

Bonnies For Health

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INSIDE THIS ISSUE

- 1 Welcome
- 2 Seasonal Flu Update
- 3 Words From Mrs. Weidlein
- 3 New Health Support Group
- 5 Time Management Tips
- 7 Tanning
- 8 Allergies

Welcome

Welcome to the third edition of **Bonnies For Health**, a health web page created and maintained by the students at Fontbonne. We hope that the health issues discussed will benefit all in the quest for a healthier lifestyle. Thank you, the Fontbonne community, for supporting this endeavor.

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Our Mission

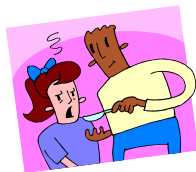
The mission of the club is to identify and report on health issues that you feel are important.

Up Coming Events

Support **Red Ribbon Week** at Fontbonne! Be aware of destructive decisions.

Thanksgiving is coming, be **grateful** for what you have and remember your donations for the Thanksgiving baskets and food pantry.

Blood Drive coming March 30th 2012! Eat well—get your iron levels up!



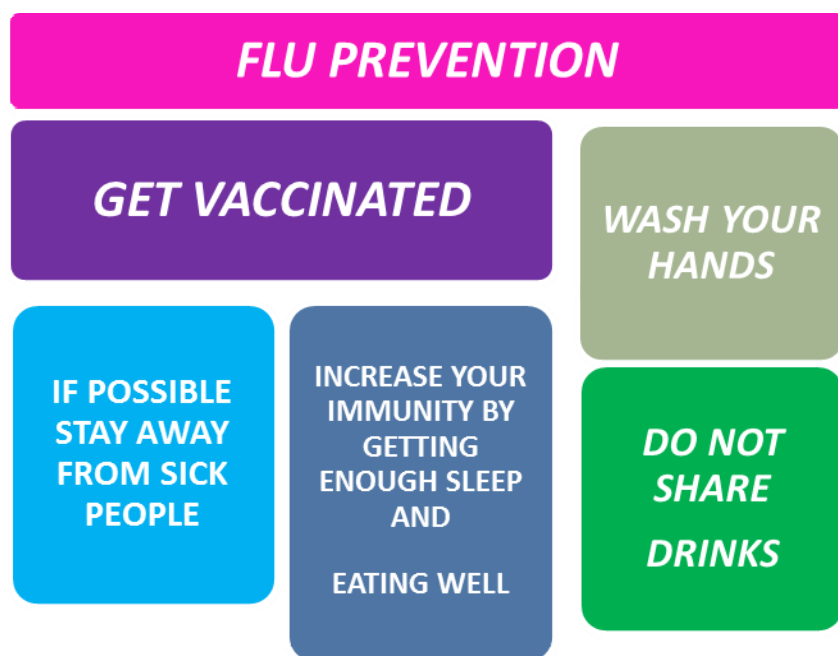
SEASONAL FLU INFORMATION



Some 115 U.S. children and teens died from influenza last flu season, and many of those deaths were of children who had not gotten an annual flu shot, U.S. officials stated in September of 2011. The CDC said parents mistakenly think healthy children can survive a bout of the flu, but that is not always so.

The CDC recommends that all Americans over that age of six months get the flu shot.

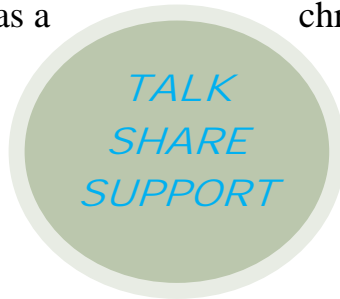
This year's vaccine protects against H1N1 swine flu and two other flu strains called H3N2.



New Health Support Group LET'S TALK

I am a diabetic and from this I have learned how hard it is to live a normal everyday life. I am starting a medical support group for all Bonnies that have a chronic medical condition. It will be a place where all can share about the challenges of everyday life.

Health is a very important aspect of our lives that we can sometimes take for granted. Any youth that has a chronic medical condition or illness knows how hard it is to deal with that medical problem and how truly important your health is. I am a diabetic, and from this I have learned how hard it is to live a normal everyday life. I was diagnosed with type 1 insulin dependent diabetes at the age of six. Being so young it was hard for me to adjust to the necessary requirements of living with diabetes. Having to check my sugar before eating or playing a game of tag and having to give myself insulin shots did not sit well with me. I still don't like shots, I actually hate them, but I have learned how to cope and depend on the support of others. Because of this, I decided I wanted my sisters at Fontbonne to have someone to depend on as well.



This is going to be a new addition to *Bonnies for Health*. With the help of Mrs. Essex, this group is open to all students who have or know someone with a chronic medical condition. It will be a place where you can *talk*, and *share* and find *support* about the challenges you face daily. We will have meetings every first and third Thursday of the month after school. Our first meeting will be announced in the upcoming days.



