



# Healthy Bodies / Healthy Minds

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

2015-2016

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

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## Principal of the Year!

Elliot Miller, principal of Reidsville High School, was recognized at the annual meeting of the North Carolina School-Based Health Center Alliance. Miller received the Alliance's Principal of the Year Award.

The Principal of the Year Award is given by the North Carolina School-Based Health Center Alliance to a principal who has shown extraordinary support to the school-based health center within his or her school. This support is reflected in the principal's concern for the well-being of the whole student and not just the education curriculum. It also signifies that the principal includes the school-based health center as part of the school. Mr. Miller does an excellent job of making sure parents and students know about the center. He gives



visitors the opportunity to tour the center and makes sure they are aware of its services. He has stressed the importance of the health center to stakeholders in the community. Finally, Mr. Miller always has an open door to center staff for discussion of new ideas to benefit students.

Mr. Miller understands the connection between health and education and believes the Rockingham County Student Health Center at Reidsville High School keeps students in school

and healthy while also making them more successful. This helps improve our graduation rate. He is an advocate for the Student Health Center and can always be counted on to offer his support and assistance. He understands that promoting health will make the students, the school, and the district more successful.

This is not the first time that a Rockingham County leader has been recognized by the North Carolina School-Based Health Center Alliance. In 2012 Dr. Rodney Shotwell, Superintendent of the Rockingham County Schools, was presented the Superintendent of the Year Award by the Alliance.

Provided by:  
RockinghamUpdate.com

## Mental Health Self Soothing Tips

Becoming a teen has its ups and downs especially when it comes to emotions. As teens develop, their ever changing hormones tend to take them on an emotional roller-coaster causing them to seem negative, moody, and difficult to communicate with. It is important that teens learn different types of coping skills to deal with these emotions.

5 useful coping skills that almost all teens can use include:

**Talk it out-** Teens have increased cognitive and language skills that help them think about their situations and explore potential solutions. In upsetting situations, it may be helpful to talk it out. This can include identifying the problem,

discussing why it's a problem, potential solutions, and other thoughts/feelings/reactions to the current situation.

**Draw -** Drawing is a form of expression. Sometimes when individuals get very upset, talking (as suggested above) can be challenging. Instead, it may help some teens to draw a picture of something they enjoy, or to express on paper how they are feeling at the moment.

**Write -** Writing is yet another form of expression. Teens can write about whatever they would like. This can serve as a distraction as well as an outlet. It may be helpful for some individuals to keep an ongoing

journal or diary and write about their day to day experiences.

**Read -** Reading can be a soothing or calming activity especially if it's something you enjoy. Remember, there are many things that one can read: books, magazines, comic books, graphic novels, books on tape, etc.

**Music -** The experience of music can touch the emotional side of many individuals. Teens tend to be able to find a connection with music that identifies their feelings, helping them realize they are not alone.

For more self soothing tips, visit one of our centers today!



## Meningococcal Vaccines for Preteens and Teens

### Why does my child need to be vaccinated?

Meningococcal vaccines help protect against the bacteria that cause meningococcal disease. These infections don't happen very often, but can be very dangerous when they do. Meningococcal disease refers to any illness that is caused by *Neisseria meningitidis* bacteria. The two most severe and common illnesses caused by these bacteria include infections of the fluid and lining around the brain and spinal cord (meningitis) and bloodstream infections (bacteremia or septicemia). Even if they get treatment, about 10 to 15 out of 100 people with meningococcal disease will die from it.

Meningococcal disease can spread from person to person. The bacteria that cause this infection can spread when people have close or lengthy contact with someone's saliva, like through kissing or coughing, especially if they are living in the same place. Teens and young adults are at increased risk for meningococcal disease.



Meningococcal disease can become very serious, very quickly. The meningococcal vaccine is the best way to protect teens from getting meningococcal disease.

### When should my child be vaccinated?

All 11 to 12 year olds should be vaccinated with a single dose of a quadrivalent meningococcal conjugate vaccine. Older teens need a second shot when they are 16 years old so they stay protected when their risk is the highest.

Teens who got meningococcal vaccine for the first time when were 13, 14, or 15 years old should still get the booster shot when they are 16 years old. If your older teen didn't get the meningococcal shot at all, you should talk to their doctor about getting it as soon as possible.

**Vaccines are available at the Student Health Center please call us for details.**

### What else should I know about the vaccination?

Teens and young adults (16 through 23 year olds) may also be vaccinated with a serogroup B meningococcal vaccine (2 or 3 doses depending on brand), preferably at 16 through 18 years old. Talk with your teen's doctor or nurse about meningococcal vaccination to help protect your child's health. What else should I know about the vaccination? Like many vaccines, meningococcal shots may cause mild side effects, like redness and soreness where the shot was given (usually in the arm). Note that both meningococcal vaccines can be given during the same visit, but in different arms. Some preteens and teens might faint after getting a meningococcal vaccine or any shot. To help avoid fainting, preteens and teens should sit or lie down when they get a shot and then for about 15 minutes after getting the shot.

Information provided by Centers for Disease Control and Prevention

## The Most Important Meal of the Day

You've heard it since grade school: Breakfast is the most important meal of the day. But with a morning of competing priorities, snooze buttons and questionable appetites, it's easy to skip breakfast. It's estimated that 12 to 34 percent of children and adolescents regularly miss the morning meal.

Eating a healthy breakfast (versus one that includes doughnuts or soda) can help teens get more nutrition and even perform better at school. Here are 5 reasons teens should eat breakfast every morning, especially before school.

**Energy.** Along with sleep and exercise, breakfast is one of the best ways to recharge your batteries. It's the perfect opportunity to get energy-boosting carbohydrates like whole-grain bread, oatmeal and fruit. Create a breakfast with staying power using protein and carbohydrate combos like fruit and yogurt, whole-grain cereal with milk or a whole-grain waffle with nut butter. Breakfast is an ideal way to energize so there will be no sleeping in class!

**Improved concentration.** Studies suggest that eating a healthy breakfast improves

brain function — particularly memory and recall. This is essential for soaking up new knowledge and applying it later for a big exam.

**Better grades.** Research shows students who eat breakfast perform better academically. It's not fully understood why, but scientists believe it may be because breakfast supplies essential nutrients to the nervous system to rev up brain power. Or the explanation could simply be that breakfast alleviates hunger and a rumbling tummy, which can interfere with academic performance, behavior and self-esteem.

**Healthy weight.** Teens may think skipping breakfast is a good way to save on calories and lose weight, but quite the opposite is true. Breakfast skippers tend to weigh more than those who eat breakfast regularly. Additionally, those who eat a morning meal tend to make healthier food choices throughout the day, which can positively



impact weight and long-term health.

**It tastes great!** This may be the most compelling reason to enjoy breakfast before a long school day. Warm up with a hearty bowl of oatmeal on a cool morning or hydrate with sweet chunks of fresh fruit and yogurt when it's warm outside. With so many options on the table, you're sure to find something that

works — peanut butter on whole grain toast, fruit, eggs, yogurt or last night's leftovers ... what's not to love?

Making eating breakfast easy will assist teens in making this a healthy habit that will last a lifetime. Some examples could be a waffle with peanut butter, a boiled egg and fruit, or homemade granola bar. Easy grab and go meals make eating breakfast a breeze.