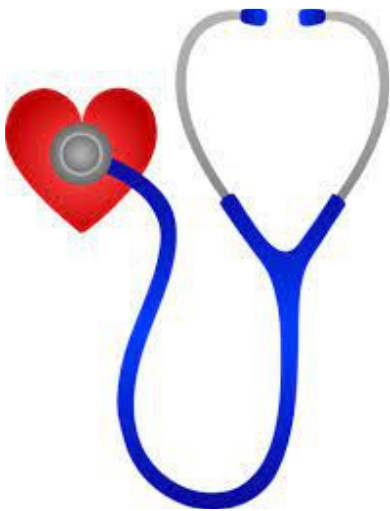


School Wellness Newsletter

January 2024



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We will be present in the district from 715am till 4 pm Monday-Friday. We also are available after hours by phone/email.

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Welcome 2024

From the Nurses' Desk

Winter is finally arrived and a another newsletter is here to start the year.

Topics covered in this newsletter will be:

- Caffeine consumption in Teens
- Project Healthy Schools

Caffeine Consumption

CAFFEINE IS A DRUG

Caffeine can provide a boost of energy, help you become more alert, and improve your mood. Sounds great, right? Unfortunately,

Caffeine and the Human Body



many people don't realize that caffeine is a drug that stimulates the nervous system and can cause negative side effects.

Depending on the amount of caffeine consumed, one or more of the following may occur: jitteriness, anxiety, irritability, increased blood pressure, stomach irritation, decreased length and quality of sleep, headaches, and abnormal heart rhythm.

The impacts of caffeine and the intensity of side effects can differ for everyone. What is OK for one person could be too much for another. The key is to watch for adverse side effects and decrease or avoid caffeine intake. Extremely high caffeine ingestion can trigger serious health problems such as heart attack, stroke or even death. **Caffeine can cause serious health challenges for children.**

Caffeine can be harmful to some groups of people. Seek advice about caffeine consumption from your health care provider if you are pregnant, breastfeeding, have a sleep disorder, migraine, anxiety, GERD, ulcers or high blood pressure. Problems with heart rhythm, heart rate, and certain medications can also have detrimental consequences.

If consumed regularly, a person can become dependent on caffeine. As little as 100 mg/day can cause dependency.

To reduce caffeine consumption, gradually swap caffeinated drinks with non-caffeinated drinks. Read labels on drinks, food and medications to determine caffeine content, and stay away from those that contain high amounts. Replace your caffeinated beverage with water. Water can help flush caffeine out of your system and keep you properly hydrated. Indications of caffeine withdrawal include drowsiness, headaches, irritability or trouble concentrating, but symptoms should last only a few days. Monitoring your caffeine consumption and following these recommendations and guidelines can lead to improved health and a longer life.

Negative effects of Caffeine

What are the side effects from too much caffeine?

- Restlessness and shakiness.
- Insomnia.
- Headaches.
- Dizziness.
- Fast heart rate.
- Dehydration.
- Anxiety.
- Dependency, so you need to take more of it to get the same results.

How much is too much

The Mayo Clinic recommends the following daily limits of caffeine:

Adults: less than 400 mg/day.

Adolescents: less than 100 mg/day.

Children: 0 mg/day.

Why above 100mg/day is a bad idea for Teens

Adolescence is a vital time for brain development. The brain has the most neural connections during these years, and they will keep maturing well into your mid-twenties.

Research shows that drinking caffeine from a young age can stunt brain development. That's because caffeine can make these growing connections less efficient and stop them from forming.⁶

Caffeine triggers pleasure circuits in the brain's reward system. It gives your brain a burst of dopamine (the happy hormone). This is the same process that leads to drug addiction.

Here are a few other ways that caffeine can impact teens and adolescents:

Sleep

Caffeine takes a major toll on a teen's sleep. Every 10mg of caffeine a 13-year-old boy consumes cuts his chances of getting 8.5 hours of sleep by 12%. [Sleep deprivation](#) (lack of sleep) in teens can affect their education, mental health, and physical health.

Bones

Caffeine may also cause the body to lose calcium. Consuming too much caffeine could lead to bone loss over time. Additionally, soft drink consumption has been linked to a higher incident of fractures, Drinking soda or energy drinks instead of milk can also raise a teen's risk of osteoporosis down the line.

Heart

Caffeine may worsen underlying health issues, like heart problems. It can also interact with certain medicines or supplements

Recap

Caffeine can have a negative effect on many parts of a teen's growing body. It can stunt their maturing brain and lead to bone loss. It can worsen other health conditions the teen may already have. It can also cause the teen to lose much-needed sleep, in turn affecting their overall health.

Caffeine Dependence in Teens

Many people report feeling "addicted to caffeine" They may have trouble quitting or cutting back on their caffeine intake. Some people continue consuming it even though they experience unwanted side effects. Researchers have found that children and teens may go through withdrawal after they've cut out caffeine. Withdrawal symptoms vary in severity.

Common withdrawal symptoms include:

- Headache
- Fatigue
- Sleepiness
- Trouble concentrating
- Difficulty completing tasks
- Irritability
- Depression
- Anxiety
- Flu-like symptoms (nausea/vomiting, muscles aches, hot and cold spells)
- Impaired psychomotor and cognitive performance

Energy Drinks and Teens

Should Teens Consume Energy Drinks?

The American Academy of Pediatrics has taken a clear stance on energy drinks: ***They have no place in the diets of children and adolescents.***

A single energy drink could contain as much as 500mg of caffeine. This amounts to around 14 cans of soda. Some parents confuse energy drinks with sports drinks. Many teens mistake energy drinks as being healthier than soda too.

It doesn't help that energy drinks are often marketed to youth. Companies that make these drinks often sponsor sports events that appeal to teens. Such events make it seem that energy drinks are a good choice for young athletes to drink.

