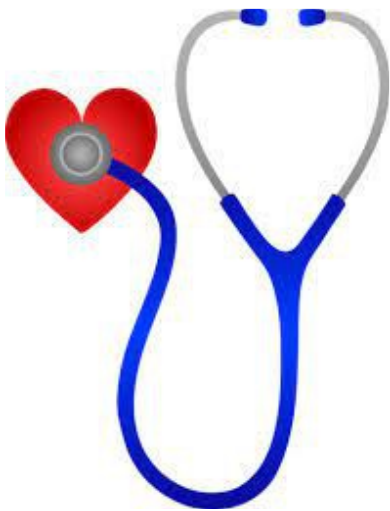


School Wellness Newsletter

November 2023



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.

Email: nurse@tricountyschools.com

Website: www.tricountyschools.com

Location: [Tri County Area Schools, MI, USA](#)

Phone: 616-302-1187

From The Nurses' Desk

It's hard to believe but we are in the third month of school at TC ! It has been an exciting Fall and we are so grateful to have a nurses office in the new elementary building. Having this designated space has allowed for a nurse to be present at the Elementary building everyday. We are also so grateful for the centralized campus, this has allowed for faster nursing care and improved availability in all TC buildings.

How Diseases are Spread

Understanding how diseases are spread can help prevent illness. Here are the most common routes of transmission:

- Fecal-oral: Contact with human stool; usually ingestion after contact with contaminated food or objects.
- Respiratory: Contact with respiratory particles or droplets from the nose, throat, and mouth.
- Direct skin-to-skin contact: Contact with infected skin.
- Indirect contact: Contact with contaminated objects or surfaces.
- Bloodborne: Contact with blood or body fluids.

Coughing and Sneezing Teach children (and adults) to cough or sneeze into tissues or their sleeve and not onto surfaces or other people. If children and adults sneeze into their hands, hands should be washed immediately.

Handwashing Procedures Washing your hands is one of the easiest and best ways to prevent the spread of diseases. Hands should be washed frequently including after toileting, coming into contact with bodily fluids (such as nose wiping), before eating and handling food, and any time hands are soiled. It is also important that handwashing occurs frequently throughout the day. Establish a process for immediate handwashing or the use of hand sanitizers prior to school building entry. Water basins and pre-moistened cleansing wipes are not approved substitutes for soap and running water. Alcohol based hand sanitizers containing at least 60% alcohol may be used when soap and water are not available, and hands are not visibly soiled. However, sanitizers do not eliminate all types of germs so they should be used to supplement handwashing with soap and water. The general handwashing procedure includes the following steps

- Wet hands under warm running water.
- Apply liquid soap. Antibacterial soap is not recommended.
- Vigorously rub hands together for at least 20 seconds to lather all surfaces of the hands. Pay special attention to cleaning under fingernails and thumbs.
- Thoroughly rinse hands under warm running water.
- Dry hands using a single-use disposable towel or an air dryer.
- Turn off the faucet with the disposable towel, your wrists, or the backs of your hands.

Bloodborne Exposures

Bloodborne pathogens, such as Hepatitis B virus (HBV), Hepatitis C virus (HCV) and human immunodeficiency virus (HIV), can be found in human blood and other body fluids. Bloodborne pathogens can be transmitted when there is direct contact with blood or other potentially infected material. This can include blood entering open cuts or blood splashing into mucous membranes (eyes, nose, or mouth). All human blood should be treated as if it is infectious. If any bloodborne exposure occurs, contact your LHD to discuss the need for public health or medical follow-up. Carriers of bloodborne pathogens should not be excluded from school.

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

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.

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

Thanksgiving Healthy Plate

When you think of Thanksgiving dinner, you probably don't think too much about portion control, but monitoring portion size is especially important at the holidays.

Traditional foods such as turkey, mashed potatoes and pie are delicious, but tend to be high in calories. Even if you don't go back for seconds (or thirds), the calories can add up quickly. The typical Thanksgiving feast might contain 3,000 calories or more, and it is only one meal out of three in a day.

