

What's Up, Edison?

May 25- 29, 2020

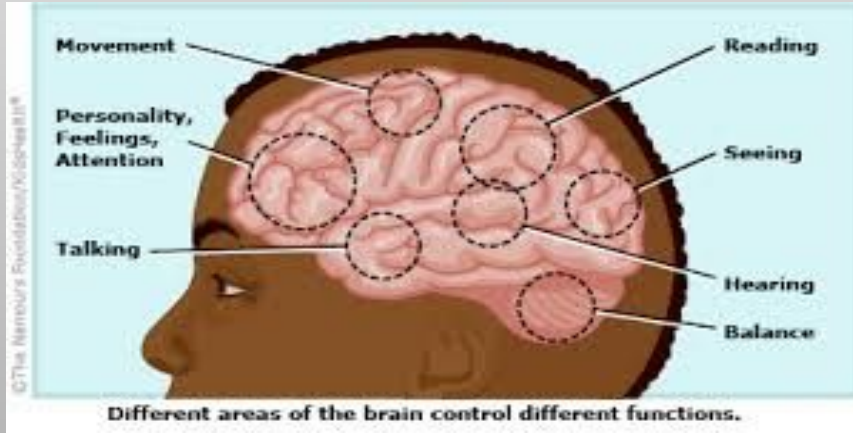
What's up Hornets, Knights, Jaguars and Challengers? The MSNs are back for Week Ten. Doesn't it feel like Groundhog's Day again and again? <https://www.youtube.com/watch?v=GncQ+URdcE4> Headaches and Concussions and Neuro, oh my! Didn't we just finish talking about the eye? Skipping breakfast, sinuses, chromebooks, stress and dehydration are a few of the explanations for a headache which might make it hard for contemplation. As for the bump to the noggin when you fell from joggin'? This will lead us to a discussion about a thing called a concussion. All this has to do with a system called the Neurological System, so let's get to it, there is nothing to it!

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



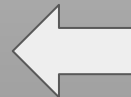
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Your brain is a part of your Central Nervous System (CNS) and it is the boss, the only organ that makes decisions.

You use it to study, remember facts, find solutions, walk, talk, eat and even go the bathroom. Your brain controls your personality and emotions. It is constantly working to help you with everyday tasks including homework and recess. At night, it controls your dreams.



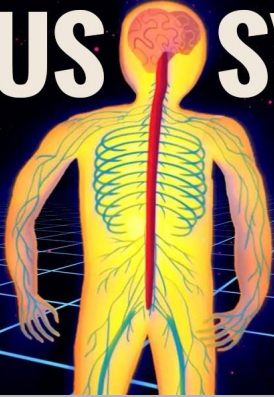
Your brain also controls everything inside your body, including your organs. It makes us who we are. Watch and listen to this song, then click both pictures.

<https://www.youtube.com/watch?v=Qw8E9WnZTQk>

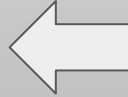
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NERVOUS SYSTEM



Click both brains and watch the videos.



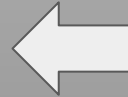
Spinal Cord

Your spinal cord is the road your brain uses to send information. It is a thick bundle of nerves protected by a bony spinal column. These nerves connect your brain to the rest of your body.

Peripheral Nervous System

The network of nerves that carry information from the brain to the other parts of your body is called the peripheral nervous system. Your body contains millions of nerve cells called neurons. There are three types of neurons:

Sensory (afferent) neurons have sensitive nerve endings called receptors, which respond to light, heat and chemicals. When you touch a hot stove, your sensory neurons tell your nervous system that something is not right.



Association (interneuron) neurons are the interpreters. They take the message "hot" and warn your brain that something needs to be done so you do not burn yourself.

Motor (efferent) neurons carry the message "take your hand off the hot stove" to the muscles in your hand. This system of neurons continues to work to protect us and keep us moving.

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What is a concussion?

A concussion is a traumatic injury to the brain usually caused by a blow to the head, but can sometimes happen when a person is violently shaken. Concussions can change the way the brain works. Most of the time these changes are temporary, but sometimes the damage can be permanent. Read these articles , then click the brain below to learn more.

<https://www.ducksters.com/science/biology/concussion.php>

<https://kidshealth.org/en/parents/co>



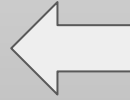
Signs and Symptoms of Concussion

Physical	Cognitive	Emotional	Sleep
<ul style="list-style-type: none">• Headache• Nausea• Vomiting• Balance problems• Dizziness• Visual problems• Fatigue• Sensitivity to light• Sensitivity to noise• Numbness/Tingling• Dazed or stunned	<ul style="list-style-type: none">• Feeling mentally "foggy"• Feeling slowed down• Difficulty concentrating• Difficulty remembering• Forgetful of recent information or conversations• Confused about recent events• Answers questions slowly• Repeats questions	<ul style="list-style-type: none">• Irritability• Sadness• More emotional• Nervousness	<ul style="list-style-type: none">• Drowsiness• Sleeping less than usual• Sleeping more than usual• Trouble falling asleep

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WHAT
CAUSES
HEADACHES?



