

HUDSON PUBLIC SCHOOLS WELLNESS NEWSLETTER SUMMER 2016



How to Get Your Child to Wear a Helmet

With warmer weather comes increased outdoor activity. One of those activities may include bicycles, scooters, skateboards, hoverboards, etc. Please make sure that if your child is on a wheeled toy that they are wearing a helmet to protect their brain. Here are some tips from the American Academy of Pediatrics on how to get your child to wear a helmet. Establish the helmet habit early. Have your children wear helmets as soon as they start to ride tricycles and if they are a passenger on the back of an adult's bike. Help them develop a habit for a lifetime. If your child is older, it is never too late to help them develop the habit. Wear a bicycle helmet yourself. Children learn best by watching you and whether or not you wear a helmet is an important factor in whether or not your child does. Talk to your children about why it is important for them to protect their heads. Reward your kids for wearing their helmets with praise, privileges or even a special treat. Be consistent. If you allow your children to ride occasionally without their helmets, they won't believe that helmet use really is important. Encourage your child's friends to wear helmets. Also remember, that head injuries from bicycles and other wheeled toys can occur in driveways, on sidewalks, bike paths, and in parks and streets. Helmets should be worn at all times, even in your yard. For more information on helmet safety visit: <https://goo.gl/JJ8n7i>



BE SUN SMART



Put on a Shirt



Put on Sunscreen



Wear a Hat



Wear Sunglasses



Stay in the Shade



**SHARE THE SUN SAFE STORY
WITH YOUR CHILD**

Prevent Skin Cancer - Protect Your Child's Skin From the Sun

According to the Skin Cancer Foundation, Melanoma is the most common form of cancer for young adults 25-29 years old and the second most common form of cancer for young people 15-29 years old. One person dies from melanoma every hour. Each year there are more new cases of skin cancer than the combined incidence of cancers of the breast, prostate, lung and colon. On average, a person's risk for melanoma doubles if they have had more than five sunburns. The vast majority of melanomas are caused by the sun. Keep your family safe from damaging UV rays. Use sunscreen or sunblock with an SPF rating of 15 or higher. Sunscreen use alone is not enough. Here are some tips:

- **Seek the shade**, especially between 10 am - 4 pm.
- **Do not sunburn.**
- **Avoid tanning and UV tanning beds.**
- **Cover up** with clothing, including a broad-brimmed hat and UV-blocking sunglasses.
- **Use a broad spectrum (UVA/UVB) sunscreen** with an SPF of 15 or higher every day. For extended outdoor activity, use a water-resistant, broad spectrum (UVA/UVB) sunscreen with an SPF of 30 or higher.
- **Apply 1 ounce** (2 tablespoons) of sunscreen to your entire body 30 minutes before going outside. Reapply every two hours or immediately after swimming or excessive sweating.
- **Keep newborns out of the sun.** Sunscreens should be used on babies over the age of six months.

For more information please visit <http://www.skincancer.org/>



SBIRT SCREENING FOR ADOLESCENT SUBSTANCE ABUSE PREVENTION

Recently, Governor Baker signed into law a requirement for Massachusetts public schools to begin verbal screening of students for substance use disorders in at least two different grades on an annual basis. The screening is universal, meaning that all students in the selected grade levels are screened.

The screening protocol selected by the Massachusetts Department of Public Health (MDPH) is called SBIRT, or Screening, Brief Intervention, Referral to Treatment. The purpose of this screening is to promote prevention of substance use in our adolescents, identify early risk for substance use and to provide appropriate intervention and referrals if needed. It is not a drug test. Screening will be conducted through a brief structured, evidenced based conversation with trained school nurses and counselors.

Hudson Public Schools (HPS) has been participating in a MDPH SBIRT screening pilot program the past 4 years. Hudson, and a few other school districts (Northampton, Wilmington, Andover) were the first to conduct SBIRT screening of students in certain grades. This screening has been conducted annually on our 7th graders since 2013. SBIRT screening reinforces healthy choices that protects students from starting to use substances in the first place.

Why do we need to conduct SBIRT screening? The adolescent brain is very susceptible to damage due to substance abuse. The longer a person delays first use of alcohol, the less likely they will become addicted. Screening for substance use among adolescents, combined with appropriate intervention and follow-up can help reduce substance related harm during adolescence (Surgeon General's Call to Action to Prevent and Reduce Underage Drinking, 2007)

Hudson Public Schools (HPS) participates in the Metrowest Adolescent Health Survey (MWAHS). The survey monitors trends and provides local data to inform local policies and programs. This survey is administered every two years to students in grades 6-8 and 9-12, and was last administered in 2014. The MWAHS survey results clearly demonstrate an increasing trend in substance abuse as grade levels increase. The results of the 2014 MWAHS for Hudson are available on the HPS Wellness website: <http://www.hudson.k12.ma.us/departments/wellness>.

For a copy of Alcohol and Other Drugs-Is Your Teen Using (MDPH Bureau of Substance Abuse Services), visit: <http://files.hria.org/files/SA1066.pdf> For more information on preventing or addressing adolescent substance abuse, visit www.mass.gov/dph/bsas

Summer Water Safety Tips From The American Red Cross

- Swim in designated areas supervised by lifeguards.
- Always swim with a buddy; do not allow anyone to swim alone. Even at a public pool or a lifeguarded beach, use the buddy system!
- Ensure that everyone in the family learns to swim well. Enroll in age-appropriate Red Cross water orientation and Learn-to-Swim courses.
- Never leave a young child unattended near water and do not trust a child's life to another child; teach children to always ask permission to go near water.
- Have young children or inexperienced swimmers wear U.S. Coast Guard-approved life jackets around water, but do not rely on life jackets alone.
- Establish rules for your family and enforce them without fail. For example, set limits based on each person's ability, do not let anyone play around drains and suction fittings, and do not allow swimmers to hyperventilate before swimming under water or have breath-holding contests.
- Even if you do not plan on swimming, be cautious around natural bodies of water including ocean shoreline, rivers and lakes. Cold temperatures, currents and underwater hazards can make a fall into these bodies of water dangerous.
- If you go boating, wear a life jacket! Most boating fatalities occur from drowning.



Mosquitoes and Ticks are out in Hudson! Mosquitoes and Ticks are out and they are more than just a nuisance. They can carry serious diseases that can make you and your family sick. Fortunately, there are things that you can do to protect your family from mosquito and tick bites and the diseases they carry. The Massachusetts Department of Health recommends the following:



Mosquitoes:

- Use insect repellents to keep mosquitoes at bay.
- Wear long-sleeved clothing to cover skin.
- Schedule outdoor activities to avoid the hours around dawn and dusk.
- Keep doors closed and repair damaged window screens to keep mosquitoes out of your home.
- Remove any standing water from around your home to prevent mosquito breeding areas.

Ticks:

- Check yourself, children and pets for ticks once a day. Remove any ticks as soon as possible.
- When walking in wooded areas, stick to main pathways and centers of trails that don't brush up against shrubs and plants.
- Wear light-colored clothes, light colored clothes make it easier to spot ticks.
- Wear long sleeve shirts and long pants. Tuck your pants into your socks.

For more mosquito/tic information visit <http://goo.gl/SZaaqz> To have your property sprayed for mosquito control please contact Central Mass Mosquito Control at <http://www.cmmcp.org> or (508) 393-3055