

Hawk Health News

February, 2024



Health Protocol Review

Topic: LICE!

{Link to protocol: <https://www.hellgate.k12.mt.us/fs/resource-manager/view/afc8f8ae-5b2a-4d89-97b7-7d06fd2d126d>}

Lice is a topic that gets everyone's attention! The truth is, lice is common in schools and also within the community. It can be spread through physical contact, however it is not spread as easily as you may think. At Hellgate, our protocol has shifted a bit in recent years as we better understand lice and its transmission. As a result, it is a topic that needs to be reviewed often. Here is what you need to know:

- A student *cannot* be at school with live "active" lice.
- Student may return to school after they have had one lice treatment and no longer have live bugs in their hair (school nurse must clear student upon return to school).
- A student *can* be at school if they have nits (lice eggs) as long as there aren't any live bugs.
- Lice treatments kill live bugs but do not prevent a nit from hatching. Nits must be combed out of hair using a special nit comb, which can be a tedious and time consuming. Continued lice treatment is recommended until all nits are gone.
- Proper and thorough cleaning of home environment is essential for permanent lice removal, especially cloth covered surfaces that have contact with the head (sheets, mattress, stuffed animals, blankets, hats, carpets/rugs, sofas, etc.).

*Hellgate health protocols are in alignment with recommendations from the health department. |

Fun Health Tidbits!

Everyone has heard it, "put your coat on or you'll catch a cold"! But can we *really* catch a cold from the cold?

In short, the answer is no! The cold may make us more susceptible to viruses due to the drier air, increased virus numbers, and being cooped up inside with others, but in the end it's not the cold temperature that make us sick!

In fact, short term cold exposure is a form of *hormesis* which has been proven to boost mood, increase focus, improve immunity, and increase longevity! So, go on, get outside this winter!

IMPORTANT REMINDERS:

6th graders that are scheduled for well-child visits over this school year and summer, don't forget to get your Tdap immunization which is needed prior to entering 7th grade!

Staff: please be sure the doors to the nurse's office remain unlocked after hours. Our diabetic students need to have access to their supplies that are kept in the nurse's office during after school activities and practices. Additionally, the AEDs are located in the nurse's office and need to be easily accessible in the event of a medical emergency!

NUTRITION AT SCHOOL

Building a Balanced Lunchbox!



Packing a lunchbox every day can become quite a chore! Parents often get into a “lunchbox rut” of packing the same foods everyday or have picky eaters that make packing a healthy and balanced lunch nearly impossible! We are here for you!

We have created some lunch ideas as well as some helpful hints on how to pack a nutritious and delicious meal for your student to enjoy at school!

Use this matrix to ensure you are packing a nutritionally balanced meal:

- 1-2 vegetables
- 1-2 protein
- 1-2 healthy fats
- 1-2 carbohydrates

Helpful Ideas

Vegetables: peppers, carrots, cucumbers, salad, celery, cherry tomatoes, snap peas, kale chips, pickles, sea weed, broccoli

Protein: lunch meat rolls, Rotisserie chicken, pepperoni, hard boiled egg, beef sticks, jerky, smoked salmon, burger patty, chicken bites, cheese stick, cottage cheese

Healthy fats: Olives, avocado, yogurt, nut butters, guacamole, toasted coconut chips, pork rinds, cheese cubes, cream cheese,

Carbohydrates: Berries, orange slices, watermelon, crackers, hummus, dried fruit, bagel, wheat bread, sweet potato chips, tortilla

*Teachers: remind students to bring their water bottles to lunch with them if they don't want milk!

