



School Wellness Letter

January 2023



Happy New Year!

- "The secret of change is to focus all of your energy not on fighting the old but in building the new."-Dan Millman

Welcome to the 3rd edition of the School Wellness Newsletter! In this letter we will include helpful information to help you stay healthy, mentally, and physically as we enter the year of 2023.

Topics included: Strep throat, mental health topics/resources, exercise, and nutritional tips.

Sincerely,

TC District Nurses'

nurse@tricountyschools.com

616-302-1187

Sore Throat Versus Strep Throat

Symptoms of a Sore Throat

Is it painful to swallow? Or is your throat scratchy? A virus may be causing your sore throat.

Most sore throats, except for strep throat, do not need antibiotics.

Causes of sore throat include:

- Viruses, like those that cause colds or flu
- The bacteria group A strep, which causes strep throat (also called streptococcal pharyngitis)
- Allergies
- Smoking or exposure to secondhand smoke

Of these, infections from viruses are the most common cause of sore throats.

Strep throat is an infection in the throat and tonsils caused by bacteria. These bacteria are called group A *Streptococcus* (also called *Streptococcus pyogenes*).

Symptoms of Sore Throat

A sore throat can make it painful to swallow. A sore throat can also feel dry and scratchy. Sore throat can be a symptom of strep throat, the common cold, allergies, or other upper respiratory tract illness. Sore throat caused by a virus or the bacteria called group A *Streptococcus* can have similar symptoms.

Sometimes the following symptoms suggest a virus is causing the illness instead of Strep throat:

- Cough
- Runny nose
- Hoarseness (changes in your voice that makes it sound breathy, raspy, or strained)
- Conjunctivitis (also called pink eye)

Symptoms of Strep Throat

The most common symptoms of strep throat include:

- Sore throat that can start very quickly
- Pain when swallowing
- Fever
- Red and swollen tonsils, sometimes with white patches or streaks of pus
- Tiny red spots on the roof of the mouth
- Swollen lymph nodes in the front of the neck

Sometimes someone with strep throat also has a rash known as scarlet fever.

When to Seek Medical Care

Talk to your doctor if you or your child have symptoms of sore throat. They may need to test you or your child for strep throat.

Also see a doctor if you or your child have any of the following:

- Difficulty breathing
- Difficulty swallowing
- Blood in saliva or phlegm
- Excessive drooling (in young children)
- Dehydration
- Joint swelling and pain
- Rash

This list is not all-inclusive. Please see your doctor for any symptom that is severe or concerning. See a doctor if symptoms do not improve within a few days or get worse. Tell your doctor if you or your child have recurrent sore throats.

Treatment

A doctor will determine what type of illness you have by asking about symptoms and doing a physical examination. Sometimes they will also swab your throat.

- *A virus causes the most common type of sore throat and is not strep throat.*
- *Only 3 in 10 children with a sore throat have strep throat.*
- *Only about 1 in 10 adults with a sore throat has strep throat.*

Talk to a healthcare professional right away if your child is under 3 months old with a fever of 100.4 °F (38 °C) or higher

Since bacteria cause strep throat, antibiotics are needed to treat the infection and prevent rheumatic fever and other complications. A doctor cannot tell if someone has strep throat just by looking in the throat. If your doctor thinks you might have strep throat, they can test you to determine if it is causing your illness.

Anyone with strep throat should stay home from work, school, or daycare until they no longer have fever AND have taken antibiotics for at least 12 hours.

If a virus causes a sore throat, antibiotics will not help. Most sore throats will get better on their own within one week. Your doctor may prescribe other medicine or give you tips to help you feel better.

When antibiotics aren't needed, they won't help you, and their side effects could still cause harm. Side effects can range from mild reactions, like a rash, to more serious health problems. These problems can include severe allergic reactions, antibiotic-resistant infections and *C. diff* infection. *C. diff* causes diarrhea that can lead to severe colon damage and death.

