

What's Up, Edison?

May 11- 15, 2020

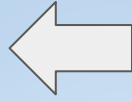
What's up Hornets, Knights, Jaguars and Challengers? The MSNs are back for Week Eight and we are going to tell it to you straight! This week and next week we are going to give you an in depth view to the "windows of your soul." Do you know which part of the body that expression is referring to? If you guessed the eyes, then you are correct! The eyes are one of your body's most amazing organs and according to WebMD, they are the body's most highly developed sensory organs. In fact, a far larger part of our brain is dedicated to vision than to all the other senses combined! So, let's go and see all about the eye!

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



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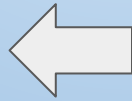


- ★ There are many different parts of the eye that work together to help us see.
- ★ Watch the KidsHealth movie and learn how the eyes work.
- ★ Then, read and/or listen to this article for more information on the eye.

<https://kidshealth.org/en/kids/eyes.html#catmovies>

- ★ Then, take the quiz below!

<https://kidshealth.org/en/kids/eyequiz.html#cattake-core>

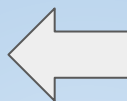


- ★ To learn more information about your amazing eyes, click on The Human Eye picture.



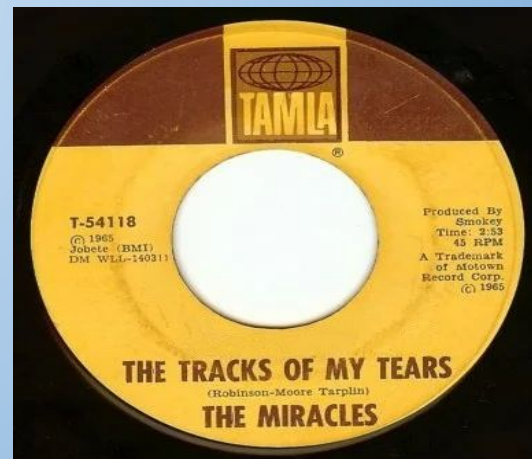
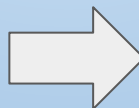
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Why do we cry? Click the video on the left to learn about the three types of tears.

Relax and take a listen to the Motown classic!



15 Fascinating Facts About the Eyes

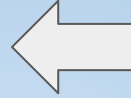
- ★ Your eyes focus on 50 different objects **every second.**
- ★ The only organ more complex than the eye is the brain.
- ★ Your eyes can distinguish approximately **10 million different colors.**
- ★ It is impossible to sneeze with your eyes open.
- ★ Ommatophobia is a fear of the eyes.
- ★ **80 percent** of all learning comes through the eyes.
- ★ Your eyes can detect a candle flame 1.7 miles away.
- ★ Your iris (the colored part of your eye) has 256 unique characteristics; your fingerprint has just 40.
- ★ Only 1/6 of your eyeball is visible.
- ★ Heterochromia is the medical term for having two different colored eyes.
- ★ Your eyes are comprised of rods and cones. Rods allow you to see shapes, while cones are responsible for detecting and deciphering colors.
- ★ The average person blinks 12 times a minute (bet you just blinked!).
- ★ The shark cornea is nearly identical to the human cornea, and has even been used in human eye surgery!
- ★ Your eye is the fastest contracting muscle in the body, contracting in less than 1/100th of a second.
- ★ The optic nerve contains more than one million nerve cells.

Click the eye!



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Here is more amazing facts from National Geographic about your eyes.

“Of all the senses, sight must be the most delightful.” Helen Keller



Next, we will review different eye conditions that may cause you to need eyeglasses or contact lens and the ways you can take care of your eyes. First, take a break and take a listen to the Doctor My Eyes jam!

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In Middle School, we check vision screenings for 6th and 8th graders.

