have been clocked at a speed of 10 feet per second.
- A person produces about half a liter of farts a day.
- Women fart as much as men.
- The gas that makes your farts stink is hydrogen sulfide. The more sulfur rich your diet, the more your farts will stink. Some foods that cause really smelly farts include: beans, cabbage, cheese, soda and eggs.
- Most people pass gas about 14 times a day.

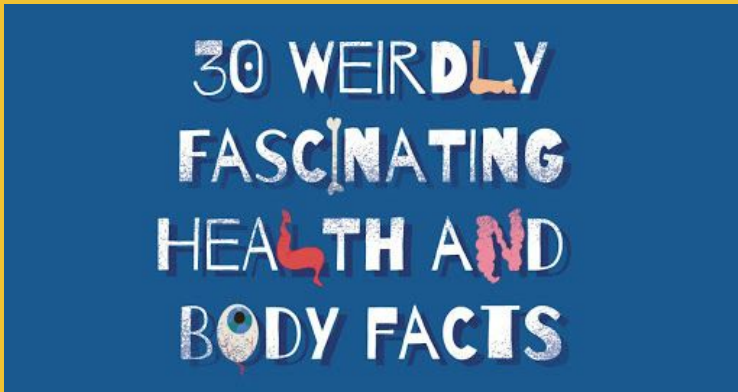
<https://kidshealth.org/en/kids/fart.html?WT.ac=k-ra#cattake-care>

What's Up, Edison?

May 4 - 8, 2020



Going to the bathroom, having a bowel movement, pooping - no matter what you call it, stool is a regular part of human life. When you have loose or watery stool, it's called diarrhea. This is a very common condition and usually resolves on its own.



Here are 30 fun facts for you!

What's Up, Edison?

Okay, that's it! We are all grossed out! The MSNS will return next week to talk about the most common reasons why students visit the health office - there are quite a few! Can you guess what they are? We will end this week's lesson with a song about burping. Enjoy and see you next week!

<https://www.dailymotion.com/video/x35fqfp>

10 FUN FACTS

1. You can't wash your eyes with soap.
2. You can't count your hair.
3. You can't breathe through your nose, with your tongue out.
4. You just tried no. 3
6. When you did no. 3 you realized it's possible, only you look like a dog.
7. You're smiling right now, because you were fooled.
8. You skipped no. 5
9. You just checked to see if there is a no. 5
10. Share this with your friends to have some fun too! :-)

HAPPINESS IS



...having a
burp competition
with friends.