



HEALTH NEWS



Health Information For Students and Their Families

Dear Y.A.L.E. Community,

As spring colors start to bloom, it brings us great joy to welcome the new season! With warmer weather ahead, let's embrace outdoor activities, fresh air, and the opportunity to rejuvenate our minds and bodies. Your school nurses are excited to share some important health updates and tips to ensure a happy and healthy spring for our students.



Spring into Action: Managing Seasonal Allergies

As spring awakens, many people look forward to enjoying the outdoors. However, for some, the arrival of spring also brings the unwelcome arrival of seasonal allergies. Blooming flowers and trees release pollen into the air, triggering

allergic reactions in susceptible individuals. Seasonal allergies, also known as hay fever or allergic rhinitis, occur when the immune system reacts to airborne particles, primarily pollen from trees, grasses, and weeds. During the spring, trees such as oak, birch, and maple release pollen, contributing to the rise in allergy symptoms.

Tips for Managing Seasonal Allergies:

Monitor Pollen Counts: Stay informed about daily pollen counts in your area. On high pollen days, limit outdoor activities, especially during peak pollen times.

Keep Windows Closed: While it may be tempting to let in the fresh air, keeping windows closed can prevent pollen from entering your home.

Use Air Purifiers: Consider using air purifiers with HEPA filters to reduce airborne allergens.

Practice Good Hygiene: Wash your hands and face after spending time outdoors to remove pollen particles. Showering before bedtime can also help prevent pollen from transferring to bedding.

Nasal Irrigation: Rinse your nasal passages with a saline solution to flush out allergens and relieve congestion.

Take Allergy Medications: Over-the-counter antihistamines, decongestants, and nasal corticosteroids can provide relief from allergy symptoms. Consult with a healthcare professional before starting any new medication.

Allergen-Proof Your Home: Use allergen-proof covers on pillows and mattresses to reduce exposure while sleeping. Regularly clean and dust your home to minimize indoor allergens.

Stay Informed: Be aware of local pollen count and allergen level forecasts and plan accordingly.

When to Seek Professional Help: If your allergy symptoms persist or worsen despite following these tips, it's important to consult with a healthcare professional. They can help determine the specific allergens affecting you and recommend appropriate treatments, including allergy shots for long-term relief. While seasonal allergies can be a challenge, proactive measures can significantly improve your quality of life. By staying informed, practicing good hygiene, and taking appropriate medications, you can minimize the impact of seasonal allergies.

Common Allergy Symptoms

Sneezing: Frequent and persistent sneezing is a common early sign of seasonal allergies.

Runny or Stuffy Nose: Nasal congestion or a runny nose may accompany allergies.

Itchy Eyes: Red, watery, and itchy eyes are classic symptoms of allergic rhinitis.

Fatigue: Many experience fatigue from disrupted sleep caused by allergy symptoms.

Prepare for a Healthy School Year: Schedule Annual Physicals and Immunizations Now!

It's the perfect time to start thinking ahead and planning for a healthy and successful next school year. One crucial step in ensuring the well-being of our students is scheduling annual physicals and immunizations. By taking action now, you can set the foundation for a smooth start to the upcoming year. We encourage you to prioritize your child's health by scheduling annual physicals and immunizations now. This proactive approach sets the stage for a successful and fulfilling school year ahead.

Why Schedule Annual Physicals & Immunizations?



Promoting Overall Health: Annual physicals are an opportunity for healthcare professionals to assess your child's overall health and development. Early detection of potential issues allows for timely intervention and ensures that your child is physically ready to engage in various school activities.

Meeting School Requirements: Schools have specific health requirements for enrollment. Completing annual physicals and necessary vaccinations during the summer break avoids last-minute rushes and potential delays in participation. Keep in mind, students need to have updated action plans and medication orders at the start of each school year which will require them to be seen by their healthcare provider. Students entering 6th grade are also required to receive the Tdap and meningococcal vaccinations prior to the start of school.

Protecting Against Preventable Diseases: Immunizations are a key defense against various preventable diseases. By staying up-to-date with vaccinations, you not only protect your child but also contribute to the overall health and safety of the school community.

Stay Informed about School Requirements!

Check with the school nurse to understand specific health requirements and ensure that all necessary forms are completed and submitted.

How to Get Started

Contact Your Healthcare Provider: Arrange an appointment for your child's annual physical now, as appointment slots are typically booked two months in advance. Begin preparing by writing down any concerns or questions you may have regarding your child's health and well-being to ensure you don't forget to address them during the appointment.

Review Immunization Records: Ensure that your child's immunizations are up-to-date. If any vaccinations are due or if there are new requirements for the next school year, discuss these with your healthcare provider.

Plan for Any Additional Recommendations: Based on your child's health and individual circumstances, your healthcare provider may recommend additional screenings or tests. Planning allows you to address these recommendations promptly.

Benefits of Early Planning

Avoid Last-Minute Stress: By scheduling early, you can avoid the stress and potential challenges associated with last-minute appointments and paperwork.

Community Well-Being: Keeping our school community healthy is a collective effort. By ensuring that each student is up-to-date on physicals and immunizations, we create a safer and more secure environment for everyone.

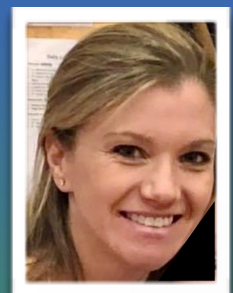
Prioritize Your Child's Education: A healthy child is better equipped to focus and fully engage in school activities. By proactively addressing health needs, you contribute to a positive and successful educational experience.

NURSE SPOTLIGHT



I'm Michelle Belinsky, known affectionately as Nurse Mikkie among students and staff. Since September 2021, I've served as the school nurse at the Erlton Campus. Prior to joining Y.A.L.E., I dedicated twelve years to cardiothoracic surgical nursing at the University of PENN.

Transitioning to school nursing has been a fulfilling shift, and I eagerly anticipate continuing to nurture the health and well-being of my students. Please feel free to reach out to me with any health-related questions or concerns you may have. I am available during school hours and can be reached at: 856-528-3904 Ext: 16531 e-mail: mbelinsky@yaleschoolnj.com



Spring Gardening

Gardening can be a rewarding and healthy hobby especially when shared with kids. Spending time outdoors planting seeds, caring for plants, and harvesting fresh produce can help reduce stress, improve mood, and increase physical activity. It also provides an opportunity to learn about nature, sustainability, and where food comes from. So, roll up your sleeves, dig in the dirt, and enjoy the many benefits of gardening this spring!

Spring Vegetable Wraps

Ingredients:

- Large tortilla (any flavor)
- Hummus or cream cheese

For the filling:

Use any veggies you have on hand such as shredded carrots or cabbage, baby spinach, avocado, edamame, corn, peas, beets, cucumbers, radish, bell peppers, avocado slices, chopped tomatoes, or alfalfa sprouts.



Instructions:

1. Lay the tortilla flat and spread on a layer of hummus or cream cheese.
2. Arrange the filling in rows along the center of the tortilla, leaving some space at the edges.
3. Tightly roll up each tortilla, folding in the sides as you go
4. Slice each wrap into 1-inch thick rounds, creating pinwheels.

These wraps are packed with nutrients, making them a perfect addition to kids' lunches or a light and refreshing snack. Enjoy the flavors of the season!