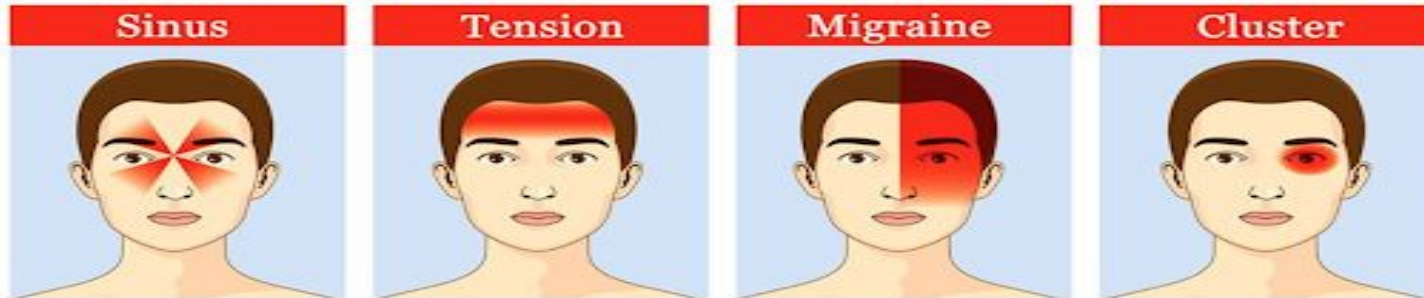
What Is a Headache?

If you get headaches, you're not alone. Lots of kids have headaches from time to time.

Let's find out more about headaches and how you can feel better. Check out the video on the left.

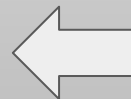
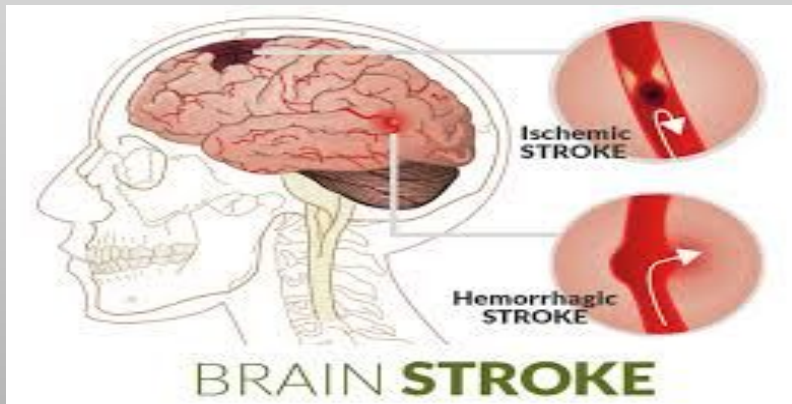
<https://kidshealth.org/en/kids/headache.html?WT.ac=k-ra#attake-care>

Headache Type

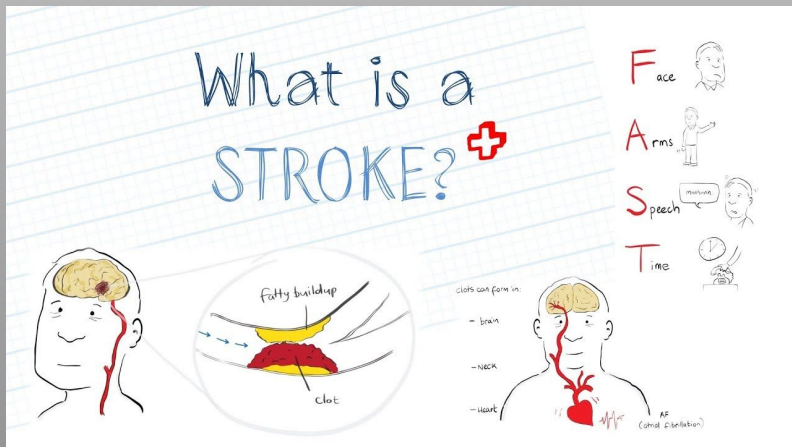


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Click
the
brains
and
learn!



What Are Strokes?

A stroke (sometimes called a "brain attack") happens when blood flow to the brain stops, even for a second.

Watch this video all about Cerebral Vascular Accidents (CVA) or commonly known as strokes.

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Every minute counts. For any sign of stroke, CALL 9-1-1 and B.E. F.A.S.T

<https://www.wakemed.org/neurosciences-stroke-education-kids>



Balance

Trouble walking, stumbling, falling, feeling dizzy or spinning sensation.

Eyes

Vision loss, blurry vision, double vision.

Face

One side of the face is weak or numb, the face appears uneven, drooping.

Arm

Weakness or numbness in arm (or leg), especially if it is only on one side of the body.

Speech

Slurred speech, trouble getting words out, speaking gibberish.

Time

If the person shows any of these symptoms, time is important. Call 9-1-1. Hospital staff, call Code Help.

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Why was the neuron sent to the principal's office? It had trouble controlling its impulses! Why didn't the brain want to take a bath? It didn't want to be brainwashed! We hope those jokes did not give you a headache! Or maybe they gave you a stomachache? If they did, hold that thought because we will be back next week to talk about another crowd favorite, the stomachache or as we in the health office call it, GI complaints (the Gastrointestinal System).



Click
the
brain.



Feeling a little under
pressure? Listen to
this song by Queen
and David Bowie.