BONNIES FOR HEALTH WOULD LIKE TO WELCOME A NEW ADDITION TO THE FONTBONNE FAMILY: MRS. WEIDLEIN!!! SHE IS OUR NEW GUIDANCE COUNSELOR WHO HAS A LOT OF TIPS AND ADVICE TO SHARE WITH US.

MRS. WEIDLEIN'S TIPS FOR BONNIES TO TAKE CHARGE OF THEIR MENTAL HEALTH

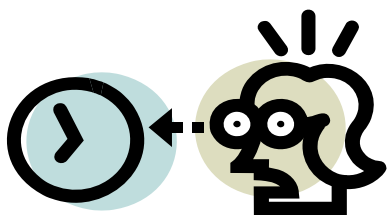


- ✓ FIND A BALANCE BETWEEN ALL OF YOUR ACTIVITIES
- ✓ TAKE CHARGE OF ALL OF YOUR NEEDS-ACADEMIC, SOCIAL, EMOTIONAL, AND PHYSICAL
- ✓ FOCUS ON THE PRESENT - DEAL WITH BEING "IN THE MOMENT"
- ✓ ACKNOWLEDGE YOUR FEELINGS WHETHER THEY ARE GOOD OR BAD - IT IS OKAY TO CRY BECAUSE SUPPRESSING YOUR FEELINGS CAN LEAD TO AN EXPLOSION
- ✓ TAKE AT LEAST 10 MINUTES A DAY TO BE FREE FROM ALL DISTRACTIONS
- ✓ GET A GOOD NIGHT'S SLEEP
- ✓ TOMORROW IS A NEW DAY



STUDY TIPS

- @ CREATE A TO-DO LIST
- @ REVIEW NOTES EVERY DAY
- @ CREATE FLASH CARDS TO HELP YOU STUDY
- @ USE A MASTER SCHEDULE
- @ USE YOUR TIME TO THE FULLEST
- @ USE RESOURCES AT SCHOOL
- @ TAME TECHNOLOGY-DECREASE DISTRACTIONS
- @ TACKLE THE MOST DIFFICULT SUBJECTS FIRST , WHILE YOU ARE MOST ALERT
- @ EAT A BALANCED DIET
- @ GET A GOOD NIGHT'S SLEEP



THERE CANNOT BE A CRISIS NEXT WEEK – MY SCHEDULE IS FULL ALREADY **HENRY KISSINGER**

MRS.WEIDLEIN AGREES AND SAID THAT TIME MANAGEMENT IS A **HUGE** ISSUE WITH BONNIES.

TIME MANGEMENT TIPS FROM MRS. WEIDLEIN

- ❖ MAKE A MASTER SCHEDULE LISTING THE THINGS YOU MUST DO-PRIORITIZE
- ❖ SCHEDULE DOWN TIME
- ❖ IF YOU HAVE A LOT OF THINGS TO DO IN ONE WEEK, TRY TO GET AHEAD
- ❖ CREATE A MONTHLY SCHEDULE-THEN BREAK THE TASK INTO SMALL PARTS AND CREATE MINI-DEADLINES

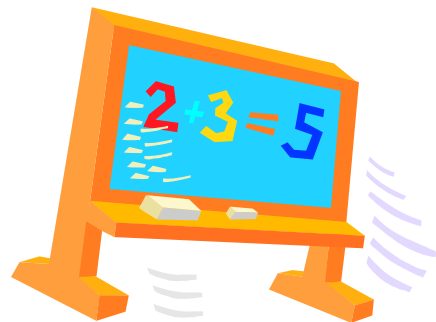
HOW DO THE TEACHERS AT FONTBONNE MANAGE THEIR TIME?????

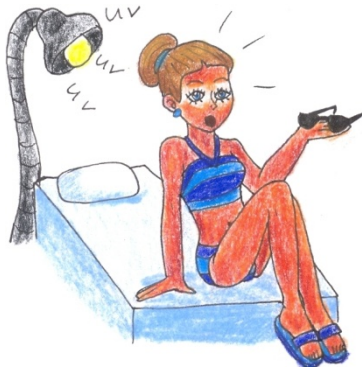
BY JESSICA SELISTE

MRS.WILDE SAYS SHE IS A LIST - MAKER. SHE MAKES LISTS TO KNOW WHAT SHE HAS TO DO AND CHECKS THINGS OFF AS SHE DOES THEM. SHE KEEPS A CALENDAR AT HOME ON HER WALL TO MANAGE FAMILY EVENTS AND A FONTBONNE PLANNER FOR SCHOOL EVENTS.

