

PSI PARADIGM[®]

A PSI Communique for the Educational Community

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Be Cool at the Pool!

Did you Know?

- On average, an annual 3,600 injuries occur to children due to a near-drowning incident.
- Drowning is the second leading cause of unintentional death among children ages 1 to 4 years and children 10 to 14 years.
- Home swimming pools are the most common site for a drowning to occur for a child between the ages 1 to 4 years.
- According to a national study of drowning-related incidents involving children, a parent or caregiver claimed to be supervising the child in nearly 9 out of 10 child drowning-related deaths.
- Between May and August, drowning deaths among children increase 89 percent over the rest of the year.
- Approximately 75 percent of pool submersion deaths and 60 percent of pool submersion injuries occur at a home.
- 16 percent of drowning deaths in children under 5 years of age are at a family or friend's while 17 percent of deaths occur at a public, community or neighbor pool.



“The students LOVED the program and participated hook, line and sinker, with well over 25% participation! I would say it [Healthy Choices, Be a Healthy Hero], was a complete success and I plan to initiate it in all 4 of the Solon Elementary schools next year!”

-Lisa Greene, RN, District Nurse, Solon City Schools

• SEE MORE INSIDE •

Health Matters!



A
Wellness
Newsletter
for
Educators



Stay Safe, Be Smart & Follow the Rules!

Children should never be left alone in or near the pool, even for a moment. Adults watching young children in the pool should know CPR and should be able to rescue a child if necessary.

Keep rescue equipment, such as a life preserver, and a telephone near the pool, if you are at a public pool, take notice of where the safety equipment is located, as well as the safety policies and procedures to be followed at that pool.

Avoid inflatable swimming aids such as “floaties”. They are not a substitute for approved life vests and can give children a false sense of security.

Never leave a pool gate open. At least a 5ft fence should surround all pools.

Drain wading pools and overturn them immediately after kids are out.

Even children who have had swim lessons need to be supervised at all times.

Do not swallow pool water. Try to avoid getting any pool water in your mouth at all.

Wash your hands with soap and water after using the toilet or changing rooms. You can protect yourself and others by being aware that germs on your body end up in the water.

Information Provided From:

- Medicinenet.com, Tips for A Safe Summer for Children, Medically Reviewed by, [Melissa Conrad Stöppler, MD](http://www.safekids.org/our-work/research/fact-sheets/drowning-prevention-fact-sheet.html)
- <http://www.safekids.org/our-work/research/fact-sheets/drowning-prevention-fact-sheet.html>

PSI Health Staff: Making Wellness Work

Mary Welch, RN, BSN, has been a part of the PSI Health Services Team for 11 years, and currently provides health services to anywhere from 85-110 students at Richmond Heights Christian School. Mary took advantage of the opportunity to implement PSI's Healthy Choices, Be a Healthy Hero in her school because she had been wanting to initiate prevention and wellness education for a long time, and Healthy Choices, Be a Healthy Hero provided the springboard for her to do just that. In addition, she has wanted to focus on a program that reaches parents and fights against childhood obesity, Mary jumped right in to provide this additional service to her students. When asked if Mary believes



Mary Welch, RN, BSN

Healthy Choices, Be a Healthy Hero has positively impacted the students of Richmond Heights Christian School, she responded without hesitation with a resounding, "Yes!" Mary went on to say that her students provide her with their own testimonials as to how this program has changed their habits with regard to their own health. Many of her students no longer drink pop and she has noticed an overwhelming increase in the amount of fruits and vegetables in the students' lunches. Mary spoke of an instance when the entire Kindergarten class at Richmond Heights was recognized, because every last student was eating a sandwich that was prepared on wheat bread!

In addition to implementing PSI's Healthy Choices, Be a Healthy Hero, Mary completes 5 minute, "Lunch Lessons," every week in the school cafeteria. Mary and the School Principal provide reinforcement of all program objectives every Friday.

Mary focuses on nutrition education in her lunch lessons as nutrition education is the identified need at Richmond Heights. Mary expressed her liking of the repetitive nature of the program objectives, and she keeps that theme in her lunch lessons, using the USDA website as her source of information. Mary sends newsletters home to parents, reinforcing the program objectives, and feels her students and their families are "really getting it!" Mary enjoys observing how the children educate their parents, and everyone is very excited about it. In the past, Mary has initiated screenings in her school, to include Blood Pressure and Body Mass Index. She also invited a Nutritionist in to her school to educate staff, students and families. Mary welcomed PSI's Healthy Choices, Be a Healthy Hero in her school and has enjoyed the opportunity to provide this additional service to her school. The PSI Health Services team appreciates these additional efforts and is grateful to have Mary on the team. Thanks, Mary, Keep it Up!

