

# HEALTH HEADQUARTERS

MAY 2020

"BECAUSE EVERY CHILD DESERVES A SCHOOL NURSE"

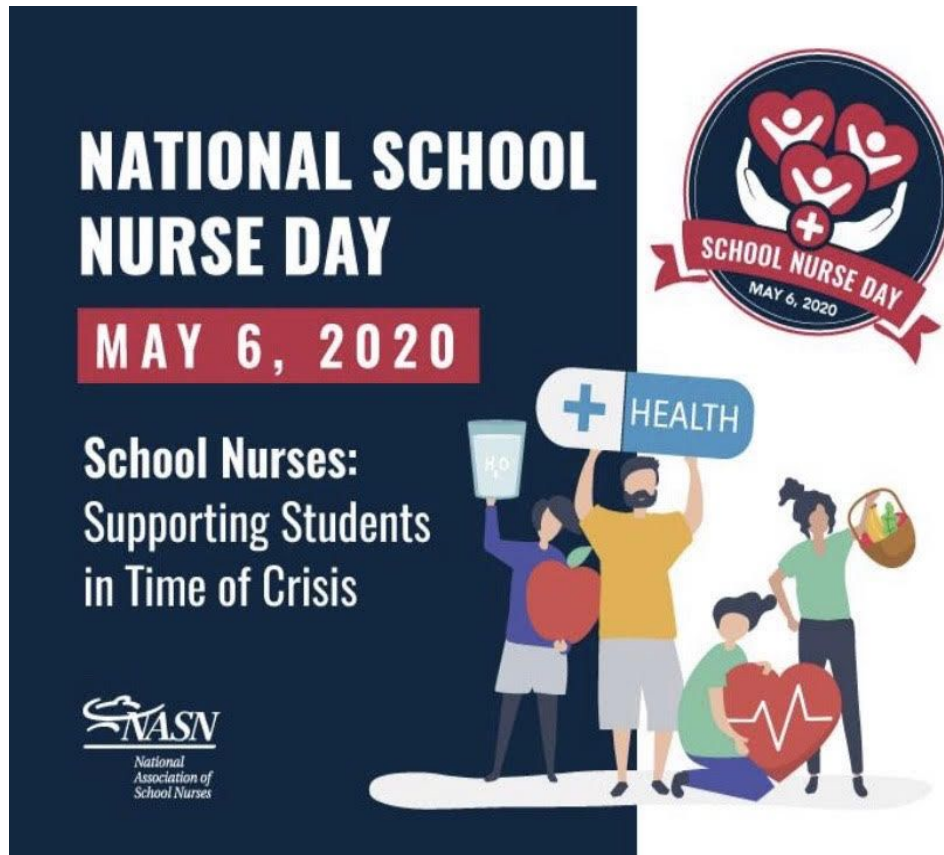
National School Nurse Day was established to foster a better understanding of the role of school nurses in the educational setting.

## Why Is a School Nurse Important?

The number of students with complex physical and mental health conditions, along with the number of students at risk for health concerns, and students who are affected by societal issues, such as living in poverty, necessitates school nurses to use critical thinking and provide highly skilled, evidence-based practice that meet the needs of students, families and school communities.

## Supporting Students in Times of Crisis

School nurses play an integral role in the health of students, regardless of whether they're in school or not. School nurses support students and student health every day of the year. *Please contact your school nurse if you need support or help.*



## HEALTHY LIFESTYLE



### THE POWER OF POSITIVE THINKING

“Studies have shown an indisputable link between having a positive outlook and health benefits like lower blood pressure, less heart disease, better weight control and healthier blood sugar levels”

[A Positive Outlook May Be Good for Your Health](#)



Learn more: [Positive thinking: Reduce stress by eliminating negative self-talk](#)  
[What is Positive Mindset: 89 Ways to Achieve a Positive Mental Attitude](#)

## BRIGHTEN YOUR DAY



- **SEE:** LEAVES SPROUTING, MORE DAYLIGHT, BABY ANIMALS, LADY BUGS
- **HEAR:** BIRDS SINGING, FROGS PEEPING, RAIN SHOWERS
- **FEEL:** GENTLE BREEZES, RAIN DROPS, WARM SUNSHINE,
- **SMELL:** APPLE BLOSSOMS, FRESH CUT GRASS, FRESH AIR
- **TASTE:** STRAWBERRIES, MAPLE SYRUP, JELLY BEANS, GRILLED FOODS