While there is room to sample and taste the many sweet and savory flavors of the holiday, your goal for Thanksgiving dinner should be the same as with every meal – to construct a plate consisting of:

- Half non-starchy vegetables, such as green beans, salad, Brussels sprouts or broccoli
- One-quarter protein, such as turkey or ham
- One-quarter starchy carbohydrates, such as mashed potatoes, sweet potatoes or rolls

The recipe for a perfect plate

An ideal plate including traditional favorites might look like this:

- Turkey or ham: 3 to 4 ounces (the size of a pack of playing cards)
- Mashed potatoes: 1/2 cup
- Sweet potatoes or candied yams: 1/2 cup without sugar; 1/4 cup if candied
- Green bean casserole: 1/4 cup
- Gravy: 2 tablespoons (50 calories per tablespoon)
- Bread: 1 small dinner roll
- Stuffing: 1/4 cup
- Cranberry sauce: 2 tablespoons

More healthful holiday tips

Here are some additional tips to make Thanksgiving dinner a healthier meal:

- Choose white turkey meat over dark meat

- Prepare mashed potatoes with roasted garlic, fresh rosemary and low-sodium broth for flavor, instead of butter or cream.
- Roast sweet potatoes and apples with thyme, cinnamon and a hint of maple syrup.
- Lightly saute green beans with mushrooms and onions.
- Roast Brussels sprouts with a drizzle of balsamic vinegar.
- Prepare a low-sugar cranberry sauce by skipping or reducing the sugar, or use orange juice to sweeten.
- Instead of traditional gravy, consider turkey pan juices drained of fat and thickened with pureed vegetables (from roasting the turkey).
- For dessert, consider a pumpkin custard instead of pumpkin pie (much of the fat and calories are in the pie crust); roasted apples topped with vanilla Greek yogurt and cinnamon spiced nuts; or a low-sugar fruit crumble with a nut and oat topping.

If you go back for seconds, remember to fill half the plate with non-starchy vegetables, a quarter with protein and a quarter with starchy carbohydrates.

Finally, make it a point to eat mindfully. Holiday meals are a time to pause and reflect. Taking the time to savor your meal not only allows you to enjoy the flavor, but it can also help your brain register when you are full.



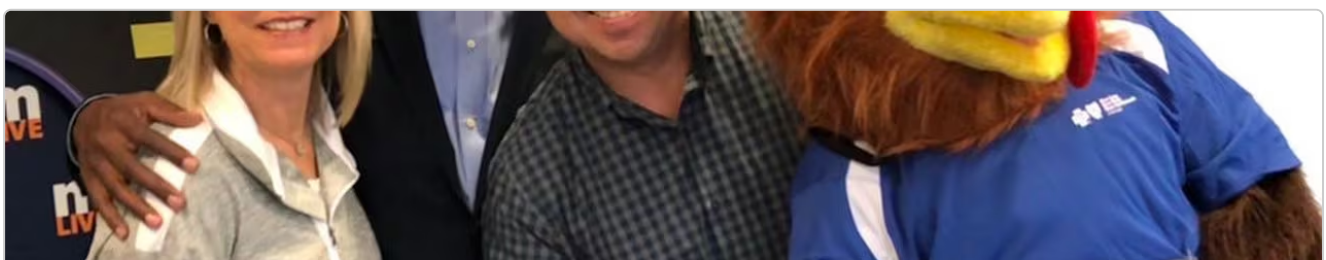
10 HEALTHY TIPS FOR THANKSGIVING

1. BRING A HEALTHY DISH
2. DON'T SKIP MEALS
3. BREATHE
4. DRINK MORE WATER, LESS ALCOHOL
5. MAKE HEALTHY SWAPS
6. HAVE PORTION CONTROL
7. HAVE REALISTIC GOALS
8. DON'T WORRY
9. BE PREPARED
10. INDULGE MINDFULLY

[CLICK TO READ MORE](#)



Get Moving on Thanksgiving Day



Turkey Trots in Michigan, just in time for Thanksgiving Day

Want a little exercise before your big Thanksgiving dinner? Here's a list of Turkey Trots throughout Michigan.

FLU CLINIC

MMDHD will be holding a Walk-In vaccination clinic on Saturday, November 18th in our Clinton County Office from 9 am - 3:30 pm. Our Clinton County location address is:

1307 E. Townsend Road, St. Johns, MI 48879

Flu and COVID-19 vaccines will be available for everybody ages 6 months & up. Photo ID and proof of insurance is required. Most insurances are accepted. *For those who are uninsured or underinsured, no-cost vaccine will be available through Federal Programs.*



Kim Thompson

Kim is using Smore to create beautiful newsletters