

Wellness Committee



BEDFORD PUBLIC SCHOOLS

FALL 2016

The Bedford Public Schools are committed to providing a school environment that enhances learning and the development of lifelong wellness practices.

The Wellness Committee's vision is to maximize community and school resources to improve the quality of life for students, staff and families of the Bedford Public Schools through education, activity-centered programs and the development of a school environment that supports physical and emotional wellness and proper nutritional practices and provides students with opportunities to learn and practice a variety of physical activities within the school curriculum and encourage the pursuit of physical activities for enjoyment and a life-long wellness.

Wellness Team

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In This Issue

- Exercise to School
- Self Advocacy
- DASH
- Handwashing
- Cold or Flu
- Preventing Infection



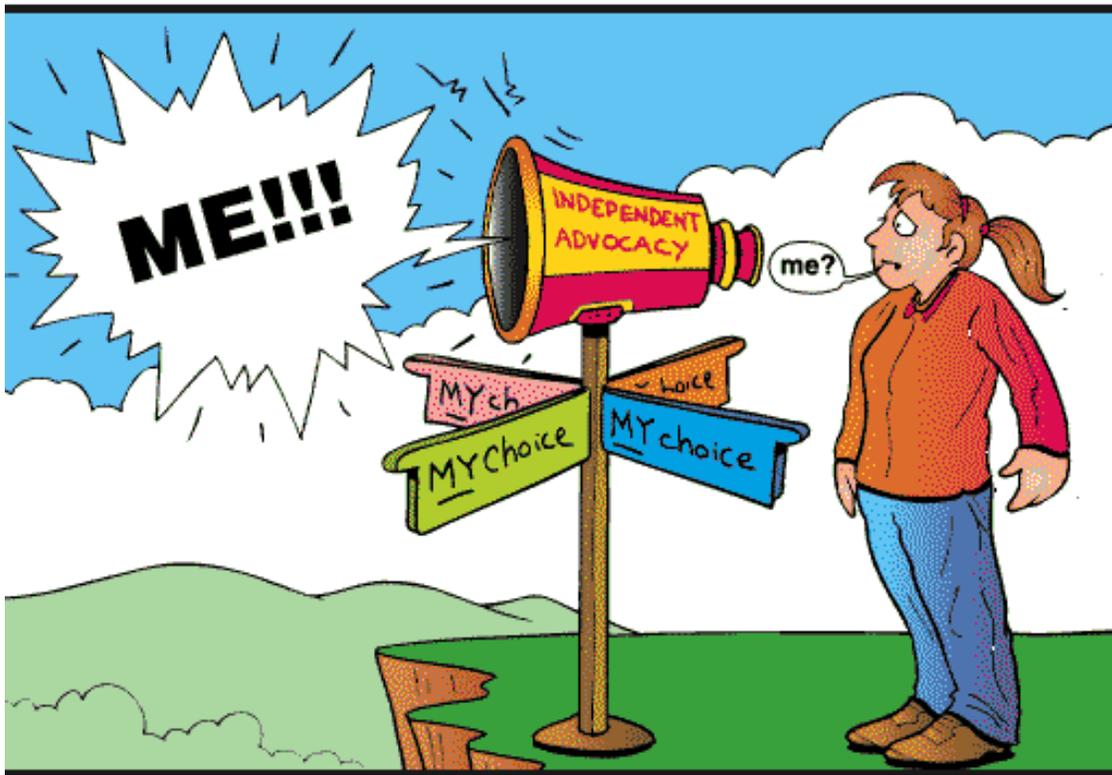
Why Walk and Bike to School?

Walking and biking to school is a great way for youth to get the physical activity needed for healthy bodies and minds. Students who are more physically active have better academic performance. Numerous studies have demonstrated that exposure to nature and free outdoor play can reduce stress and relieve ADHD symptoms. If that isn't enough to get you out of your car, consider the air quality around a school when dozens of idling cars are waiting during arrival and dismissal. Walking and biking to school is healthy for kids, healthy for communities, and healthy for the planet.

