HEALTHY HABITS FOR OUR HAWKS

We are sure you see your child growing and changing on a daily basis. Good nutrition and adequate physical activity are very important for your growing child. We as adults need to help guide them to make decisions that will give them the best opportunity to grow into healthy adults.

We know most of us wish we could keep them young forever, but unfortunately it doesn’t work out that way. As adults we need to encourage them to make good food choices and remove some of the bad ones from our homes. We need to keep the kids physically active to promote healthy weight fitness. Don’t worry parents, you are not alone in this. While your students are at school we do our best to also encourage your children to be healthy. We have wonderful PE teachers who try to involve everyone and participate according to their own abilities. Caring teachers that encourage the students to drink water, play at recess, and wash their hands during school breaks. In addition, thoughtful cafeteria staff reminding them to not forget their milk and to grab a piece of fruit. It all adds up if we work together.

Below are some links you can click on that will provide some ideas and extra help.

http://www.jeffcohealth.org/12345-fittastic
https://kidshealth.org/
https://www.choosemyplate.gov/

MAKE HEALTHY CHOICES

- Get plenty of sleep each night
- Drink Plenty of water
- Be Active at least 60 minutes a day
- Limit TV, phones, and video games
- Eat a balanced diet with fruits and vegetables
- Limit junk food
- Limit sugary drinks
GET THE FACTS

Type 1 Diabetes

* It typically appears in adolescence.
* Symptoms include increased thirst, frequent urination, hunger, fatigue, and blurred vision.
* Treatment aims at maintaining normal blood sugar levels through regular monitoring, insulin therapy, diet, and exercise.

Type 2 Diabetes

* Previously known as adult onset diabetes, but today more children are being diagnosed, probably from childhood obesity
* With type 2 diabetes, the body either doesn’t produce enough insulin, or it resists insulin.
* Symptoms include increased thirst, frequent urination, hunger, fatigue, and blurred vision. In some cases, there may be no symptoms.
* Treatments include diet, exercise, medication, and insulin therapy

Students with Type 1 Diabetes have to monitor their blood sugar throughout the day. Some wear little monitors that attach to them called a Continuous Glucose monitor. These can be connected to their parent’s phones to keep them informed to how their children are doing throughout the day. Students also have to inject insulin determined by how many carbohydrates they eat with their meals and what their blood sugar is, this is to keep their blood sugar at a normal level. This is done either by injections or by insulin pumps that the student wears and it attaches to their bodies.
Medication Form
Students Name: __________________
Gr. _______ Teacher: ____________
Name of Medication: _________________
Amount given: ________ Time: ____
Parent Signature: _________________
Medication CANNOT be given without this form or a note with this information. Please send in with medication in original container.

REMINDERS
Do NOT send your student to school if:

- They have had a temperature of 100° or higher in the past 24 hours
- They have had diarrhea or vomiting in the past 24 hours
- If your child has had a persistent sore throat lasting more than 2 days or is accompanied by a fever, headache, nausea or vomiting

Your Building Nurses

Tobie Lammert, RN
High School
(636)789-0018
Fax (636)789-3211
lammert_tobie@hsdr3.org

Alisia Johnston, MA
High School
(636)789-0018
johnston_alisia@hsdr3.org

Kathy Woodham, BSN, RN
Junior High School
(636)789-0028
Fax (636)789-3212
woodham_kathy@hsdr3.org

Melissa Agers, RN
Intermediate School
(636)789-0038
agers_melissa@hsdr3.org

Jessica Mayer, BSN, RN
Elementary School
(636)789-0048
Fax (636)789-3214
mayer_jessica@hsdr3.org

Colleen Breslin, BSN, RN
Primary School
(636)789-0058
Fax (636)789-3215
breslin_colleen@hsdr3.org

Ashley Wirick, MA
Primary School
(636)789-0058
wirick_ashley@hsdr3.org