

JANUARY 2024

# SCHOOL NURSE *Newsletter*

*It is our goal, as your local Health Department to provide updated, relevant and purposeful technical assistance related to the health needs of your student body. Below are some popular topics you've asked about!*

## Encourage Physical Activity

Research consistently highlights the profound impact of physical activity on cognitive function and academic achievement. Engaging in regular physical activity has been shown to enhance attention spans, improve memory retention, and boost overall cognitive abilities. By integrating physical activity into the school day, districts have the opportunity to create an environment that nurtures both physical and academic development.

Recognizing the diverse needs of students and the constraints of busy academic schedules, it is crucial to

emphasize the flexibility of incorporating physical activity into the classroom setting. Whether through brief activity breaks, incorporating movement into academic lessons, or dedicating specific time for physical activities, schools can adopt a variety of approaches that suit their unique circumstances.

Physical activity extends beyond traditional sports and can encompass a wide range of activities suitable for diverse student populations. Incorporating yoga, meditation, stretching exercises, or even short walks between different classroom stations not only provides physical benefits but also contributes to stress reduction and improved mental well-being.

Redesigning classrooms to facilitate movement can contribute to a more dynamic and active learning experience. Flexible seating arrangements, standing desks, and interactive learning stations can create an environment that encourages students to move naturally throughout the day, promoting better concentration and engagement.

The integration of physical activity into the school day is a transformative approach that not only enhances the physical health of students but also contributes significantly to their academic success and overall well-being.



## Wellness/Handwashing Reminders:



The CDC broke down key times on when to wash your hands. You can help yourself and your students stay healthy by washing your hands often, especially during these key times when you are likely to get and spread germs:

- Before, during, and after preparing food
- Before and after eating food
- Before and after caring for someone at home who is sick with vomiting or diarrhea
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage

If soap and water are not readily available, use a hand sanitizer with at least 60% alcohol to clean your hands.

We have a large supply of 11x17 posters on handwashing perfect for posting in bathrooms and classrooms. Please let us know if you would like some mailed to you.

[EMAIL US](#)

## Community Resources

The United Way has developed a Community Resource Guide for people in Chautauqua County to find solutions to their basic needs. Click to download, print and share:

**United  
Way**



**Community  
Resource Guide**

## Food Pantries

Do you have a student or family you know who is struggling to afford food? Check out food pantry resources in the area:

[FeedMoreWNY](#)



## Flu/COVID

Handling Influenza (flu) or covid-19 infections in your school district? Please refer to recent guidance in the links below:



### Flu:

- Influenza cases are increasing. [Information on symptoms](#)
- Have your students gotten their flu shot yet? [Learn more](#)

### COVID:

- [Guidance for day to day operations](#) for Covid-19 prevention strategies
- COVID Positive [Isolation Guidance](#)
- [View local hospitalization rates](#) to understand how COVID is affecting our area

## Resource for Parents

Throughout the school year, we will provide you with resources you can share with parents.

This month's resource is called *3 Quick Tips for parents of school-age kids*. In this issue we provide resources for:

- How to find local food pantries
- Vaping resources for parents
- Free parent discussion groups

**[Download, print and share  
3 Quick Tips for Parents](#)**

# PREVENTION

## WORKS

Educate ■ Collaborate ■ Motivate

### Here are some great programs for parents offered by Prevention Works:

#### Free Parent Discussion Groups

offered in Jamestown, or you can attend virtually by Zoom, on Fridays from 10am-noon. Topics covered this month are dealing with disobedience, developing good bedtime routines, hassle-free shopping and managing fighting and aggression.

#### Parent Discussion Group Flier

#### The Triple P Positive Parenting Program

offers one on one tailored parenting sessions designed to help parents develop plans to manage behavioral issues (like tantrums and fighting) as well as skill development issues (like eating independently, toilet training and staying in bed at night).

#### Triple P Flier

### CLICK TO SUBMIT TOPICS

Please tell us what topics or emerging issues you would like to see covered in future newsletters.

*We are excited to continue our work with you! Please contact us with questions or ideas on how we can effectively assist you in your very important role serving our community as a school nurse.*

### Vape Testing & Disposal

**Did you know that 30% of Chautauqua County's e-cigarettes contain substances other than nicotine?**

As part of their initiative to help characterize vaping among youth in WNY, **Roswell Park will test and dispose of your school's confiscated e-cigarettes.**



- These products can be from any source, including confiscation or environmental waste (e.g. products found on sidewalk/parking lot/busses).
- They do not need any identifying information regarding the school or student.
- They can provide schools with a brief report that includes basic findings from their study (e.g. nicotine concentration in collected products).
- Data can be used to help inform vaping prevention strategies for your students.



Find out more:

[Email Roswell Park](#)



[LHDSchoolSupport@chqgov.com](mailto:LHDSchoolSupport@chqgov.com)



[716-753-4491](tel:716-753-4491)