HEALTHY HINTS FOR THE HOLIDAYS

• First and foremost, enjoy yourself.
• Get plenty of fresh air and exercise. Walking is an easy and healthy way to exercise. You can also make it fun, especially if there is snow around.
• Dress warm and stay dry. If going outside you need to have on hats, gloves, socks, boots, and a warm coat.
• Don’t over eat. Moderation is best. Fruits and vegetables rather than cookies and candy.
• Drink plenty of water. It is recommended that you have at least 8 glasses a day. Try to avoid sodas, caffeine, and sugary drinks.
• Get plenty of sleep. Not too many late nights. Lack of sleep over a few days will catch up with you. Most teens need 8 - 9 hours of sleep a night.
• Keep safety in mind at all times, especially with lights, small parts on toys and protective gear when on bikes, scooters, and skateboards.
• Lastly enjoy yourself.

HAND WASHING
Remember Hand Washing is the most important thing you can do to help reduce the spread of germs.

Links for Important Health Room Forms

Discretionary Medication form must be filled out each year. This gives the school nurse permission to give over the counter medications (Tylenol, Ibuprofen, Tums, cough drops and/or Benadryl) to your child if it is deemed necessary by the nurse.

Parent's Request to Administer Medication in School form. This form is used to give permission for the Nurse to administer any Prescription Medications. (Examples: Asthma, ADHD, Migraine medications) All prescription medication that needs to be given during school hours (7:30-1:15) must have a written order from a physician on the BCPS This form must also be signed by a parent/guardian and can be faxed, emailed, or dropped off by the parent/guardian to the school nurse along with the medication in the original labeled prescription bottle.

***NO STUDENT SHOULD BE CARRYING ANY MEDICATION (PRESCRIPTION OR OTC) WITH THEM. All medication should be brought to the Health Suite.
**FLU Vaccines**

Who needs a Flu Vaccine?

- a) You
- b) You
- c) You
- d) All of the above

- Even healthy people can get the Flu, and in can be serious
- Everyone 6 months and older should get the vaccine. THIS MEANS YOU!
- This season, protect yourself - and those around you - by getting a Flu Vaccine.

Click here for link to sign up for your FLU SHOT at a Baltimore County Health Clinic.

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**Fighting the "Holiday Blues"**

December brings with it a chill in the air and the anticipation of the holiday season. While this can be a fun and exciting time of year for many students and families, it can also be a time of increased stress and anxiety (as well as depression) for many.

These negative feelings can occur for a variety of reasons, including changes in routine, uncertainty about holiday plans, concern for family for financial reasons ("Will we be able to afford to heat our house this year?"), and feelings of being unsafe when school is the "safe space" and they know they'll be away for extended periods of time.

If you are having trouble thinking of some "feel better" solutions, try one (or a few!) of these:
- Read a story
- Watch a funny YouTube video
- Play with an animal
- Watch a movie you love
- Eat a healthy snack
- Take a nap
- Take a shower/bath
- Draw how you're feeling
- Make a 'gratitude list'
- Punch a pillow
- Take a walk outside
- Let yourself cry
- Vent – Talk to someone you've made a connection with in the past
- Help a stranger/volunteer
- Make a list of your strengths
- Play a video game
- Do yoga/practice slow breathing

Maryland Health Crisis Supports:
- MD Suicide/Crisis Hotline: 1-800-422-0009
- Crisis Text line: Text the word "HOME" to 741741 for free 24 hr support

Wishing you a Happy & Healthy Holiday Season!

Nurse Donohue
443-809-3641
pdonohue@bcps.org