Lisa Schmidt, Registered Nurse at St. Mary of the Assumption in Mentor, is in her fourth year with PSI and St. Mary's, providing health services to about 450 students. Lisa jumped at the chance to implement PSI's Healthy Choices, Be a Healthy Hero Wellness Program, as the overall Health and well-being of her students has always been of utmost importance to her. Lisa believes Healthy Choices, Be a Healthy Hero has positively affected her students in a variety

of ways. She has seen how the program has guided the students to begin forming healthy habits at a younger age, and she has observed how the student's attitude towards their own health has improved greatly. Lisa has also observed parent involvement, and has enjoyed watching her students encourage their parents, as well as each other to make healthy food choices and be active. Lisa believes one of the many highlights to Healthy Choices, Be a Healthy Hero is

"catching" students at random deciding on their own to complete healthy habits, like the "Power Wash, participating in an activity, or choosing a healthy snack.

In addition to implementing PSI's Healthy Choices, Be a Healthy Hero, Lisa has collaborated with the teachers at St. Mary's to complete the School Health Index. This is a tool produced by the National Center for Chronic Disease Prevention and Health Promotion, it is a self-assessment and planning tool that enables the identification of the strengths and weaknesses of a school's health promotion policies and programs, and allows for the development of an action plan for improving student health, and involves teachers, parents, students, and the community in improving school policies and programs. As a result of the completion of the School health index, Lisa, in collaboration with teachers and staff at St. Mary's made several improvements at the school, to include, healthier cafeteria choices, screening programs, a community yoga class and walking program, just to name a few. Lisa even worked with the City of Mentor to get her students a discount on pedometers as well as the registration fee for the walking program. In addition, Lisa partnered with St. Mary's PE teacher, Kelly Bartosic on the formation of a Wellness Team. Lisa has truly stepped up to advocate for Health and Wellness at St. Mary's and the PSI Health Services Team is certainly proud to have her. Keep up the great work Lisa, your hard work and dedication is appreciated!



Lisa Schmidt at St Mary of the Assumption in Mentor and the students at her school — E. ROSENBERG / PSI • Paradigm

PSI Spotlight on Gretchen Collins, RN

Gretchen Collins RN has been working for PSI at various Hope Academies for almost five years. She is currently the nurse at four Hope Academy schools on the east side of Cleveland and introduced the Healthy Choices, Be a Healthy Hero program to all of the students in her schools in January of this year. There were approximately 1500 students in Kindergarten through eighth grade that she introduced to the program. It was a very huge undertaking and found that it worked best if she performed the training by grade level.

Gretchen felt that it was important to get the message to her students about making healthy choices. She made adaptations to the program for the students in fourth through eighth grades to make it more interesting and age appropriate. There are posters in all of the classrooms and the teachers have helped by reinforcing the concepts of the program and encouraging parental involvement. In order to keep the students motivated, Gretchen has set up monthly ten minute sessions with the teachers and she gets student volunteers to help her with the demonstrations.

The sessions are scheduled ahead of time and the different aspects of the program are actually incorporated into the teachers' lesson for that day. All of the students receive a sticker for their card at that time. Gretchen has planned six of the classroom sessions for all of the students and at the end of the year the students will have completed their Healthy Choices card and receive a Healthy Hero certificate of participation.

"The Kindergarten and First graders are the most excited about the program and always show me their "Power Wash" when they see me," said Gretchen. Since Gretchen only works one day per week in each school she added that it has been a great way to get to know more of the students. Gretchen feels that the Healthy Choices, Be a Healthy Hero Program has been beneficial to the students and is looking forward to next year. The PSI Health Services team recognizes Gretchen's efforts and appreciate her commitment to bringing the Healthy Choices, Be a Healthy Hero program to her schools.



photo by E. ROSENBERG / PSI • Paradigm

Students at St Mary of the Assumption in Mentor.



Health Education Standards

Students cannot learn if they are not healthy (Rooney 2011). Did you know that 74% of parents of school-age children said schools should spend more or the same amount of time teaching quality, standards-based Health education as they do teaching other subjects (Rooney 2011)? The older a child gets, the harder it is to change poor health habits. Learning about and forming healthier habits at young ages provides many benefits to the student both personally and academically as the child grows, early intervention is crucial. PSI is pleased to recognize that the **Healthy Choices, Be a Healthy Hero Program**, targets the National Health Education Standards for students. The program includes measurable program objectives, as well as behavioral and learning objectives measurable by performance indicators for the appropriate grade levels.

These National Health Education Standards for grades PK-12 are as follows:

HEALTH EDUCATION STANDARD 1:

Students will comprehend concepts related to health promotion and disease prevention to enhance health.

