

February

BSD Health Services Department Newsletter
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Valentine's Day is February 14th and the midpoint of winter. It has a long and fascinating history that can be traced back to ancient Roman times originally marking the midpoint of winter. Valentine's Day was a widely celebrated festival to spread warmth and love.

How will you share warmth and love this Valentine's Day? Instead of candy, flowers, and toys, share something more meaningful. Keep love in your heart. Remember "we are all meaningful participants in this Universe and worthy of giving and receiving love, kindness, and compassion. However...chocolate helps, so do flowers!



UPDATES FROM THE HEALTH STAFF

The health offices in each school continue to serve 100s of students each month. We appreciate the teachers, staff, and administrators that allow and assist us when we are caring for them. Please note, we will continue to complete vision & hearing screenings which may result in a referral being sent home. Many minor health issues are managed in the classrooms. If you are able to donate first-aid supplies that we may share school-wide, please let us know.

As we navigate through the winter months, it is crucial to address the impact of virus related illnesses on our school community. We wanted to provide important information regarding influenza (and other virus related illness) precautions and managing school absences during this time.

Please keep your student home if they experience ANY flu-like symptom. If your student experiences vomiting, diarrhea, or fever, they may not return to school for a 24 hour period or until their symptoms have resolved without the use of over-the-counter medication such as acetaminophen or ibuprofen. If you are unsure whether or not your student simply has a cold or not, please contact your healthcare provider as the health office staff cannot diagnose illnesses. *If your student is sent home by the health office due to one of the above symptoms, they must remain out of school for a 24 hour period.*

If you do take your student to be evaluated by a healthcare provider, please send any documentation you receive to the health office so we can address attendance. This helps prevent the spread of the viruses within the school community.

Never hesitate to contact the health office staff at your student(s) school with any questions or concerns. We strive to assist in coordinating the health care of your student(s) with community health providers and can provide information and resources regarding health.

The BSD Health Staff

FEBRUARY IS HEART MONTH



Heart month is celebrated throughout the month of February. February is chosen because it is a time when many people reflect on matters of the heart, namely love and relationships. Thus, it is fitting to also emphasize the importance of heart health.

The heart a major organ within the cardiovascular system and is the strongest muscle in the body and has its own electrical supply. Equal to the size of your fist, every day, the heart creates enough energy to drive a truck 20 miles. In a lifetime, that is equivalent to driving to the moon and back, or 477,000 miles.

The heart beats 100,000 times per day, pumping 1.5 gallons of blood throughout the body every minute for a total of approximately 2000 gallons a day. The blood pumped by your heart provides your body with the oxygen and nutrients it needs to function.

It is important to make conscious choices to reduce risk factors and adopt heart-healthy habits. Ways to promote heart health include:

- EATING A BALANCED DIET
- EXERCISING REGULARLY
- MANAGING STRESS
- MAINTAIN A HEALTHY WEIGHT
- GETTING ADEQUATE SLEEP (8-12 HOURS A NIGHT)
- LAUGHING, SMILING, AND HAVING FUN

Evidence-based research has shown that enthusiasm, joy, happiness and laughter have a positive effect on the heart and are significant factors in reducing the risk of developing cardiovascular disease (Davidson, Mostofsky, & Whong, 2010).

#HeartMonth
#HeartHealth
#CardiovascularHealth
#HealthyHeart
#PreventHeartDisease

