

FALL 2018

**Wellness Team**

Teacher

## Services

Wellness

Healthy

Vitality

Active

Nutrition

Exercise

Mindfulness

Choices

Eating

Walking

Relaxation

Physical

Lifestyle

Values

Balance

Time

Sleep

Insight

Support

Learn

Persistence

Preventive

Fitness

Health

Fruits

Vegetables

Involved

Aware

Spirituality

Commitment

Intellectual

Social

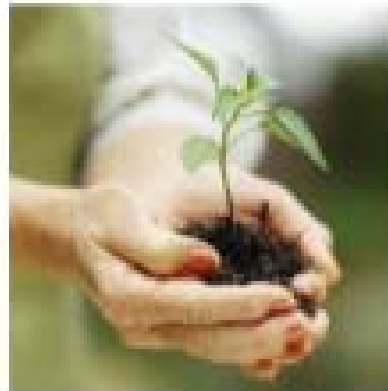
Habits

- QPR
- E-Cigarettes
- DASH
- School Nurses
- Food Services
- Walk/Bike to School

**What can you learn in 100 minutes?  
Enough to save a person's life!**

## **Question, Persuade, Refer (QPR)**

**Free suicide prevention workshop  
offered to the Bedford Community**



QPR is an evidenced-based suicide prevention program based upon the following concepts:

- The person most in need of help in a suicidal crisis is the least likely to ask for it
- The person most likely to prevent a person dying by suicide is someone they know
- Prior to making a suicide attempt, a person typically sends warning signs of distress and suicidal intent to those near them



Jon Mattleman is a certified QPR trainer. The evening will include investigating myths surrounding suicide, exploring the signs of suicide, and learning how to help a person in distress.

**Tuesday November 27, 2018  
6:30 – 8:30 PM  
Bedford Free Public Library  
7 Mudge Way, Bedford, MA**

**Adults only please  
(Seating is limited to 50)  
RSVP required to the  
Board of Health:  
781-275-6507 or  
[boh@bedfordma.gov](mailto:boh@bedfordma.gov)**

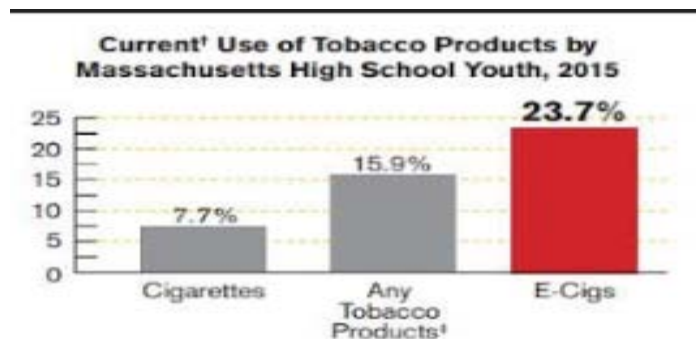
**Sponsored by the Bedford Board of Health  
& Bedford Youth and Family Services**



## E-cigarettes Use Among Youth

Vaping is the act of inhaling vapor from an electronic vaping device or electronic cigarette (e-cigarette). E-cigarettes have become very popular among teens and are now the most commonly used form of nicotine among youth in the United States. Their easy availability, alluring advertisements, various candy flavored e-liquid, and the belief that they're safer than cigarettes have helped make them appealing to this age group. E-cigarettes are not regulated by the FDA, so there is no uniform labeling of ingredients and no way to know how much nicotine or other chemicals are actually in each e-cigarette.

The teen years are a critical time for brain development, which continues until about the age of 25. Young people who use nicotine products in any form, including e-cigarettes, are at great risk for long-lasting effects. Because nicotine affects the development of the brain's reward system, continued e-cigarette use can not only lead to nicotine addiction, but it also makes other drugs more pleasurable to a teen's developing brain. Nicotine also affects the development of brain circuits that control attention and learning. Other risks include mood disorders and permanent problems with impulse control.



For more information on e-cigarettes and how to talk to your kids about the risks, visit:

<https://e-cigarettes.surgeongeneral.gov>

For more information contact Jessica Wildfong, Prevention Services Coordinator at 781- 275-7727 ext. 262 or email [jessicaw@bedfordma.gov](mailto:jessicaw@bedfordma.gov)

Adapted from:

2016 Surgeon General's Report: E-Cigarette Use Among Youth and Young Adults

National Institute on Drug Abuse; National Institutes of Health; US Department of Health and Human Services: June 2017, Drug Facts-Electronic Cigarettes



### Leave the Driving to Us!

Does your student need a ride to after-school activities? Want a break from parental chauffeuring duties?

**WHAT:** The Bedford DASH is available to transport Bedford residents ages 12 and up throughout Bedford and to some neighboring communities.

**WHO:** The DASH is a pilot transportation program running until June 2018, providing a 14- passenger, WIFI enabled, handicapped accessible vehicle.

