



Healthy Bodies / Healthy Minds

Providing comprehensive health care to our students through education, prevention, treatment and referral.

Winter
2016-2017

Open Monday through Friday, 7:30 am - 4:00 pm

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Fighting the Flu Bug

Flu season is here but it's not too late to get your flu shot. Don't let common misconceptions about the flu shot stop you from protecting yourself this flu season!

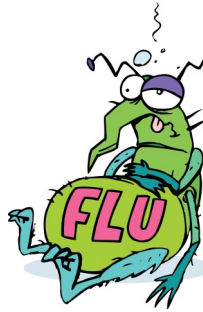
Flu is the common name for influenza. It's a virus that infects the respiratory system.

Often when you're sick with a virus, your body builds up a defense system by making antibodies against it. That means you usually don't get that particular virus strain again. Unfortunately, flu viruses change each year. So you aren't protected from getting the flu forever.

Here are the FACTS about the Flu Shot:

The flu vaccine will NOT give you the flu.

The vaccine is actually an inactive form of the virus and therefore cannot transmit the flu.



You need to get a flu shot every year.

The virus changes almost every year, so the previous year's vaccine may not protect you from this year's flu.

Even if you are healthy now, you still

need to get the flu shot.

The flu vaccine will help protect you from certain strains of the flu, and it will also help protect others around you from getting sick.

Allergic reactions to the flu shot are VERY rare.

These sorts of reactions are super rare. If a person has an allergic reaction it is usually within minutes to a few hours after receiving it, and there is treatment available.

Getting the flu is NOT better than having a flu shot.

The flu is a serious illness, especially for children and young adults who have chronic health problems such as asthma, diabetes or heart problems.

Getting vaccinated is a safer choice than risking illness to obtain immune protection.

If you haven't received the flu vaccine yet, make an appointment with the Student Health Center as soon as possible. It's your best protection! There are other ways you can protect yourself from getting sick. Wash your hands with soap and water. Make sure to cover coughs and sneezes. Avoid touching your nose and mouth and avoid contact with people who are sick.

If you have flu-like symptoms stay home from school and call your doctor. Symptoms may include: a temperature of 100°F or higher, cough or sore throat, runny or stuffy nose, headache and/or body aches, chills, and fatigue. Not everyone who has the flu has a temperature. If your symptoms are not improving, make an appointment with your health care provider. Do not return back to school while you are sick.

Information provided
TeenSpeak.org

Contact us for more information at:

Rockingham County
www.rcshc.weebly.com



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Mental Health Counseling Services

High school can be an extremely stressful time in a teen's life. Many students benefit from counseling to help them navigate this time in their lives and to be more successful in school.

The Student Health Center has onsite mental health counselors that can help students avoid risky behavior, deal with grief or loss, deal with problems with grades or behavior, or for anxiety,

self-esteem, and emotional needs. If you think you could benefit from these services, please notify the Student Health Center at your school.

Through initial and periodic assessments, Student Health Center staff may identify students who might benefit from counseling with a mental health provider. When this happens staff will contact the student's parent/

guardian prior to initiating services. Services will be coordinated with the student's school schedule. Your insurance company will be billed for these services. Students without insurance coverage will be billed on a sliding fee scale according to their family income and number of supported members in the household.



Keeping a Healthy Body

Part of being a teen is learning to take care of yourself and your needs. While you might think getting a job and learning how to drive a car is taking care of yourself, it can also involve really basic stuff, like eating healthy and getting exercise. When you're running from class to after school clubs to homework, it can be really hard to make sure you're staying healthy.

Sometimes it's as easy as being able to understand what's in the food you are eating, and carving out a little bit of time in the morning or afternoon to stretch your legs. A few simple changes can make all the difference in staying healthy. When you're getting the nutrition you need, you feel great and you're ready to take on that busy schedule!

Exercise and Fitness

Exercise is important because it produces a brain chemical, called endorphins, which makes people feel happy. Exercise helps us sleep better, keeps our bodies at a healthy weight, lowers our risk for certain diseases such as diabetes and high blood pressure, keeps our bones strong, and helps our bodies lose excess weight. The best exercise routine consists of three components: aerobics, strength training, and flexibility/stretching.



It is important to pick an exercise that you enjoy and are interested in so that you can stick with it; something you can do at least one hour a day and includes moderate and vigorous activities.

It is important to remember that

there is such a thing as too much exercise. This is called compulsive exercise. Because teenagers' bodies are still developing, they need enough calories to support that process. Exercising too much burns all the calories necessary to develop and function properly. Too much exercise is also a sign of a possible eating disorder. It is also possible to train too much for a certain sport. High school athletes should not train more than five days a week, and should have two or three months of rest per year. It is not recommended that you exercise with an injury - it will only delay the healing process.

Some signs of compulsive exercise include: being upset when you miss a workout, exercising even when you don't feel well, exercising instead of hanging out with

friends, dislike of sitting still because you are not burning calories, and fear of gaining weight from going a day without exercise.

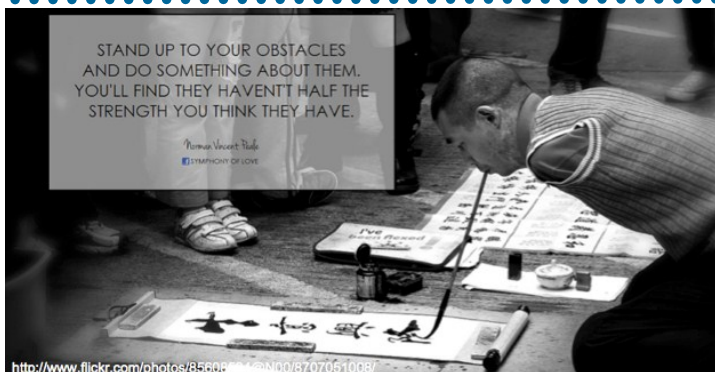
Dieting the Healthy Way

Dieting is a good thing, right? Sometimes it is, when done right, but often teens diet for the wrong reasons or diet too much. Everyone needs enough calories to sustain the calories that are burned through the day and dieting too much can be dangerous. It can also lead to eating disorders such as anorexia and bulimia. There are nutritious benefits from all the food groups - yes, even oils - so do not limit yourself to only a few food groups.

So what is the best way to diet? The key is limiting how much unhealthy foods you eat. Eat more fruits and vegetables and eat fewer fatty meats like burgers. Cut back on fried food and candy. Replace soda and sports drinks with water. This does not mean you can never have a soda, it just means that having one daily is not healthy. When considering if dieting is right for you, talk to your Student Health Center staff who can help decide what the best diet is for you.

Want more information about physical activity and nutrition? Visit your Student Health Center today and let's chat!

Inspiration Station



Resilience is the human capacity to face, overcome and ultimately be strengthened by life's adversities and challenges. This is not something that people either have or do not - resilience is learnable and teachable and as we learn we increase the range of strategies available to us when things get difficult.

