

Notes from the School Nurse

November



Nurse Spotlight

Hi, I'm Tara Swenka LVN. I have been the nurse at Pleasant View Elementary for going on 3 years and have been a nurse for 12 years. My husband, Brent and I have one son here in the district, Nicholas.

We also have an orange tabby cat named Demi and Boston Terrier named Ahsoka. When I'm not spending time with my family I enjoy, reading, gardening and playing video games. I love helping our kids learn, grow and stay healthy, and am looking forward to entering the holiday season this year and all the fun we will be having on campus.

Encourage regular physical activity

- go on a walk or run
- play outside with friends
- join sports teams
- ride your bike

Promote healthy eating habits

- eat enough protein
- eat more fruits and veggies
- drink water, less sodas or juice
- plan meals and cook at home
- cut down on saturated fat, sugar and salt



Teach good hygiene practices

- wash hands regularly with soap and water
- covering mouth and nose when coughing or sneezing
- avoid sharing personal items such as combs, brushes and water bottles
- shower daily
- brush teeth and wear deodorant

Promote mental health and wellness

- practice mindfulness and relaxation techniques with your child
- encourage them to talk to you or a trusted adult if they are feeling overwhelmed or stressed



Why are healthy habits important?

- *prevent chronic diseases such as obesity, diabetes and heart disease
- *improve mental health and reduce stress levels
- *enhance academic performance and improve attendance rates
- *establish a foundation for a lifetime of good health