- ★ Short or near sightedness (myopia): when far away things look fuzzy
- ★ Long or far sightedness (hyperopia): when close things look fuzzy



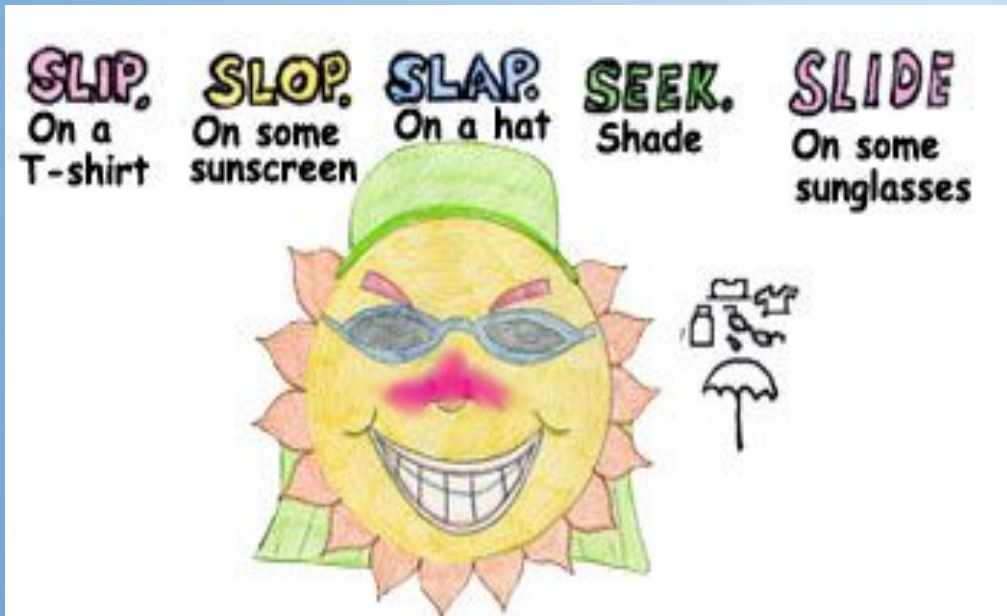
If the school nurse gives you a vision referral, it means you should get your eyes checked by your eye doctor. It is important to see your eye doctor when recommended to make sure your eyes are healthy. Once you do, you might be prescribed glasses and then you will be seeing clearly and singing this song!

What's Up, Edison?

If you don't need prescription eyeglasses, you still need to wear sunglasses! Sunglasses protect your eyes from the harmful effects of the ultraviolet (UV) rays of the sun.

Wear sunglasses if you are going to be in bright sunlight. You don't have to wear them at night. [Corey Hart - Sunglasses At Night \(Official Video\)](#) Hats that shade the eyes are important too.

Remember: SLIP, SLOP, SLAP, SLIDE AND SEEK SHADE



Click the link below for important reminders and tips!

WOMEN'S AND CHILDREN'S HEALTH NETWORK

Kids' Health

Child and Youth Health

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SCREEN TIME VS LEAN TIME

Do you know how much entertainment screen time kids get? Time in front of a screen is time kids aren't active. See how much screen time kids of different ages get and tips for healthier activities.

AGE GROUP

8-10

11-14

15-18

YOUTH AGES 11-14 SPEND NEARLY

9 hours a day

IN FRONT OF A SCREEN USING
ENTERTAINMENT MEDIA

NEARLY

5

OF THESE ARE
SPENT WATCHING
TELEVISION

INSTEAD THEY COULD...



Play a game of basketball

AND STILL HAVE TIME TO...

walk the dog



and...

dance to their favorite songs



and...

skateboard



and...

ride their bike



How can
parents help?



1 Ensure kids have 1 hour of physical activity each day.

2 Limit kids' total screen time to no more than 1-2 hours per day.

3 Remove TV sets from your child's bedroom.

4 Encourage other types of fun that include both physical and social activities, like joining a sports team or club.

FOR MORE INFORMATION, VISIT MakingHealthEasier.org/GetMoving

Reading, writing, using a computer, watching TV or staring at a small screen on a phone can all make your eyes feel dry and tired.

Some research suggests that too much close work can even lead to short sightedness (myopia) which means that you can only see things clearly when you are up close to them.

You can help your eyes by exercising them.

Here are a few things you can try.

- Every 20 minutes let your eyes take a break.
- Look away from the page or screen and slowly blink your eyes 10 times.
- Close your eyes and slowly roll your eyeballs round clockwise 2 times then 2 times anti clockwise.
- Look to the left then to the right 2 times with your eyes closed then do the same looking up and down. Move your eyes slowly.
- Look at something further away and focus on it while you count to 10 then look at the screen or page while you count to 10. Do this 5 times.

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See you  next week for more about the amazing eyes!!