MS. MUSTO LIKES TO STAY ORGANIZED. SHE KEEPS LISTS AT HOME AND SHE KEEPS A PLAN BOOK AT SCHOOL.

"AT SCHOOL, I AM BASED ON A SCHEDULE," SAYS MRS. FUERST. "AT HOME, I AM ALSO ON A SCHEDULE -THERE IS A CERTAIN TIME FOR DINNER AND OTHER THINGS."





Tanning Trauma

CANCEROUS FACTS TEENS SHOULD KNOW ABOUT TANNING

ABOUT 8,700 PEOPLE DIED OF MELANOMA LAST YEAR AND ABOUT 68,130 NEW MELANOMAS WERE DIAGNOSED

As the temperature drops and the winter wind chases away all signs of the summer heat, sun kissed tans begin to fade. However, before rushing to the nearest tanning salon, one should take note of the potential life-threatening risks that a tanning bed offers.

Ultraviolet or UV radiation can come from the sun or tanning lamps and causes skin cell damage. UV tanning can cause premature wrinkles, brown spots and skin cancer. Tanning beds have been linked to causing melanoma.

EVERY HOUR, ONE PERSON DIES OF MELANOMA.

The International Agency for Research announced that it had placed UV tanning beds into its highest cancer risk category. If that isn't enough to turn you away from tanning salons, the Skin Cancer Foundation has said that people who have used tanning salons have a 74% greater chance of developing melanoma than a person who has never been in a tanning booth.

Alternative options to UV tanning beds and booths are plentiful. There are a series of other options for maintaining the healthy summer glow such as: tanning sprays, tanning creams and lotions and bronzers. Better still – go au natural.



ALLERGIES

BY DIANNA MARIE MIKELIS AND AALIYAH CHANNER

ALLERGIES HAVE AFFECTED US MORE AND MORE EACH YEAR- ESPECIALLY TEENAGERS. TWENTY PERCENT OF AMERICANS AND A WIDE RANGE OF TEENAGERS SUFFER FROM ALLERGIES.

WHAT IS AN ALLERGIC REACTION?

ALLERGIES ARE WHEN THE BODY'S IMMUNE SYSTEM HAS AN ABNORMAL REACTION TO A CERTAIN SUBSTANCE.

WHAT ARE THE TRIGGERS FOR ALLERGIES?

ALLERGIES ARE ALWAYS TRIGGERED BY SOMETHING, SUCH AS POLLENS (75%) BEING RAGWEED, DUST MITES, LATEX, ANIMAL HAIR, INSECT BITES, MOLD, FOOD AND EVEN PERFUME.

WHAT SYMPTOMS DO YOU GET?

ONCE THESE ALLERGIES BEGIN TO ACT UP, SOME REACTIONS YOU MIGHT GET ARE SKIN REDNESS, ITCHING, HIVES, COUGHING, SNEEZING, HEADACHE, SORE THROAT AND TROUBLE SMELLING. SOME SEVERE REACTIONS CAN BE FATAL.

WHAT CAN YOU DO TO REDUCE ALLERGY SYMPTOMS?

- BEFORE TREATING, THERE ARE MANY WAYS TO PREVENT ALLERGENS. FOR POLLENS, YOU CAN BATH OR SHOWER BEFORE BEDTIME TO WASH OFF ANY POLLENS OR EXTRA ALLERGENS THAT HAVE STUCK TO YOUR SKIN OR HAIR.
- IF IT IS WINDY OR DRY IT WOULD BE BEST TO STAY INSIDE AND IF HOT YOU SHOULD USE THE AIR CONDITIONER.
- IF YOU ARE ALLERGIC TO MOLD, YOU SHOULD REMOVE HOUSE PLANTS AND FREQUENTLY CLEAN SURFACES, SUCH AS SHOWER CURTAINS AND BATHROOM WINDOWS. TO KILL THEM, YOU CAN MIX WATER WITH CHLORINE.
- FOR PET HAIR, IT WOULD BE BEST NOT TO HAVE A PET. BUT IF YOU DO, YOU CAN USE ALLERGEN-RESISTENT BEDDING,

AIR FILTERS, KEEP THE PET OUTSIDE AS MUCH AS POSSIBLE AND BATHE YOUR PET FREQUENTLY.

MEDICAL TREATMENT FOR ALLERGIES

- ANTI-HISTAMINES REDUCE ITCHINESS, SNEEZING AND RUNNY NOSE. BUT BE CAREFUL, THEY MAY CAUSE DROWSINESS AND DRY MOUTH
- DECONGESTANTS REDUCE STUFFY NOSES
- NASAL STEROID SPRAY
- EYE DROPS FOR WATERY AND ITCHY EYES

Thank you for reading *Bonnies for Health*. We hope that the information you have learned today helps you live a healthier life style. However, this should not be used in place of visiting a doctor.