Energy drinks contain other substances that can be unhealthy for teens. Some contain guarana, which comes from a plant found in South America. Although it contains caffeine, it's not often thought of as a caffeinated product.

Energy drinks can also contain amino acids, vitamins, and additives. The effects of these substances are largely unknown.

Overdose and Toxicity

Many teens and young adults have overdosed on caffeine. In 2009 alone, The Substance Abuse and Mental Health Services Administration reported more than **13,000 emergency room visits** related to energy drinks.

Between 2007 and 2011, the number of energy drink-related visits to emergency departments doubled. In 2011, one in 10 of these visits resulted in hospitalization.

Caffeine toxicity can be fatal. Logan Stiner, a high school student from Ohio, had a cardiac arrhythmia and a seizure after using powdered caffeine. Doctors learned he took more than a teaspoon of the powder. This was 16 times the recommended dose.

Several other deaths have been linked to caffeine overdose. An investigation by [The New York Times](#) in 2012 found at least 13 deaths linked to energy drinks.

Recap

Ads and sponsored events can mislead teens into thinking energy drinks are safe and healthy. Caffeinated products, many of which are sold as supplements, can be bought online. Thousands of people go to the ER each year due to problems caused by energy drinks.

Limiting Caffeine for Teens

You can't control all the things your teen chooses to eat and drink when you're not around. But, you can teach them healthy habits and limit their caffeine intake. Here are some steps you can take to protect your teen from the dangers of caffeine:

Stock up Smartly

Don't stock the fridge with soft drinks. Don't buy teas, energy drinks, and other beverages with a lot of caffeine. Try to make it a habit for your family to drink water and low-fat milk instead.

Educate Yourself

Nutrition labels don't list how much caffeine a product has. If you find that your teen is drinking caffeine, do a quick internet search for the product's ingredient list. This list will show how many milligrams are in the product.

Talk About It

Many caffeinated drinks contain a lot of sugar, which can contribute to obesity and tooth decay. So limiting caffeine could be better for your teen's overall health. Make sure your teen knows that energy drinks and sugary teas aren't good for them.

Talk to your teen about the dangers of caffeine in the same way you talk about drugs or alcohol. Warn your teen that too much caffeine could cause serious health problems.

Be a Good Role Model

If you turn to coffee to help you function, or you down an energy drink before you head out for a night on the town, your teen may grow to think stimulants are a normal part of adult life. And that could lead them to develop bad habits.

Know the Warning Signs

Look out for signs that your teen is consuming a lot of caffeine. If your teen is jittery or not sleeping well, look into what they have been eating and drinking.

Help Your Teen Cut Back

If your teen regularly consumes more caffeine than they should, help them to cut back. Be aware they may have some unpleasant withdrawal symptoms if they suddenly quit caffeine altogether.

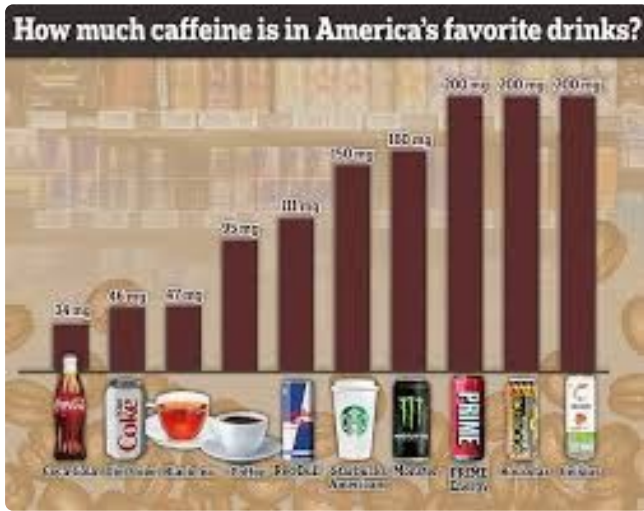
Recap

You can't control what your teen drinks when you're not with them. But you can set a good example, talk to them about the dangers of caffeine, and limit how much caffeine is in your home. Make sure you and your teen know the signs that they have had too much caffeine.

Summary

Caffeine is easy for teens to get ahold of. It's in coffee, tea, energy drinks, chocolate, and even protein bars. It's also sold online in powdered form, where it is often marketed as a supplement.

Caffeine overdose is a real risk for people of all ages. Educate your teen about the dangers of caffeine and be a good role model for them. Make sure your family knows the risks that caffeine poses, and the signs they have had too much.



Prime, Rockstar, Celsius, Monster, Starbucks

all over 100mg of Caffeine per serving

PRIME Energy has as much caffeine as 6 Cokes or 2 Red Bulls!



Prime Energy

1 can is equal to 6 cans of Coke or 2 Red Bulls

FOOD BABE
Sand Hill

PROJECT HEALTHY SCHOOLS

6th Grade

This year Tri County Middle School has partnered with Project Healthy Schools through the University of Michigan.

In October we were able to have 3 different types of apples delivered to the Middle School to have students taste the difference and try a healthy snack. The 3 types of apples we tried were Gala, Jonagold, and Macintosh.

During the month of January 10 lessons were taught in Mrs Hetlers class by one of the district nurses. These lessons were about healthy eating, screen time, exercise, and making better choices.

Students were taught how to read food labels, how to prepare a healthy salad, how to create a healthy plate, muscle versus fat, advertisement and the influence on culture, different types of sugary beverages, the difference between Macro and Micro nutrients, and different food cultures. The students were given a survey prior to the lessons and will take another one after the lessons are finished.



Project Healthy Schools

click this green box to connect to PHS



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



Kim Thompson

Kim is using Smore to create beautiful newsletters

