

# Hawk Health News

May, 2024

## Health Protocol Review

### Topic: Ticks!

Tis the season for getting back outside and exploring the great outdoors – and for ticks! Here at Hellgate we have already seen a few tick bites so we thought it would be a good time to brush up on what to do if you get a tick bite, signs and symptoms to look for following a tick bite, and ways to prevent tick bites.

**PREVENTION:** Prevention is key to avoid tick born illnesses. Ticks live in grassy, brushy, or wooded areas, and even on animals. When adventuring out into these areas the following recommendations will help prevent tick bites:

1. Treat clothing/gear with 0.5% permethrin. Click [here](#) for link on how to properly treat your clothes.
2. Use EPA registered insect repellents such as DEET, picaridin, or oil of lemon eucalyptus.
3. Tuck your pantlegs in to your socks and wear a belt tightly synched around your waist. You'll not only prevent ticks from having easy access to your skin, but also make a great fashion statement!
4. Shower within 2 hours of returning home from your adventure to rinse unattached ticks off your skin and to do a thorough skin check.

**PROPER TICK REMOVAL:** Use fine tipped tweezers to grasp the tick close to the skin. Pull upward with steady, even pressure. Do not twist or jerk the tick which can cause the mouth parts to break off in the skin. Then clean the bite area and your hand with rubbing alcohol or soap and water. Dispose of a live tick by putting it in rubbing alcohol, placing it in a sealed jar or bag, or flushing it down the toilet. NEVER crush a tick between your fingers! You may want to save the tick for identification and testing should you develop any unusual symptoms.

**SIGNS AND SYMPTOMS TO WATCH FOR AFTER A BITE:** If you have been bitten by a tick watch for the following symptoms in the following weeks to come: **Fever/Rash** – All tickborne diseases can cause fever. **Aches and pains** – Tickborn diseases can cause headache, fatigue, and muscle aches. Lyme disease may also cause joint pain. **Rash** – Most tick born diseases cause a distinctive rash. **Tick paralysis**- This causes weakness or paralysis that gradually moves up the body. **Alpha-gal syndrome** - A severe and potentially deadly allergic reaction to red meat.

If you experience any of these symptoms, seek medical attention from your healthcare provider.

**TREATMENT:** Treatment for tick born illnesses depends on many variables including: your symptoms, geographic region, and lab tests. If you live in an area prone to Lyme's Disease a dose of Doxycycline given soon after the bite occurs is recommended.

### Fun Health Tidbits!

Did you know that chewing gum sharpens your focus? The brain associates chewing with nutrients and primes itself to be at maximum levels of alertness. This is a great technique to use to help kids with ADHD to help them focus!



## IMPORTANT REMINDERS:

**END OF YEAR MEDICATION PICK UP:** *If your student has medications they take at school, these meds will need to be picked up on the last day of school! If you would like your child to bring them home in their back pack on the last day, please email Nurse Lou or Nurse Brayden with written permission to allow us to send them home with them!*

**VACCINES:** *6<sup>th</sup> 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 7<sup>th</sup> grade! Alternatively, a religious exemption form will need to be filled out and notarized in the admin. office at the beginning of every school year.*



# NUTRITION AT SCHOOL

## *Having a Healthy Relationship with Food Across the Ages*

Having a healthy relationship with food should ideally start at an early age and be openly talked about through the teen years. However, knowing how to talk about food with your child to promote health and a positive body image is not as straightforward as you may think. Food culture in America is more difficult to navigate today than ever before. Everyone has an opinion on what is “healthy” and what is “unhealthy” and those opinions vary wildly! With all the fad diets, superfoods, GMOs, non-GMOs, gluten free, plant based, carnivore, and all the other food trends out there today it is hard to know where to start to build a health foundation. Below are a few suggestions on where to start and how to continue to conversation to help your student build a healthy relationship with food and feel good in about their bodies as they grow and change through the years.

### EARLY YEARS

- Build a diverse pallet by introducing a wide variety of tastes and textures from a young age. Keep offering foods your child does not like, as their pallet broadens they will eventually develop a taste for it!
- Promote a “food adventurer” mentality that encourages kids to try new foods all the time. Have fun challenges or make a big deal out of trying a new food for the first time!
- Focus on building a healthy body and brain instead of focusing on weight and size. Use language like “growing food” and explain that these foods give your body energy to move and think.
- Lead by example! Kids are always watching and mimicking the adults in their lives. If a child sees their role model eating a diet rich in vegetables and fruits and whole foods, they will likely follow suite!
- Avoid using candy/treats as a reward. This promotes the mindset that sugary foods = fun! Use stickers, coins or tiny toys instead.
- Eat meals as a family and make mealtimes an enjoyable experience.
- Know your mealtime roles: Parent/caregiver is responsible for presenting the food, when to eat it, and where (don’t cater to each child’s preferences). The child gets to decide if they eat and how much.
- Encourage an “all foods fit” model. This means there is no foods that are off limits and there is a time and place for

### TWEEN AND TEEN YEARS

- Leave weight out of any discussion! Instead, focus on being healthy.
- Avoid body-related talk about yourself and others (good or bad).
- Eat meals as a family no matter how busy everyone is! Use conversation starters like “Talking Points” cards to start meaningful conversations.
- Encourage neutrality towards bodies and food.
- Compliments on body image can often feel like scrutiny and encourage disordered eating.
- Be sure to closely monitor social media platforms, or better yet, avoid it altogether!
- Stock your refrigerator with precut fruits and vegetables, easy to grab cheese and meats, and other unprocessed (or less-processed) food choices for convenient snacking.
- Encourage your child to help prepare and cook meals with you in the kitchen. This promotes a fun food environment and kids are more likely to try new food they are involved in the preparation process!
- Growing and active bodies may require more food than parents realize. Don’t shame your child for requesting seconds or asking for snacks between meals. Remember, the parent’s job is to decide what the meal/snack is and the child decides how much to eat!



