

HUDSON PUBLIC SCHOOLS WELLNESS NEWSLETTER SPRING 2016



HUDSON
Public Schools
Achievement & Character

The Importance of Breakfast

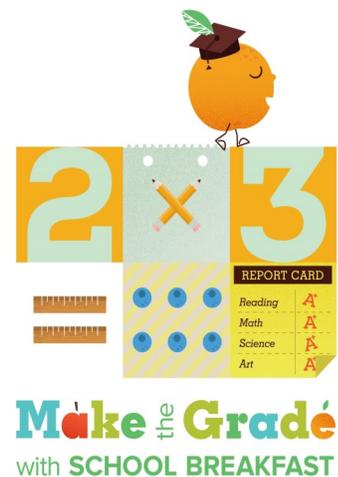
“Breakfast is your child’s “fuel” to start the day. Just like an automobile cannot run without gasoline, your child’s body also cannot “run” without the proper fuel. Children who eat a **healthy breakfast** on a regular basis are more likely to **stay energized** throughout the morning, **concentrate** better in school, and have a **healthy weight**.

What is a healthy breakfast is for your child? In general, serve a variety of foods for breakfast. Include at least 3 food groups to keep kids full and fueled.

Sometimes children skip breakfast because they are not hungry early in the morning or they are in a rush to get out the door. If that’s the case, pack your child’s breakfast so they can eat it on the way to school or at school.

Try one of the “Breakfasts-To-Go” ideas when you need something quick and healthy to give your child as they head out the door. When your child has time to eat breakfast at home try one of the “Breakfasts-At-Home” ideas.” Mass. Department of Public Health

[Click here for breakfast ideas from Mass in Motion](#) or visit: <http://goo.gl/p2wbMZ>



March Is Attendance Awareness Month - Student Attendance Matters!

ATTEND TODAY, ACHIEVE TOMORROW

GOOD SCHOOL ATTENDANCE MEANS...

ELEMENTARY STUDENTS read well by the end of third grade	MIDDLE SCHOOLERS pass important courses	HIGH SCHOOLERS stay on track for graduation	COLLEGE STUDENTS earn their degrees	WORKERS succeed in their jobs
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Too many absences—excused or unexcused—can keep students from succeeding in school and in life. How many are too many? 10% of the school year—that’s 18 missed days or 2 days a month—can knock students off track.

Attendance Works
Advancing Student Success By Reducing Chronic Absence
www.attendanceworks.org

Please make sure that your child is attending school regularly. School attendance is important to ensure their success. According to Attendance Works, “by 6th grade, chronic absence becomes a leading indicator that a student will drop out of high school. Research shows that missing 10 percent of the school, or about 18 days in most school districts, negatively affects a student’s academic performance. That’s just two days a month and that’s known as chronic absence.”

It is also very important that your child get to school on time each day. Student tardiness can interfere with academic instruction and can also have a negative impact on your child’s learning.

For more information on the importance of attendance please visit: attendanceworks.org

For information on attendance policies see your child’s Student Handbook or contact their school.

In This Issue:

- Breakfast Tips
- Student Attendance
- Underage Drinking
- Seasonal Allergies

Upcoming Events

- 4/5, 5/3 & 6/7 [Hudson Youth Substance Abuse Prevention Coalition](#) Meetings, 6:30pm at Hudson Town Hall 2nd floor
- 5/4 [Massachusetts Walk & Bike to School Day](#)
- FREE community suppers are held every Thursday at the [First United Methodist Church](#) & on the 2nd & 4th Sunday of the month at [St. Luke's Episcopal Church](#).

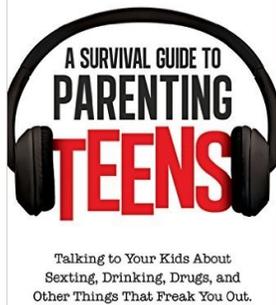
Underage Drinking Prevention

According to the [Substance Abuse and Mental Health Services Administration](#) “Alcohol is the most widely misused substance among America’s youth. Consumption of alcohol by anyone under the age of 21, also known as underage drinking, remains a considerable public health challenge. Adolescent alcohol use is not an acceptable rite of passage, but a serious threat to adolescent development and health.” Hudson Police are actively involved in underage drinking prevention and education. Officers responding to complaints of underage drinking will be looking to enforce applicable laws and ensuring the safety of all involved. Hudson Police have plain clothes Officers responding to citizen complaints of underage drinking as well as liquor law enforce at local bars and stores. Parents should be aware that the Massachusetts Social Host Law provides severe penalties and fines for allowing minors to consume alcohol. For more info visit: <http://goo.gl/xFVxUf>

STOP
UNDERAGE DRINKING

- Is responsible for more than 4,300 annual deaths among underage youth
- Is linked to 189,000 emergency rooms visits by people under age 21 for injuries and other conditions
- Contributes to the likelihood of risky sexual behavior, including unwanted, unintended, and unprotected sexual activity, and sex with multiple partners
- Increases the risk of encountering legal problems, such as being arrested for drunk driving or physically hurting someone while drunk
- Increases the risk of physical and sexual assault
- Increases the risk for suicide and homicide
- Increases the risk of memory problems
- Increases the risk of using and misusing other drugs
- Increases the risk of changes in brain development that may have life-long effects
- Is a risk factor for heavy drinking later in life, which can lead to other medical problems (youth who start drinking before age 15 are almost 5 times more likely to develop alcohol dependence or abuse later in life than those who begin drinking at or after age 21)

For more information on contributing factors and what you can do or how to talk to your children about the dangers of underage drinking visit: <http://goo.gl/VQnGhq>



Join us for an evening with [Joani Geltman, MSW](#) for “**Drugs and Alcohol: How Does Your Teen’s Personality Style, and Your Parenting Style impact their experimentation with drugs and alcohol?**” Joani is well known clinician, parenting coach, college professor, and public speaker as well as the author of *Survival Guide to Parenting Teens* as she presents her workshop. At this workshop learn how to 1) identify your teen’s personality style 2) identify your parenting style and 3) learn effective strategies and scripts to keep your teen safe. Free to parents of Quinn Middle School and Hudson High School students. **Wednesday, May 4th 7- 9 pm in the Hudson High School Auditorium.** For more information visit: <http://www.joanigeltman.com>

Seasonal Allergies

Now that the weather is warming up and Spring is almost here, so will be seasonal allergies for many students due to increased pollen levels for grass, trees and flowers. Is it a cold or is it allergies is a question many of us will be asking ourselves. “Seasonal allergies or hayfever are repeated or chronic cold-like symptoms that last more than a week or two or develop around the same time every year. Symptoms may include an itchy, runny nose, nasal stuffiness, sneezing, throat clearing, and itchy, watery eyes.” American Academy of Pediatrics. Children who have asthma may also notice recurrent coughing, wheezing, chest tightness, difficulty breathing, and other respiratory symptoms. Coughing may be an isolated symptom; symptoms may increase at night or with exercise. Eczema may also be a sign that your child has seasonal allergies. recurrent red, itchy, dry, sometime scaly rashes in the creases of the elbows and/or knees or on the back of the neck, buttocks, wrists, or ankles can be an indicator that your child is allergic.



As always, if you are unsure of your child’s symptoms and want more information on how to treat them, please call your pediatrician. For more information on allergies from the American Academy of Pediatrics visit: <https://goo.gl/10RsXi>