



**If your student is displaying symptoms that could be Covid-19 related or have had direct exposure to anyone who has tested positive for Covid-19 please fill out the Student Exposure Reporting Form on the OSSD website: health alerts tab**

***ossdms.org***

## MANAGING FOOD ALLERGIES IN KIDS

If you are the parent of one of the nearly 6 million American children who have food allergies, you are likely well versed in how to recognize and treat the symptoms of an allergic reaction. However, people other than parents or guardians often care for children. Whether it is teachers, coaches, babysitters or friends, you'll want to make sure they know how to keep your child safe from dangerous exposure to the foods they must avoid.

The American Academy of Pediatrics reports that food allergies happen when a child's immune system overreacts to certain foods, such as milk, eggs, nuts, soy and grains with gluten. The reactions can be mild (itchy skin, sneezing, upset stomach) or severe (throat tightness, vomiting, loss of consciousness) — and can even lead to life-threatening anaphylaxis.

**If you have a child with a food allergy, what should you tell adults who care for them?**

First, you need to know the specifics of your child's allergy and its severity. Any life-threatening allergy must be shared with your child's school, sports league, scouting organization or other group leader. You should provide a list of foods that must be avoided and a written "emergency action plan" or "food allergy action plan" to the adult in charge so they know what to do if your child is exposed to the allergen. An example plan can be found at [foodallergy.org](http://foodallergy.org). You should always have more than one available epinephrine auto injector, commonly known by the brand name EpiPen, so that your child —if old enough — can carry one with them, and one can be held in the school office or with a responsible adult.

Thankfully, many allergies are outgrown. Eighty to 90 percent of egg, milk, wheat and soy allergies resolve by the time a child is 5 years old. However, only 20 percent of children will outgrow their peanut allergy and even less outgrow a seafood allergy. Knowing how to recognize and treat allergic reactions and making sure those who spend time with your child know the same will remain important throughout their life.

# Oak Park Nurse News



## LESSONS IN SPORTSMANSHIP FOR KIDS

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Talk to your young players about these 10 important principles of sportsmanship starting at age 5 or 6, and continue the conversation as they get older and sports get more competitive.

### **Play by the Rules**

They are there to make sure the game is fair and fun, and to help keep the players (and officials) safe. So breaking them can be dangerous, in addition to dishonest. Plus, victories earned by cheating don't feel nearly as good as honorable wins do.

### **Be a Team Player**

Being part of a team means having a positive attitude and never thinking that team rules and policies don't apply to you. It also means sharing the spotlight, so don't hog the ball or the glory. A good coach should frequently point out opportunities for players to work together for the good of the team.

### **Be a Good Friend**

If a teammate gets hurt, makes a mistake, or feels sad, offer some encouraging words. Never blame or taunt a team member for losing a game, giving up a score, or committing an error. You win as a team and you lose as a team.

### **Own Your Mistakes**

If you're the one who drops the ball, accept responsibility instead of trying to make excuses or shift the blame to others. A good player learns from mistakes (and a good coach makes the most of errors, turning them into teachable moments).

### **Avoid Trash Talk**

Saying mean things about and to your opponents (even if they can't hear you) is disrespectful to them, to the game you all love, and even to your own teammates. It makes them look bad too. So keep comments polite or keep them to yourself.

### **Say "Thank You"**

Your coach deserves your thanks for all the time he or she devotes to your team. So do other volunteers, including coaching assistants, sidelines helpers, referees and other officials.

### **Ask Fans to Be Good Sports, Too**

When parents, brothers and sisters, other relatives and friends come to watch you play, they need to be good spectators. Nicely remind them to keep comments (about players from both teams, coaches, and officials) positive and polite.

### **Shake Hands After the Game**

Shake hands or trade high-fives and tell the opposing team "good game." This shows the other players that you respect and appreciate them. After all, it takes two teams to play—games wouldn't be much fun without opponents.

### **Be Respectful When You Win**

Don't brag and gloat when the losing team is around, or make fun of them for losing. It's okay to enjoy a win. You earned it! Just don't put the other team down while you're celebrating.

### **Be Gracious When You Lose**

Not every game will go your way. Take responsibility for your losses instead of blaming them on the other team, the weather, or the officials.

Another way to encourage sportsmanship for kids is to read books about the topic. Books written especially for younger school-age kids and tweens and teens can prompt great conversations about winning, losing, and fair play.

Good sportsmanship doesn't come automatically or easily to every child. Your teaching and role modeling are critical in helping your child learn this important life skill.

# Oak Park Nurse News



**GET IN THE  
KITCHEN  
TOGETHER!!!!**

## **Whole Wheat Cheddar Crackers (aka Homemade Goldfish)**

### INGREDIENTS

- 2 cups cheddar cheese, grated
- 1 cup whole wheat flour
- 1 tablespoon spike salt-free seasoning (any salt free/herb seasoning will work)
- 6 tablespoons unsalted butter, chilled

### INSTRUCTIONS

1. Preheat oven to 400 F.
2. Place the first 3 ingredients in a food processor and pulse to combine.
3. Add the butter and pulse and until a ball forms.
4. Roll out dough 1/4 inch thick on a floured or parchment-covered surface. Slice into crackers or cut out shapes with a cookie cutter.
5. Bake for 15-17 minutes.
6. Serve.



**Food tastes better when you  
eat it with your family.**

# Oak Park Nurse News



## LOCAL FITNESS

### Local Events Schedule

Sep 4 Yak-A-Du 2M run + 2M kayak + 2M run Pass Christian 8am

Sep 18 OS Bridge Run 8K & ½ M Ocean Springs 8am

Oct 10 Paddle Pant Pedal Triathlon Long Beach 8am

Oct 16 Rotary Ocean Springs 5K & 1M Ocean Springs 7pm

### Recurring Events

Monday Night Road Rid (bike) 5:30 Tri Hard, OS

Tuesday Fun Run 6pm Tri Hard, OS

First Saturday Monthly-Tato Nut Ride (bike) Meet 8:45 Little Children's Park, OS

**OCEAN  
SPRINGS, MS**

**PLANET FITNESS**

2200A Bienville Blvd  
Ocean Springs, MS 39564  
United States

(228) 818-7930

**CLUB HOURS**

Monday - Friday 5am-  
10pm

Saturday - Sunday 7am-  
7pm

## **BLOSSMAN Y HOURS OF OPERATION:**

We will temporarily have  
adjusted hours of operation for  
YMCA Phase I: 75% of facility  
capacity

Monday-Friday 5:00 am to 8:00 pm

Saturday 8:00 am – 5:00 pm

Sunday 1:00 pm – 5:00 pm

**CYCology**  
the spinning experience

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**SEASIDE  
FITNESS**  
GROUP TRAINING STUDIO

**SEASIDE FITNESS-  
GROUP TRAINING  
STUDIO**

703 Bellande Ave  
Ocean Springs, MS 39564

(601) 919-6623

Hours 5:00 AM - 7:00 PM