HEALTH EDUCATION STANDARD 2:

Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

HEALTH EDUCATION STANDARD 3:

Students will demonstrate the ability to access valid information, products, and services to enhance health.

HEALTH EDUCATION STANDARD 4:

Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

HEALTH EDUCATION STANDARD 5:

Students will demonstrate the ability to use decision-making skills to enhance health.

HEALTH EDUCATION STANDARD 6:

Students will demonstrate the ability to use goal-setting skills to enhance health.

HEALTH EDUCATION STANDARD 7:

Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks

HEALTH EDUCATION STANDARD 8:

Students will demonstrate the ability to advocate for personal, family, and community health.

We are pleased to have developed this program to serve our schools' Health Education needs, and look forward to its continued success next school year. PSI's Healthy Choices, Be a Healthy Hero focuses on infection control, disease prevention and decision making skills through hand hygiene and making healthy choices as it relates to proper nutrition and physical activity. PSI also offers Standards-Based Health Education Mini-Classes on a variety of topics, in correlation with the appropriate Health Education Curriculum for grade-level. Let PSI help you close the achievement gap in your school by addressing your health education needs. Please call 1-800-841-7447 ext 226 for more information.

Resources used in the development of this article:

- Laura Rooney, MPH, Ohio Department of Health "Healthier Students are Better Learners," Presentation April 8, 2011
- CDC, Healthy Youth! National Health Education Standards (NHES), Standards and Performance Indicators: <http://www.cdc.gov/HealthyYouth/SHER/standards/index.htm>

Sunglasses: Eyes Need Protection Year Round

We all think about protecting our skin from the sun by using sunscreen but did you know it is just as important to protect your eyes from Ultraviolet (UV) rays? Most people already know that UV rays can cause skin cancer but many people don't think much about how UV rays can damage the eyes. Without protection sunlight can actually burn the eye over time and cause damage to the cornea, lens and retina and lead to cataracts and cancer of the eyelids and skin around the eyes.

Some Sun Facts:

- UV levels are greater at high altitudes, when the sun is high in the sky (usually between 10am and 2pm) and in wide open spaces where there is little shade.

- Reflective surfaces (like sand, water and snow) increase UV exposure.
- Ultraviolet light is invisible radiation which can penetrate clouds so the risk of UV exposure is still high on hazy or overcast days.

Choosing the proper sunglasses is important. Don't be fooled by the price... some cheap glasses are great and some expensive glasses don't protect the eyes. And darker doesn't mean better either. A dark lens with no UV protection can actually harm your eyes because the pupils relax and allow the UV rays to get to the retina. Wearing sunglasses that provide at least 98% UV protection can reduce the amount of light that enters the eyes and help prevent damage.

It is important that children wear the right sunglasses since their eye



lenses are clearer (allowing more light to get into their eyes) and they also spend much more time outdoors. Experts say that nearly 80% of our exposure to UV rays occurs before the age of 18. Don't forget to protect the eyes during winter activities like skiing, sledding and ice skating also. Snow and ice reflect nearly 80% of the sun's rays and can cause just as much damage as a day at the beach.

So choose a pair (of sunglasses) to save a pair (your eyes) and make wearing them a year round habit.

(Adapted from the Ohio Optometric Association Nurse Notes Winter 2011)

Get Moving: Fun in the Sun!

It is important to get out and get moving this Summer, however sun safety should always be a priority!

Tips to Stay Protected:



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Cover Up:

Clothing provides a protective barrier between you and the sun, cover up as much as possible. If it is too hot, try a beach wrap, or t-shirt and long shorts, and a wide brimmed hat. The sun's rays cannot affect you if they cannot touch your skin!

Slather It On:

Use sunscreen that is at least SPF 15. Make sure it blocks both UVA and UVB rays and is not expired! Cover all areas exposed to the sun and try to wait 30 minutes after applying sunscreen before heading into the sunshine. Don't forget to reapply every couple of hours, and more often if swimming or sweating a lot! The reflection of the sun in water increases chances of a sun burn. Its always best to avoid the sun, especially between the hours of 10:00am and 4:00pm when possible!

Shade Your Way:

Its best to be active this Summer, but hang out in the shade whenever possible. Remember, the sun does not affect you *only* on sunny days or when its warm, it can affect you any time! Fun ideas may include having lunch or reading a book under an umbrella! Take frequent sunshine breaks and find the cool shade!

Information adapted from the following website, please follow this link for more information.

http://www.bam.gov/sub_yoursafety/your-safety_sunproof.html



PSI customizes Health Services to meet the needs of your students.

PSI provides a wide variety of school health, special education, ESL, foreign language and intervention services.

Contact us for more information.



Health Matters!