Healthy Bedford has many activities underway to further our mission to ensure that the built environment promotes wellness and health. Early in October, Bedford once again joined over 40 countries world-wide celebrating International Walk and Bike to School Day. These events, and others like it, are very popular with Bedford families. In addition to helping to raise awareness of the need to create safer routes for walking and bicycling, they emphasize the importance of issues such as increasing physical activity among children, pedestrian safety, traffic congestion and concern for the environment. These celebrations build connections between families, schools and the broader community-plus they are lots of fun!

Our next event will be Massachusetts Walk and Bike to School Day, Wednesday May 10, 2017. We encourage you to celebrate by joining us at one of our chaperoned events, or find your own path. Even better, bike or walk any day you can. Since Bedford does not have neighborhood schools, walking and biking routes can sometimes be a challenge. If you can't find a comfortable route at: www.bedfordma.gov/healthy-bedford, consider walking or biking part of the way. For example, families frequently use the Middlesex Community College overflow lot on Springs Road and others use Depot Park on Loomis Street.

Bedford has been promoting these events since 2009, and each year we see increased numbers of students walking and biking to school not only on event days, but throughout the year. As a result of this partnership with parents, students, school, Town officials and other stakeholders, Bedford was recently approved for a federally funded infrastructure project specifically targeted toward enhancing safe access to John Glenn Middle School and the surrounding Town campus. This project is slated to begin construction during Summer 2017. View the initial design documents at www.bedfordma.gov/sites/bedfordma/files/u133/srts_bedford_jgms_dph_021116.pdf



Help Your High School Age Child Prepare to Self Advocate

If you have a teenager getting ready to enter the adult world on his or her own, it can be scary to think of them managing their own health care. Your child is probably used to your making doctor's appointments when you think it is necessary, and taking care of details such as medical histories and insurance. Be sure your child is armed with the tools needed to advocate for him or herself before they head off to the adult world -- be it college, the military, or the workforce. Make sure they have/know:

The Right Paperwork. Whether they need insurance information, social security/phone numbers, medical records or anything else, be sure your child has the necessary information.

Understand How to Advocate. Growing up, children think adults have all the answers. Be sure your child knows if he or she is having a mental or physical health issue, that he or she needs to seek help.

How to Articulate Needs. Teens can often be vague about what it is specifically that they need. Teach them how to communicate what they need.

Research shows that only about 25% of young people aged 18-25 years old consider themselves to be adults. It is important for a child going into the adult world to understand that people will now see them as adults, and that is one of the reasons it is so important to advocate for themselves. If you think your child is struggling with depression or another mental health condition, you can take a screening on their behalf at www.bedfordma.gov/youth under the screenings section.



Bedford DASH Local Transit Service Now Underway!

The DASH is a pilot transportation program which will operate between September 2016 and June 2018, offering transit service between noon and 6 PM on weekdays during the school year, excluding holidays. TransAction Associates has provided a 14 passenger, WIFI enabled, handicapped accessible vehicle, which accommodates a combination of fixed route service and “on demand” rides. This new program complements services already provided by Bedford Local Transit.

Adult riders ages 18-64 pay \$2.00 each way for in-town services and \$4.00 each way for out-of-town destinations. Currently, the bus will go to locations in Bedford, Billerica, Concord, and Burlington. Youth, seniors, Veterans, and Medicare card holders will pay \$1.00 each way in-town and \$2.00 each way out-of-town. Riders must pay exact change as they board the bus. Discounted pre-paid cards are also available from the driver or can be ordered online. Youth 12 ages and over can ride the DASH independently, but must have a permission slip on file. Forms can be found on www.BedfordDash.com

During its inaugural week, the DASH provided a wide variety of trips, including shuttling a Bedford resident home from work, a student to an afterschool activity, a senior to a relative's home, and another resident to a medical appointment. Where can the DASH take you?

