



Nurse Notes

Southwest ISD Health Services Department



Flu Season Is Here

Flu season can happen as early as October. Here are some healthy habits to help prevent the Flu.

- Call your doctor to schedule your yearly flu vaccine.
- Wash your hands often with soap and water or an alcohol-based hand rub.
- Avoid touching your eyes, nose, or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- Practice good health habits. Get plenty of sleep and exercise,

- manage your stress, drink plenty of fluids, and eat healthy food.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- If you are sick with flu-like illness, stay home for at least 24 hours after your fever is gone without the use of fever-reducing medicine. See your doctor if symptoms worsen.



Healthy Drinks For Kids

- ◇ Water and milk are the best drink options for kids.
- ◇ According to the American Academy of Pediatrics, fruit juice should be limited to no more than 6 ounces/day for ages 1 through 6; and no more than 12 ounces/day for kids ages 7 through 18.
- ◇ Sodas should be avoided because they contain empty calories and can lead to excess weight gain.

Lack of Sleep Affects Grades and Behavior

Lack of sleep affects how your child thinks, feels and functions and impacts academic performance. Research studies show that chronic sleep deprivation has a negative impact on behavior and academic performance. It is associated with inability to concentrate in school, ADHD, low self-esteem, problematic

behaviors in school and home, and lower levels of social skills. Teenage insomnia may lead to anger, depression, difficulty with school adjustments, and stress.

Studies report that more total sleep and earlier bedtimes are associated with better grades in

improved self-esteem and behavior.



Recommended hours of sleep:

- 1-12 Months Old:** 14 - 15 hours per day
- 1-3 Years Old:** 12 - 14 hours per day
- 3-6 Years Old:** 10 - 12 hours per day
- 7-12 Years Old:** 10 - 11 hours per day
- 12-18 Years Old:** 8 - 9 hours per day