**WHEN:** The DASH operates between the hours of 11 AM and 6 pm, Monday through Friday (excluding holidays and weather emergencies), and provides service within Bedford as well as to the neighboring towns of Lexington, Billerica, and Burlington. Concord trips are available on Mondays and Tuesdays on a space available basis only. Youth (under 18) pay \$1 in town and \$2 out-of-town each way. Discount books are available for purchase.

**HOW:** Those looking to book a ride should call 781-275-DASH (3274) or go online at [www.bedforddash.com](http://www.bedforddash.com)

Permission forms can be found here: [www.bedforddash.com/Portals/96/Bedford%20Dash%20Permission%20Packet.pdf?ver=2016-10-05-154713-417](http://www.bedforddash.com/Portals/96/Bedford%20Dash%20Permission%20Packet.pdf?ver=2016-10-05-154713-417)

Questions? Call Healthy Communities Coordinator Carla Olson at [781-275-7727](tel:781-275-7727), x 260.

### Watch the Bedford Youth & Family Services website for the 2018 Youth Risk Behavior Survey results release in November!

The Youth Risk Behavior Survey provides data from our students on their risky behaviors. Last spring, Bedford students in grades 6-12 answered questions about smoking, drinking, sexual behavior, bullying, and other risky behaviors. This data helps inform the health curriculum in our schools and health programs offered in the town.

Our plans for sharing the results are:

- We will announce the release of the results to the community in our Substance Abuse Awareness Month letter
- The results will be posted on our departments' web site
- We will present the results to groups in the community
- We plan to work with students at JGMS & BHS on social marketing projects to get the results out in the schools

For more information contact

Jessica Wildfong, Prevention Services Coordinator at 781- 275-7727 ext. 4331 or email [jessicaw@bedfordma.gov](mailto:jessicaw@bedfordma.gov)



## Bedford School Nurses

Bedford school health services are provided by School Nurses. Comprehensive care is delivered recognizing that students' health and well-being have a direct impact on school performance and educational achievement.

Each of Bedford's schools has a full-time registered nurse. Two part-time registered nurses rotate between the four Bedford schools to provide additional care and support during screenings, daily coverage and special projects. School nurses impact student learning in positive ways. In addition to providing care for illness and injury, promoting wellness and serving as a student advocate in school-based-team collaboration, school nurses also help keep students in school by:

- Managing chronic health conditions
- Shortening illness-related absences
- Lessening the number of students sent home needlessly
- Identifying health-related barriers to learning
- Providing early detection and correction of health problems
- Helping teachers accommodate students with special needs
- Offering education and support to students, parents and staff.

The school health team assures compliance with regulatory standards set by the Mass Dept. of Public Health (MDPH) and Elementary and Secondary Education (DESE). A school physician serves as an advisor to the nurses, and conducts screenings and physical exams on students as needed.

Please do not hesitate to contact your child's school nurse if you have medical/health related questions or concerns. We are all happy to help support your child and help them stay healthy and ready to learn at school!

| Davis School                   | Lane School             | JGMS                                     | Bedford HS                        | Floating Nurse                | Floating Nurse          |
|--------------------------------|-------------------------|--|-----------------------------------|-------------------------------|-------------------------|
| Jennifer Capece<br>BSN, RN, MS | Kathy Webster<br>BS, RN | Tracy Fernald<br>MSN, RN<br>Nurse Leader | Nancy Thorsen<br>BSN, RN,<br>NCSN | Lorene<br>Simoneau BSN,<br>RN | Norma Warner<br>MSN, RN |
| 781-918-4906                   | 781-275-7623            | 781-275-3165                             | 781-418-4416                      |                               |                         |



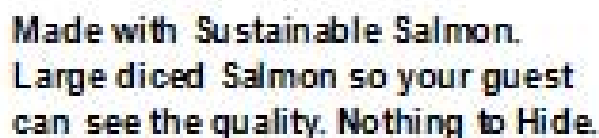
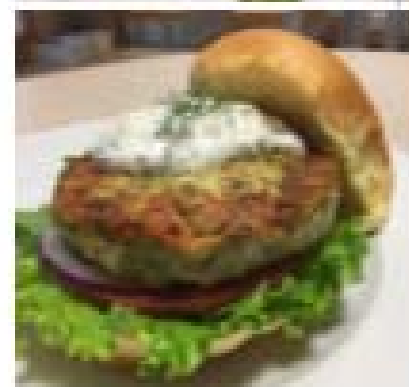


Custom Made by Chefs.....for Kids

Your Students can order this with confidence that they get a fantastic taste without the fear of Fishy-Tasting Fish.

Very Unique Item. Salafel is a fun name to play-off the Trendy & Popular "Falafel". We took it to the next level. Healthy Salmon paired with Fresh Green Chick Peas and traditional Falafel Flavor Profile.

On the High School menu!



Combined with Fresh Green  
Chick Peas, Crazy Healthy,  
Non-GMO, All Natural &  
Grown in the U.S.A..... Superfood!!!

