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| **National Nurses week**  [**http://nursingworld.org/NationalNursesWeek**](http://nursingworld.org/NationalNursesWeek) |  | Did you know that National Nurses Week begins each year on May 6th and ends on May 12th, Florence Nightingale's birthday? National School Nurse Day is celebrated on the Wednesday within National Nurses Week (May 6-12) each year. Therefore, for this week’s Wellness Messages we turn to Ashford Park’s very own amazing school nurse, Nurse Elizabeth Baker. Nurse Baker has the following wellness messages to share about staying cool in the Atlanta heat. And please remember this week to let Nurse Baker know how much we appreciate the wonderful job she does taking care of our students.  **Stay cool!**  It's only May and the temperature is already reaching the mid 80's. We need to be prepared for a really hot summer. Here are some tips from Children's Healthcare of Atlanta to protect your family from heat injury/illness. Stay cool!   From: Georgia Health Resource Manual (2013 edition) pp. 103-104.Children's Healthcare of Atlanta.  Preventing Heat Illness Heat illness is a preventable injury. When the body’s ability to cool itself is overwhelmed, an increase of body temperature results. Understanding the risk factors of developing heat illness are the keys to prevention: • hot, humid environmental conditions  • certain medications (e.g. diuretics) • dehydration • some chronic diseases (i.e. diabetes) • high intensity exercise   • alcohol consumption • use of heavy equipment or clothing  • other substance abuse • short-term illness, fever  • recent move to hot, humid environment • deconditioning  • eating disorders, obesity  The symptoms of heat illness range from mild to life-threatening. Recognition and treatment of mild symptoms can prevent more serious injury. A common symptom of heat illness is denial that one is developing overheating that will lead to an injury! When the body begins to overheat, you lose your cognitive ability to make rational decisions like stopping what you are doing to cool down. For a good example, refer to: <http://well.blogs.nytimes.com/2008/06/09/a-common-symptom-of-heat-illness-denial>.  Tips for preventing heat illness: • Educate students about the importance of adequate hydration, early signs and symptoms of heat injury and the need to alert teacher or coach if they start feeling bad. • Provide unlimited access to fluids, and insist that students drink frequently. Ideally body weight should be measured before and after practice. Student athletes should drink: - at least 16 oz. two hours before exercise. - approximately 4-8 oz. every 10-20 minutes during exercise (depending on temperature, humidity and body weight). • Allow for adaptation to hot, humid conditions by gradually increasing practice and exercise time and intensity over 10-14 days. • Pay attention to the daily heat index (see chart below), and schedule strenuous exercise in the early morning or evening. During PE and recess in the hotter parts of the day, plan indoor activities or modify intensity of activity and increase frequency and length of rest and water breaks. • Wear loose fitting, light-colored clothing to help promote heat loss. • When exercising outside, stay in the shade as much as possible. • Avoid salt tablets. Cool flavored drinks with sodium, like sports drinks, can help replace electrolytes lost during sweating, particularly in poorly conditioned athletes.  Resources Georgia Faces Heat, Approves New Hot-Weather Policies [www.athleticbusiness.com/editors/blog/default.aspx?id=821](http://www.athleticbusiness.com/editors/blog/default.aspx?id=821) A Guide to Heat Acclimatization and Heat Illness Prevention [www.nfhslearn.com/electiveDetail.aspx?courseID=34000](http://www.nfhslearn.com/electiveDetail.aspx?courseID=34000) How to Acclimate Student Athletes to Heat [www.athleticbusiness.com/articles/article.aspx?articleid=2378&zoneid=0](http://www.athleticbusiness.com/articles/article.aspx?articleid=2378&zoneid=0) National Weather Service Forecast Office [www.srh.noaa.gov/ffc/](http://www.srh.noaa.gov/ffc/) Preseason Heat Acclimatization Guidelines for Secondary School Athletics [www.nata.org/health-issues/heat-acclimatization](http://www.nata.org/health-issues/heat-acclimatization) States Seek to Ensure Student-Athlete Safety in High Heat [www.athleticbusiness.com/articles/article.aspx?articleid=3882&zoneid=9#.T-MNNQJkW\_8.email](http://www.athleticbusiness.com/articles/article.aspx?articleid=3882&zoneid=9#.T-MNNQJkW_8.email) | |  | Did you know today is National School Nurse Day? Most of you are familiar with our amazing school nurse, Nurse Baker, at Ashford Park and some of you may have even spent some time in her office. School nurses not only take care of you when you  are sick or have an emergency at school but they help the school plan and prevent emergencies, promote safety, and offer trainings to teachers and students. This week Nurse Baker even wrote the wellness message for our parent newsletter, giving us tips like drinking lots of water and wearing light, loose clothing to stay cool in the Atlanta heat. So today and every day, please let Nurse Baker know how much we appreciate her and the wonderful job she does taking care of all of us. |  |
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| Brookhaven Bolt/ National Running and Healthy Fitness Month  (<https://healthfinder.gov/NHO/PDFs/MayNHOToolkit.pdf>) |  | | This week we celebrate National Running and Healthy Fitness Week. Participating in the Brookhaven Bolt is a great way to celebrate National Running Week, support   Ashford Park Elementary, and get started on your recommended 75 minutes of vigorous aerobic activity a week and your child’s recommendation for 1 hour of daily physical activity. Running the Brookhaven Bolt as a family is a great way to lead by example and promote an active lifestyle. Here are some other recommendations from the CDC on how to promote your child’s physical activity:   Make physical activity part of your family's daily routine by taking family walks or playing active games together.   Give your children equipment that encourages physical activity.   Take young people to places where they can be active, such as public parks, community baseball fields or basketball courts.   Be positive about the physical activities in which your child participates and encourage them to be interested in new activities.   Make physical activity fun. Fun activities can be anything your child enjoys, either structured or non-structured. Activities can range from team sports or individual sports to recreational activities such as walking, running, skating, bicycling, swimming, playground activities or free-time play.   Instead of watching television after dinner, encourage your child to find fun activities to do on their own or with friends and family, such as walking, playing chase or riding bikes.   Be safe! Always provide protective equipment such as helmets, wrist pads or knee pads and ensure that activity is age-appropriate.  Sources: <http://www.cdc.gov/physicalactivity/everyone/getactive/children.html>  <https://healthfinder.gov/NHO/PDFs/MayNHOToolkit.pdf> |  | Wellness Wednesday:  This week we celebrate National Running and Healthy Fitness Week. Participating in the Brookhaven Bolt is a great way to celebrate National Running Week, help out your school, and get your recommended 1 hour a day of physical activity. Don’t forget to bring a water bottle to stay hydrated and we will see you at the Bolt on Saturday. |  |
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