How to Feel Better

Some ways you can feel better when you have a sore throat:

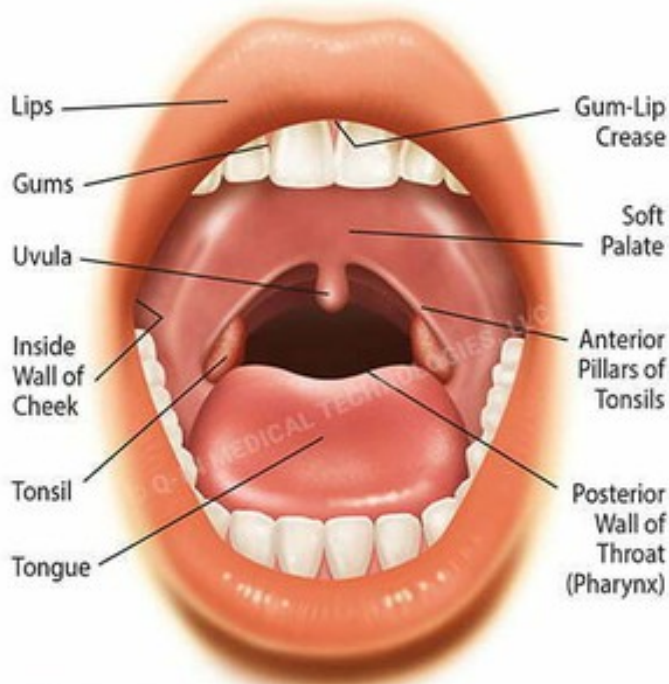
- Suck on ice chips, popsicles, or lozenges (do not give lozenges to children younger than 2 years).
- Use a clean humidifier or cool mist vaporizer.
- Gargle with salt water.
- Drink warm beverages and plenty of fluids.
- Use honey to relieve cough for adults and children at least 1 year of age or older.
- Ask your doctor or pharmacist about over-the-counter medicines that can help you feel better. Always use over-the-counter medicines as directed.

You can help prevent sore throats by doing your best to stay healthy and keep others healthy, including:

- Clean your hands.
- Avoid close contact with people who have sore throats, colds, or other upper respiratory infections.
- Don't smoke and avoid exposure to secondhand smoke.

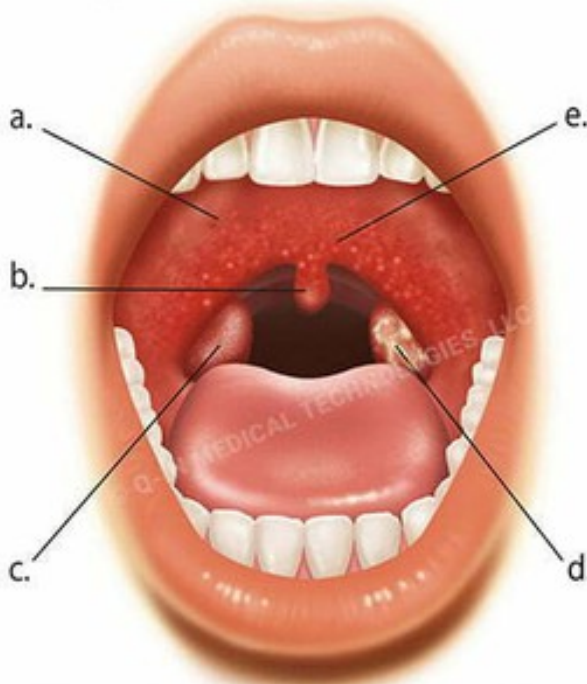
Strep Throat

Normal Throat



Normal Throat is pink rather than fire-engine red, and has no sores or ulcers. Size of tonsils will vary, but the tonsils will not be a very different color from the surrounding throat tissue.

Strep Throat



Strep Throat: look for a beefy red soft palate (a.) and uvula (b.), enlarged red tonsils (c.), white or yellow patches on the tonsils (d.), and tiny red hemorrhages on the soft palate (e.).

NUTRITION NUGGETS

When you don't own a chicken, a duck or a goose....

