

THE PULSE

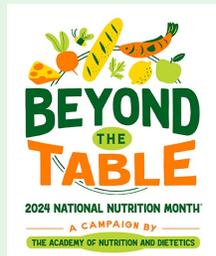
Notes & News from Nurse Donohue ◆◆◆ March 2024

With the start of Springtime, we begin to see a decline in cold and flu season. However, with the beauty of spring comes the reality of pollen and allergies! Along with the celebration of warmer weather, we celebrate National Nutrition Month and Women's History Month.



National Nutrition Month

Healthy eating is important at every age. When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



Learn what YOU need. Do you know what foods and what amounts are best for YOU? Get your own personalized [MyPlate Plan](#).

Eat a variety of foods. Make choices from all food groups – fruits, vegetables, grains, protein foods, and dairy and fortified soy alternatives – every day. Each group provides you with different nutrients and you need all of them.

Be active. Squeeze in some physical activity between homework, going out, and other activities. Walk the dog, ride your bike with a friend, or do an online workout.

Keep water handy. Water is a better option than most drink choices. Keep a reusable water bottle in your bag and skip the sugary sodas, fruit drinks, and energy and sports drinks.

Get active in the kitchen. Learn how to make a few dishes. Include extra fruits and vegetables for added flavor and nutrients.

The benefits of healthy eating add up over time, bite by bite.

Spring Is In the Air!

Spring is in the air....which means that allergy season is right around the corner.

An **allergy** is your immune system's reaction to certain plants, animals, foods, insect bites, or other things. Your immune system protects you from diseases by fighting germs like bacteria and viruses. But when you have allergies, it overreacts and tries to "fight" ordinary things like grass, pollen, or certain foods. This causes the sneezing, itching, and other reactions that you get with allergies.

To help manage your allergies, try to stay away from the things that trigger your allergies. If you need help dealing with your allergy symptoms, call your doctor, or try Over the Counter allergy medications.

For more information about allergies, check out this site: <https://kidshealth.org/en/kids/allergies.html>



Feel free to contact me with any questions or concerns!
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Having a hard time falling asleep?

- ◆ No screen time for at least 30 minutes prior to bed time (phones, TV's, computers)
- ◆ Keep your room cool and dark, listen to music, or read
- ◆ Limit drinks that have caffeine and sugar
- ◆ Get active for 30-60 minutes every day



5 TIPS TO HELP TEENS COPE WITH STRESS

- ◆ **Get some sleep**...teens need 8-10 hours per night to help the body grow and function most effectively
- ◆ **Focus on your strengths**... take time to think about what you're good at, and do more of those things
- ◆ **Do things that make you happy**...find activities or hobbies that make you happy and incorporate them into your day
- ◆ **Engage in physical activity**...walk, ride your bike, play a sport. Exercise releases "feel good" hormones in your body!
- ◆ **Talk to someone**...talk to a parent, teacher, or other trusted adult



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.**

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A HISTORY OF TRAILBLAZING WOMEN IN HEALTHCARE



March is Women's History Month, a time to honor the women in our history whose legacy paved the way for the women of today. Not only that, but March 8th is International Women's Day, a day dedicated to celebrating the strength, resilience, and intelligence of women throughout the world.

Women have played an important role in health care for centuries. In celebration of Women's History Month and International Women's Day, we're honoring ten trailblazing women in the history of healthcare.



Elizabeth Blackwell, MD The first woman in the United States to earn a medical degree, Dr. Elizabeth Blackwell paved the path for innumerable women to follow, graduating first in her class from Geneva Medical College in New York in 1849. In 1857, Dr. Blackwell opened the New York Infirmary for Women and Children with a mission to provide positions for women physicians. She later opened a medical college for women in New York City, where countless women followed in her footsteps.

Florence Nightingale A pioneer of modern nursing practice, Florence Nightingale is often referred to as "the lady with the lamp," for her nighttime rounds to wounded soldiers during the Crimean War in the 1850s. Her work as a nurse transformed the standard for hospital and care facilities forever. During her time at the military hospital, Nightingale improved sanitary conditions so drastically, that mortality rates decreased from 40 percent to just 2 percent. After returning home, she continued her efforts and sparked new standards and safe nursing practices that would carry on forever.



Jocelyn Elders, M.D. As a physical therapist in the 1950s Elders helped then-President Dwight Eisenhower recuperate from a heart attack. She later became the first Black person to serve as surgeon general of the United States. During her tenure as surgeon general, she advocated for drug education and distribution of contraception in schools.

Clara Barton Known for her humanitarian work and for founding the American Red Cross, Clara Barton was a woman of compassion and determination. In 1861, Barton left her job to dedicate her time to bringing supplies to soldiers and tending to those wounded, sparking a life-long career in aiding those in times of need. Before leaving the Red Cross where she aided with countless disasters and helped the homeless and poor, Barton established the National First Aid Association of America, an organization that brought awareness to the importance of emergency preparedness and developed first aid kits.



Antonia Novello, MD When Antonia Novello became U.S. surgeon general in 1990, her name was etched in two history books: one for Hispanics and one for women. As surgeon general, Novello chose to focus on protecting the young and the vulnerable, addressing such issues as underage drinking and cigarette ads that targeted children.