



Newsletter

NORTH ATTLEBORO PUBLIC SCHOOLS - WELLNESS COMMITTEE

The North Attleboro Public School District is committed to providing a school environment that promotes health, well-being, and the ability to learn by supporting healthy eating and physical activity through a comprehensive school wellness program.

The Wellness Committee's vision is to maximize community and school resources to build upon the important relationship between wellness and academic success, not only for students but for the entire school community.

Cold and Flu-What to do?



The cold and flu season is upon us. To prevent widespread illness in the school, we recommend that your child stay home from school if experiencing flu or cold symptoms. To decide whether or not to send your child to school, please consider the following guidelines:

Keep your child at home for treatment and observation if he or she has any of these symptoms:

- Fever greater than 100 degrees
 - your child may return to school only after his or her temperature has been consistently below 100 degrees, by mouth, for a minimum of 24 hours without medication to keep it down.
- Vomiting (even once)
- Diarrhea
- Chills
- General malaise or feelings of fatigue, discomfort, weakness or muscle aches

- Frequent congested (wet) or croupy cough

To help prevent the flu and colds, teach your children good hygiene habits:

- Wash hands frequently
- Do not touch eyes, nose or mouth
- Cover mouth and nose when sneezing or coughing, use a paper tissue, throw it away and then wash hands
- Avoid close contact with people who are sick.

A few more things.....

- Your child should be physically able to participate in all school activities on return to school.
- Keeping a sick child home will minimize the spread of infections and viruses in the classroom.
- Click on the link below for flu guidelines for parents from the Center of Disease Control and Prevention (CDC).
 - [Flu guide for Parents](#)

New Year, New You!!!



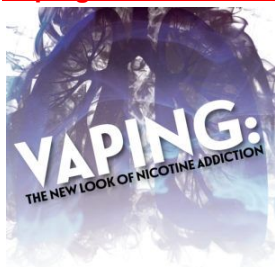
Constant stress can have real physical effects on the body. It has been linked to a wide range of health issues, including mood, sleep, appetite problems and heart disease.

When stressed, people often eat unhealthy foods and don't have the energy or time to exercise.

These five simple tips can help you to learn to deal with stress and managing unhealthy habits.

- **Stay positive.** Laughter has been found to lower levels of stress hormones, reduce inflammation in the arteries, and increase "good" HDL cholesterol.
- **Meditate.** This practice of inward-focused thought and deep breathing has been shown to reduce heart disease risk factors such as high blood pressure. Meditation's close relatives, yoga and prayer, can also relax the mind and body.
- **Exercise.** Every time you are physically active, whether you take a walk or play tennis, your body releases mood-boosting chemicals called endorphins. Exercising not only melts away stress, it also protects against heart disease by lowering your blood pressure, strengthening your heart muscle, and helping you maintain a healthy weight.
- **Unplug.** It's impossible to escape stress when it follows you everywhere. Cut the cord. Avoid emails and TV news. Take time each day — even if it's for just 10 or 15 minutes — to escape from the world.
- **Find ways to take the edge off your stress.** Simple things, like a warm bath, listening to music, or spending time on a favorite hobby, can give you a much-needed break from the stressors in your life.

Vaping-Know the Facts



Vaping is addictive

- Vapes and e-juices contain nicotine, an addictive chemical that is extremely hard to quit
- Nicotine is the same drug used in cigarettes, cigars, and other tobacco products
- Some vape pods have as much nicotine as 20 cigarettes (a pack of cigarettes)
- Because your brain is still developing until your mid 20s, you have a greater risk of becoming addicted to nicotine

Vaping can harm your brain and the rest of your body

- Nicotine can harm your brain, including your memory and ability to learn
- It's not water vapor—aerosol from vaping has cancer-causing chemicals
- Vapes can also contain harmful (and possibly harmful) ingredients such as:
 - Very fine particles that can be inhaled deep into the lungs
 - Flavoring such as diacetyl, a chemical linked to a serious lung disease
 - Heavy metals such as nickel, tin, and lead
 - Volatile organic compounds
- The Food and Drug Administration (FDA) is the organization that makes sure drugs are safe and effective. This is called "regulating." The FDA is supposed to regulate e-juices and vaping devices, but they haven't started yet. So we can't be sure what is in these products.

The vaping industry targets you

- The tobacco and vaping industries target young people so you'll become lifetime users addicted to their products. Cigarette makers own and invest in vape companies.
- The vaping industry makes their products taste like fruit or candy so you will want to try them
- If you vape, you are 4 times more likely to smoke cigarettes

Resources

[Vaping and Cigarettes-Mass DPH Dangers of Vaping](#)

[Wellness Committee Information School District Wellness Webpage](#)

Wellness Team

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Judy Aubin, RN Sub & Community Member