The last couple weeks we have witnessed the price of eggs increasing significantly. Eggs are a staple in most American households, however with rising costs the link below provides some alternatives when eggs are inaccessible. click on the 13 Effective Substitutes below.



13 Effective Substitutes for Eggs

Eggs are incredibly healthy and versatile, making them a popular food for many. They're especially common in baking, where nearly every recipe calls for them. But for various reasons, some people avoid eggs. Fortunately, there are plenty of replacements you can use instead. This article explores the various ingredients that can be used as egg alternatives.

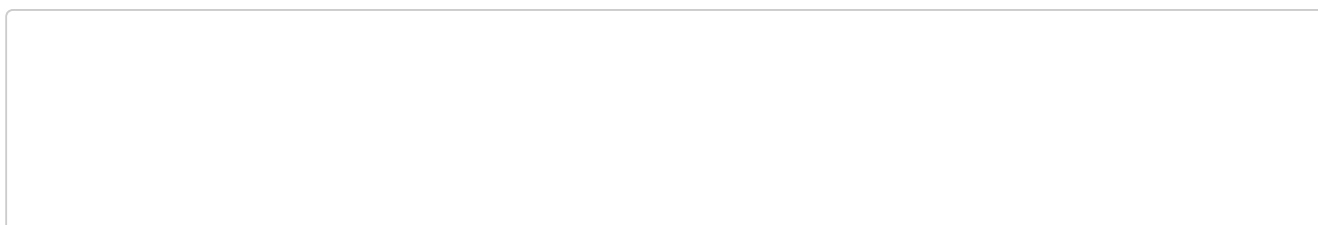
[healthline.com](https://www.healthline.com)

Staying Well Resource for Teens

Four in 10 teenagers report they feel “persistently sad or hopeless,” according to a recent CDC survey. Our workshop series for teens can help young people struggling with these kinds of feelings.

These online workshops are geared toward helping teens understand the causes and consequences of emotions. Participants will learn how to turn off self-judgement, manage relationships better, and regulate their ups and downs—with the goal of finding more meaning and purpose in life.

Click on the Staying Well image below to register for the Free weekly Zoom workshop meetings.



STAYING WELL

An emotional health workshop for teens



Welcome! You are invited to join a meeting: Staying Well: Emotional Health Workshop for Teens . After registering, you will receive a confirmation email about joining the meeting.

Do you feel like your mental health is failing? Are you dealing with emotions that sometimes feel overwhelming while trying to navigate your teenage years in a pandemic? Join us for Staying Well: An emotional health workshop for teens. During this 4-part workshop, mental health counselor Zeinab Moussa, M.A., LLPC, will provide tools and resources needed to cope with strong emotions.

🔗 us06web.zoom.us

Winter Walking

Walking the Halls

MacNaughton & Sand Lake Elementary:

If you need a warm place to walk in the evenings to get out of the cold, TC elementary schools are open from 5pm until 8pm to walk the halls.

Tuesday and Thursday Evenings:

Jan 17, 2023
from 5:00 PM to 8:00 PM

Jan 19, 2023
from 5:00 PM to 08:00 PM

Jan 24, 2023
from 5:00 PM to 8:00 PM

Jan 26, 2023
from 5:00 PM to 8:00 PM

Jan 31, 2023
from 5:00 PM to 8:00 PM

Dates continuing into February

Walking the Stacks:

If you need a warm place to walk in the mornings to get out of the cold, Timothy C. Hauenstein Reynolds Township Library is also opening their doors. Below are the dates and times they will be

Tuesday and Thursday Mornings

Jan 17, 2023

from 08:30 AM to 09:00 AM

Jan 19, 2023

from 08:30 AM to 09:00 AM

Jan 24, 2023

from 08:30 AM to 09:00 AM

Jan 26, 2023

from 08:30 AM to 09:00 AM

Jan 31, 2023

from 08:30 AM to 09:00 AM

If you have any further questions please reach out to the Library at the number listed below:

Phone number 231-937-5575

Dates continuing into February



Kim Thompson

Kim is using Smore to create beautiful newsletters