Clean Label

in fact.....Labels can't get cleaner than this Label.....

|                   |                              |                          |
|-------------------|------------------------------|--------------------------|
| Healthy Salmon    | All Natural Green Chick Peas | All Natural Tahini Paste |
| California Garlic | Toasted Cumin                | Cilantro                 |
|                   |                              | Parsley                  |
|                   |                              | Black Pepper             |
|                   | Citrus Fiber                 | Red Pepper Flakes        |
|                   |                              | Salt                     |

Available in the Cafeteria during October

300' convection for 12-15 minutes. Done

## We Can All Improve Our Mental Wellness

There's a misconception that if you aren't struggling with a mental health disorder, then you don't need to worry about your mental health. But just like you develop habits to keep yourself physically healthy, you can develop habits that improve your mental wellness.

The good news is there is a lot of overlap between what keeps you physically healthy and what helps your mental health!

- **Exercise.** The key is to find the right type of exercise for you – whether that means joining a gym or a casual sports team, going for walks with a friend or a pet, or doing yoga from the comfort of your own home. Physical activity has been shown to help clear the mind, improve self-worth, and reduce depressive and anxious feelings.
- **Sleep.** Poor sleeping habits have often thought to be caused by mental health disorders, but in fact, more recent research suggests poor sleep could be making mental health worse. Following a healthy bedtime routine could make you feel happier, calmer and better focused throughout the day.
- **Diet.** Cutting down on sugary, fatty foods and replacing them with nutrient-rich foods like fish, veggies, and foods that have healthy fats like avocados, has been shown to reduce depressive symptoms in adults.
- **Community and relationships.** Whether the support comes from family, a partner, friends, coworkers, or even pets, feeling connected to those around you can increase a sense of purpose and love in your life.
- **Relaxation and recreation.** In our busy lives it can be easy to forget about the hobbies you used to love or make time to sit down and enjoy a book. Building in time to do the things you enjoy will help you have a happier frame of mind and give you more bandwidth to deal with difficult emotions when they arise.

Ultimately, it's important to remember that mental health is closely tied to physical health. Treating them both with care and working on your overall wellness will make you feel better in a number of ways.

If you have tried improving these areas of your life, but feel like you need more support, take a mental health screening to see if you have symptoms of a diagnosable and treatable mental health disorder at [www.bedfordma.gov/youth](http://www.bedfordma.gov/youth) under the "screenings" section. After the





### **Mark your calendars for Winter Walkabout!**

On Saturday, December 1, 2018, Bedford will hold its annual Winter Walkabout and Tree Lighting celebration. Join friends and family as we revel in this much anticipated community tradition. Once again, the Town will be offering a flurry of activities to encourage everyone to stroll, shop, savor, and socialize while kicking off the winter season.

Bedford Recreation, Economic Development, and Healthy Bedford, in collaboration with the Bedford Chamber of Commerce, invite you to enjoy free family entertainment, wander through our Town Center, enjoy the lights, and shop and dine local while celebrating the arrival of winter in Bedford. Watch for more details on the town webpage [www.bedfordma.gov](http://www.bedfordma.gov), Economic Development Twitter @BedfordMABiz, and on Facebook at Healthy Bedford.



## **Benefits of Walking and Biking to School**

Walking and biking with your children from a young age is an investment for life. Even light or moderate exercise helps you and your children stay healthy, and walking or biking to school can be a great opportunity to bond with your kids while you get exercise, fresh air, and quality time together.

Other benefits?

Walking and biking promotes independence and improved judgement. Children are able to make more decisions about their walking or biking journey than they can as a passenger in a car. With your guidance, they can learn to make decisions about road safety and increase awareness of their surroundings. This cultivates skills students can rely on as they grow older and become independent pedestrians and bicyclists.

Active commuting can improve health in mind as well as body, boosting mood and even self-esteem. Our increasing reliance on electronics contrive to keep us sedentary, and childhood obesity continues to be epidemic in the USA and in other countries as well. Further, studies consistently show that students who arrive at school even after a short five-minute walk demonstrate increased concentration and ability to focus on their studies.

Walking is one of the cheapest ways of getting around and is also kind to our planet. If we all swapped one car journey a week for walking or bicycling, transportation experts estimate car traffic levels would reduce by at least 10%.

When you have a busy family life it's tempting and sometimes necessary to jump in the car to chauffeur everyone around to school and activities. In addition, some neighborhoods in Bedford are lacking sidewalks or the distance to school can be prohibitive. But swapping just a few of those car trips for some or all of the distance to travel by foot or bicycle might be easier than you think. One option to consider is driving part of the trip, parking the car, and walking or riding the remainder. Bedford is fortunate to have many miles of trails, and both Davis and Lane have possibilities nearby. If you are looking for ideas, visit:

<https://www.bedfordma.gov/healthy-bedford/pages/safe-routes-to-school>

<https://www.bedfordma.gov/trails-committee/pages/bedford-trail-maps>

One of the most important things parents can do is to encourage healthy habits in their children early on in life. Nurturing active children and fostering healthy habits will give your kids a foundation that will support them for the rest of their lives.

Questions about the Safe Routes to School program or walking and biking in Bedford? Contact Healthy Communities Coordinator Carla Olson at [colson@bedfordma.gov](mailto:colson@bedfordma.gov) or 781-275-7727 x4330.