To book a future ride or for questions about the service, call 781-275-DASH(3274).

EContact: healthybedford@bedfordma.gov

2016 Bedford Tree Lighting and Walk-about

Bundle up, put on your favorite walking shoes or boots, and join the festivities!

On Saturday evening, December 3, 2016, Bedford will be holding its annual Tree Lighting celebration. Join friends and family as we enjoy 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 to kick off the winter season. Bedford Recreation, Economic Development, and Healthy Bedford departments, in collaboration with the Bedford Chamber of Commerce, invite you walk our Town Center, enjoy the lights, and shop and dine local while celebrating the arrival of winter in Bedford. Watch for details on the town webpage www.bedfordma.gov, Economic Development Twitter @BedfordMABiz, and on Facebook at Healthy Bedford.

Hand washing is a simple but effective way to prevent illness!

Evidence shows the benefit of improved hand washing in preventing infectious disease. We all need to make sure good hygiene practices are incorporated into our daily routine at homes, school and in the community so the practice becomes the norm. Hand washing is a simple task but effective in protecting you from getting sick and it can reduce the spread of diarrheal and respiratory illnesses.

Think about the things you touch every day from doorknobs to donuts, from the toilet to telephone, from a keyboard and mouse to your eyes and nose and the hands you shook and held. You can very easily spread germs directly to yourself or to other people.

Effective hand washing involves five simple steps (Wet, Lather, Scrub, Rinse, Dry) that you can take to maintain your health. Washing hands with soap and water is the best way to reduce the number of germs on them in most situations. If



soap and water are not available, you can use an alcohol-based hand sanitizer that contains at least 60% alcohol. Alcohol-based hand sanitizers can quickly reduce the number of germs on hands in some situations, but sanitizers do not eliminate all types of germs and might not remove harmful chemicals. Research shows that hand washing with non-antibacterial soap and water is three times more effective for the removal of bacteria than washing with water alone.

As Centers for Disease Control Director Tom Frieden has asserted, hand washing in schools helps reduce the number of student and staff sick days and can in turn contribute to improved performance due to better attendance at school. Hand washing in schools helps students, families and the community stay healthier. It's also important to know when to wash your hands. Test your knowledge by checking the boxes that you think are appropriate to wash hands:

When should you wash your hands?

- ⇒ Before, during, and after preparing food
- ⇒ Before eating food
- ⇒ Before and after caring for someone who is sick
- ⇒ Before and after treating a cut or wound
- ⇒ After using the toilet
- ⇒ After changing diapers or cleaning up someone who has used the toilet
- ⇒ After blowing your nose, coughing, or sneezing
- ⇒ After touching an animal, animal feed, or animal waste
- ⇒ After handling pet food or pet treats
- ⇒ After touching garbage

Answer: All of the above!

For more information, visit the Bedford Board of Health website at bedfordma.gov/boh

Signs and Symptoms

Symptoms	Cold	Flu
Fever	Rare	High (100-102) can last 3-4 days
Headache	Rare	Intense
General aches/pain	Slight	Usual, often severe
Fatigue/Weakness	Mild	Intense can last 2-3 weeks
Extreme Exhaustion	Never	Usual, starts early
Stuffy Nose	Common	Sometimes
Sneezing	Usual	Sometimes
Sore Throat	Common	Common
Cough	Mild to moderate	Common; can become severe
Complications	Sinus congestion, asthma earache	Bronchitis, pneumonia; you may need to go to the hospital
Prevention	Good Hand washing avoiding sick people	Good Hand washing avoiding sick people Getting flu shot each year Anti-viral drugs when prescribed
Treatment	Over the counter products to ease symptoms	Over the counter products to ease symptoms Anti-viral drugs when prescribed if taken 24-48 hours with onset of symptoms.
<p>Never give aspirin to a child with a viral illness. Pain and fever reducing medicine such as Tylenol (acetaminophen) or Motrin (ibuprofen) can be given with the dosage based on weight by their pediatrician's recommendations.</p>		

Is it a Cold or the Flu?