**THE BENEFITS OF SPRING – ENJOY SPRING THROUGH YOUR SENSES**

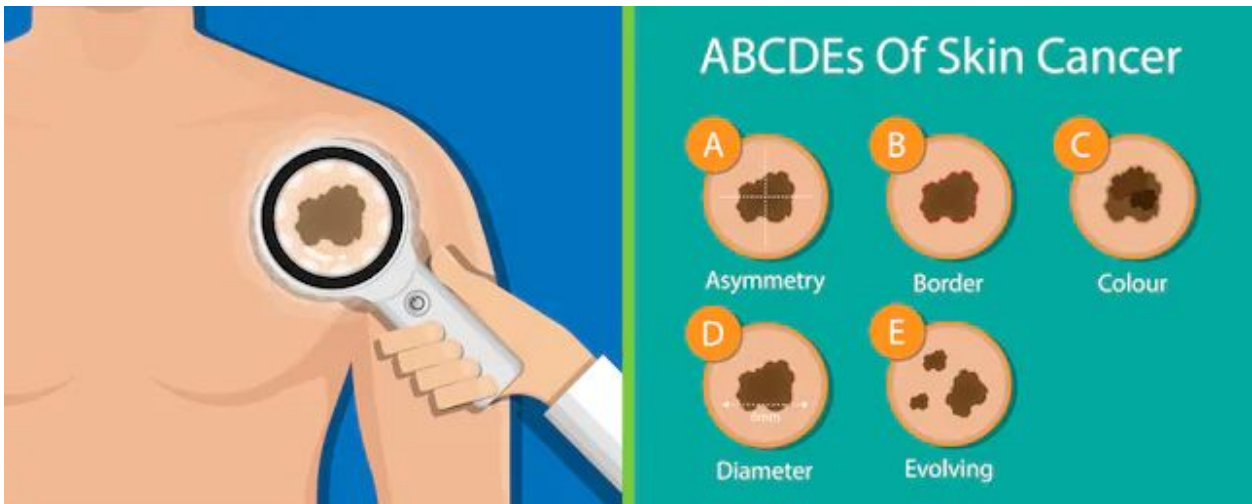
## PREVENTION

AS THE WEATHER GETS WARMER WITH MORE SUNSHINE REMEMBER TO PROTECT YOURSELF FROM THE SUN.



Protect yourself in five ways from skin cancer

## KNOW YOUR ABCS



## DID YOU KNOW...

\* MAY 15...

- **ASTHMA AWARENESS MONTH**
  - **WORLD ASTHMA AWARENESS DAY MAY 5TH**
  - **ASTHMA FAQS**
- **SKIN CANCER AWARENESS MONTH**
  - **TIPS ON PROTECTING YOURSELF: SKIN CANCER AWARENESS FEATURE / CDC**
- **MENTAL HEALTH AWARENESS MONTH**
  - **2020 THEME IS KINDNESS**
- **FOOD ALLERGY ACTION MONTH**
- **MAY 6TH IS NATIONAL SCHOOL NURSES DAY**



## ONE LAST THOUGHT



### Advice From a Tree\*

Dear Friend  
Stand Tall and Proud  
Sink your roots deeply into the Earth  
Reflect the light of your true nature  
Think long term  
Go out on a limb  
Remember your place among all living beings  
Embrace with joy the changing seasons  
For each yields its own abundance  
The Energy and Birth of Spring  
The Growth and Contentment of Summer  
The Wisdom to let go like leaves in the Fall  
The Rest and Quiet renewal of Winter

Feel the wind and the sun  
And delight in their presence  
Look up at the moon that shines down upon you  
And the mystery of the stars at night  
Seek nourishment from the good things in life  
Simple pleasures  
Earth, fresh air, light  
Be content with your natural beauty  
Drink plenty of water  
Let your limbs sway and dance in the breezes  
Be flexible  
Remember your roots  
Enjoy the view!

YourTrueNature.com

*Ilan Shamir*

### **BROUGHT TO YOU BY OUR SCHOOL NURSES:**

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