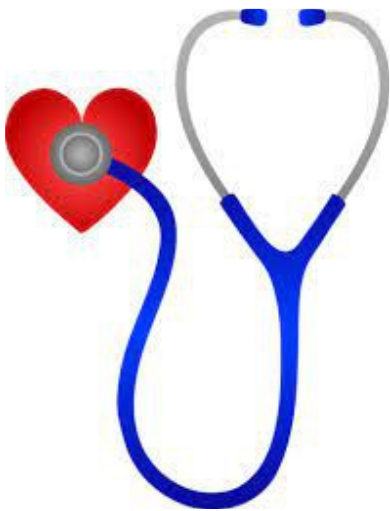


# School Wellness Newsletter

December 2022 2nd Edition



## Kim Thompson RN & Jamie Moline RN

We will be present in the district from 7am till 430 pm Monday-Friday. We also are available after hours by phone/email.

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## From The Nurses' Desk

As the winter break quickly approaches, remember to take care of yourself. Stay warm, stay active, and use the time off to rejuvenate. We have included two attachments in this newsletter with beneficial information. The first attachment has helpful hints for parents and how to deal with the Flu. The second attachment offers applicable tips on where you should bring your child if they become ill or if you should call 9-1-1. These resources come from the CDC website and also from the University of Michigan Hospital. Please use these as recommendations, if you ever have a question about your child's health care please seek advice from your child's physician. Stay healthy TC families.

### flu-guide-for-parents-2022.pdf

More information for parents in regards to the FLU.

[Download](#)

638.8 KB

# STAY WELL

Support for managing holiday stress



**Welcome! You are invited to join a meeting: Support for managing holiday stress. After registering, you will receive a confirmation email about joining the meeting.**

For some, the season of "comfort and joy" can bring discomfort, sadness and dread. Emotions run high when families reunite. Pressure from too many expectations creates anxiety. Holiday memories can trigger pain and loneliness. How can we manage the stress? Join this discussion group, hosted by the Stay Well counseling team.

🔗 [us06web.zoom.us](https://us06web.zoom.us)

## *What to Do When Your Child is Sick or Hurt....See Attachment*

### **Peds-UrgentCare-ER-flyer\_111022.pdf**

Quick reference from the University of Michigan Children's Hospital

[Download](#)

150.7 KB

## *NUTRITIONAL NUGGETS*

### **Why do we encourage Water intake ?**

1. Water increases brain power and provides energy
2. Promotes healthy weight management and weight loss
3. Flushes out toxins
4. Improves your complexion
5. Maintains regularity
6. Boosts your immune system
7. Prevents headaches
8. Prevents cramps and sprains
9. Helps regulate your body temperature
10. Prevents backaches
11. Improves your heart health
12. Prevents bad breath
13. Can take the edge off a hangover
14. Puts you in a better mood
15. Helps you wake up in the morning
16. Prevents kidney stones

### **How To Drink More Water?**

- Start your day by drinking one or two glasses of water
- Every time you pass the water cooler/fountain stop and take a sip.
- Take a bottle of water with you on your walks
- Spice up plain water by adding fresh mint leaves
- Make your water more interesting by adding fresh squeezed lemon
- Keep a bottle of water with you in your car, at your desk and in your bag
- Replace your coffee or tea with a cup of hot water with a drop of honey
- Eat water-rich foods like fruits and vegetables



**Hydration is Essential**



## HOW MUCH WATER SHOULD YOU DRINK?

BODY WEIGHT	WATER INTAKE	8 oz GLASSES
80 lbs	40 oz / 1.2 L	5
100 lbs	50 oz / 1.5 L	6
120 lbs	60 oz / 1.8 L	8
140 lbs	70 oz / 2.1 L	9
160 lbs	80 oz / 2.4 L	10
180 lbs	90 oz / 2.7 L	11
200 lbs	100 oz / 3 L	13
220 lbs	110 oz / 3.3 L	14
240 lbs	120 oz / 3.5 L	15
260 lbs	130 oz / 3.8 L	16
280 lbs	140 oz / 4.1 L	18
300 lbs	150 oz / 4.4 L	19

Drink one extra 8 oz glass of water every 20 minutes while working in the heat



[www.inchcalculator.com](http://www.inchcalculator.com)

## WASH YOUR HANDS



## Some "FUN" Germ & Hand Washing Facts

1. On average, you come into contact with over 300 surfaces every 30 minutes exposing you to 840,000 germs
2. Germs can survive up to 3 hours on your hands.
3. Only 5% of people wash their hands correctly
4. Up to 80% of communicable diseases are transferred by touch.
5. Proper handwashing can reduce diarrheal rates by 40% and respiratory infections by 20%
6. There is fecal (poop) matter on 10% of credit cards and 16 % of cell phones
7. Purses and handbags have 10.000 bacteria per square inch and 30 % of them contain fecal (poop) bacteria
8. Handwashing rates are higher in the morning than in the evenings
9. 1 in 5 people do not wash their hands, and those that do, only 30% use soap.
10. One germ can multiply into more than 8 million germs in one day.

Now that you've been effectively grossed out by the facts above, you'll need to know how to kill some of those germs that live on your hands to keep you and others safe from illness.

Washing your hands is one of the best defenses you can have against infections.

**The Centers for Disease Control and Prevention(CDC) puts it this way. When you wash your hands you can prevent 1 in 3 diarrhea-related illnesses and 1 in 5 respiratory infections such as the cold and flu.**

How do we wash our hands properly?

- Get your hands wet, turn off the water apply soap.
- Rub hands together to lather up the soap. Clean every surface from between your fingers and under your nails to your palms and back of hands
- Scrub for at least 20 seconds.
- Turn the water back on and rinse well
- Dry your hands with a clean towel and use the towel to shut off the water.

*\*If you do not have access to soap and water, you can use an alcohol-based hand sanitizer, but only use this if hands are not visibly soiled.*



**Kim Thompson**

Kim is using Smore to create beautiful newsletters