

Notes from the Nurse

March, 2019

March

March is Sleep Awareness Month. We know sleep is important and we can tell when we don't get enough, but chronic sleep deprivation leads to many problems. Health problems such as obesity, high blood pressure, negative mood, behavior issues, decreased productivity, safety issues at home/work/driving, frequent illness, and more can all be linked back to poor sleep habits. Adequate sleep in children is vital for growth and development physically, mentally, and emotionally. See the chart below for recommended hours of sleep by age:

Age	Sleep needed daily
0-3 months	14-17 hours
4-11 months	12-15 hours
1-2 years	11-14 hours
3-5 years	10-13 hours
6-13 years	9-11 hours
14-17 years	8-10 hours
18-64 years	7-9 hours
65+ years	7-8 hours

There are many factors that can affect sleep such as stress, anxiety, electronics, and poor nutrition. For more information on sleep, how to improve sleep, and sleep disorders visit:

<https://www.sleepfoundation.org/>

March is also Social Worker Month. GJCS is fortunate to have several wonderful social workers. Our social workers serve our students and families in many different ways. They help students with many different challenges they may face including emotional, physical, academic, behavioral, social, and financial. If you see or talk to one of our social workers, please thank them for all they do to help our students and families!

Exercise

With spring rapidly approaching, planning a garden is a great family activity. It's an excellent opportunity for everyone to grow their favorite food fresh. Fruits and vegetables are main staples in gardens, but growing herbs for seasoning and flavoring food is a yummy addition to any garden. If space is an issue, container gardens can help solve that problem. All you need to start a container garden is some large pots, soil, and seeds. The containers can sit anywhere where there is enough sunlight. Starting a garden from scratch or even buying starters is a great way to learn about plant growth, development, and sustainability. For more information on starting a container garden, visit: <https://www.thespruce.com/before-you-make-your-first-container-garden-847850>

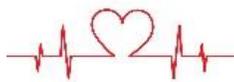
MENTAL HEALTH

Social workers are on the front lines when it comes to mental health. They are trained to help our students cope with the challenges they face at school and at home. They can be a listening ear, provide interventions, coping mechanisms, resources, and skill building. If you think your student or your family could benefit from working with one of our social workers, please call the school and ask to speak to one.

ATTENTION JHS PARENTS/STUDENTS:

The final immunization clinic for Juniors is March 19th. Please remember to register for this clinic to ensure immunizations are up to date before the start of the school year!

Visit schoolcares.com to sign up or call the Dubois County Health Department at 812-481-7050.



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Nutrition Nugget

If you're looking for a way to sneak in more veggies, then these spinach muffins are a must try. They are sweet and tasty like a regular muffin but have a fun green color that's perfect for St. Patrick's Day. Have a picky eater? Try giving them a fun name (Hulk Muffins or Monster Muffins) to give them more appeal. Spinach is high in fiber and packed with tons of vitamins and minerals; it helps with digestion, skin health, immune function, and much more.

Recipe:

Sweet Spinach Muffins

Ingredients:

Dry Ingredients:

- 2 cups whole wheat flour
- 1 ½ teaspoon cinnamon
- 2 teaspoon baking powder
- ½ teaspoon baking soda
- ¼ teaspoon salt

Wet Ingredients:

- ¾ cup milk
- ½ cup honey
- 1 large banana
- 6 ounces spinach
- ½ cup butter, unsalted
- 1 large egg
- 1 teaspoon vanilla extract

Directions:

Preheat oven to 350 F and line a muffin pan with paper liners. Combine all dry ingredients in a large mixing bowl. Melt Butter. Blend the wet ingredients in a blender or food processor until completely pureed. Pour the puree into the dry ingredients bowl and fold together gently until well combined (do Not overmix). Spoon the batter into the muffin pan and bake for 18-22 minutes or until the muffins are firm to the touch on top, but not quite browning. Cool before serving.



Reminders

If your child is going to be absent from school, please call in before 10 am and give a reason why they will not be attending school that day.