Tracy Fernald MSN, RN ~ Davis School



Cold and flu season is just around the corner....both of these illnesses has similar symptoms. Please refer to the chart on the previous page from Web MD to help navigate the differences.

Both colds and flu are contagious, especially in the school setting. Knowing when to keep your kids home can sometimes be a difficult decision. Please keep in mind the following guidelines. If your child was unable to sleep due to persistent cough/body aches, or has a fever over 100 without anti-fever medication, has been vomiting within the past 12 hours and has not eaten a full meal yet, persistent diarrhea, or poor appetite please keep them home and consult their doctor if symptoms worsen. Students should return to school when they are ready to fully participate in the planned school day without exclusion from recess or Physical Education.

Getting plenty of sleep, eating a healthy diet, getting regular exercise and minimizing stress are all healthy habits that help keep germs away.

Remember- **HAND WASHING** is the most effective means of preventing the spread of communicable diseases!!! Be sure to cover your mouth when you cough or sneeze...followed by hand washing. Hand sanitizer is also an effective way to kill germs.





Preventing infection

Athletics exposes the skin to many different stresses, including trauma, environmental factors, and a variety of different infectious agents. It is imperative that athletes and their parents take the proper steps to prevent the spread of bacteria, not just from skin-to-skin contact, but from protective equipment and uniforms as well. An infection can take you out of the game as quickly as an injury, so please take the necessary precautions when it comes to the health of your largest, most protective organ...your skin! Here are some steps, recommended by the National Athletic Trainers' Association (NATA), to help stop the spread of infection that you can take at home with your student athlete:

- Wash hands frequently (especially after athletics) with soap and warm water for at least 15 seconds, dry completely with a disposable towel (if available).
- Shower as soon as possible after every game and practice.
- Soiled clothing, including practice gear, undergarments, outerwear, and uniforms, must be laundered on a daily basis.
- Equipment, including knee sleeves and braces, ankle braces, protective pads, etc, should be disinfected on a daily basis using a disinfectant wipe or spray if the item cannot be laundered.
- Avoid pools, hot tubs, and whirlpools when you have an open, exposed skin wound or lesion.
- Athletes should be discouraged from sharing towels, athletic gear, water bottles, disposable razors, and hair clippers.
- All open cuts, scrapes, and wounds should be properly cleaned and dressed by the athletic trainer before and after athletics.

Zinder, S.M., Basler, R. S. W., Foley, J., Scarlata, C., & Vasily, D. B. (August 2010). National athletic trainers' association position statement: skin diseases [electronic version]. *Journal of Athletic Training*, 45(4), 411-423.

The Winter 2016-
2017
Pre-Season
Informational Meeting for High School
and Middle School
Sports will take
place on
November 7th, 2016
in the High School
Auditorium.

Physical Education & Health Updates

Davis School: Welcome our new PE & Health Teacher...Mr Ken Yanofsky

BHS: On Wednesday, November 23rd, Bedford students will celebrate Community Day. This year the day will promote a stress free/ and fun day to get to know one another better.

The students will attend 4 different sessions:

1. Videos in the auditorium that show the school day of the different student groups - Boston, Base, and Bedford, the answer to a question that is asked to the school community, and BHS trivia.
2. A stress reduction session- students have the choice of attending a yoga session, meditation session, art therapy or spending time with therapy dogs.
3. Fast friends - students will engage in conversation in the style of speed dating using prompted questions to find out something new about classmates. Back Cafe- BHS food fair, restaurants and businesses within the community have generously donated food samples giving an opportunity for students to mingle and taste some what Bedford's restaurants has to offer.
4. Large groups games- Students will participate in large group activities to have some fun and get some exercise.

This day is a great way to come together as a school community and get to know each other better in a relaxed setting.

