

WELCOME TO OUR MONTHLY NEWSLETTER!

The Washington County School District (WCSD) Health Services Department will be sending you a monthly newsletter with information we hope helps you and your student live a healthy and happy life. We will provide health advice and information on a range of topics that as a department we frequently come across. If you have any questions or concerns at any time, please feel free to contact us. Here is the link to the list of school nurses here in our district, <https://www.washk12.org/student-services/health/school-nurses>.

Happy Spring!

**March is National Nutrition Month**

***We Can!  (*W**ays to **E**nhance **C**hildren’s **A**ctivity & **N**utrition) is a national education program designed to give parents and communities a way to help children learn to eat nutritious foods and increase physical activity. As parents, you can do a lot to help your children learn healthy eating habits and maintain a healthy weight.  Involving them in meal preparation and cooking can motivate them to try new foods. Taking a family walk or bike ride after dinner encourages them to get active to help maintain a healthy weight. These are also great ways to spend time together as a family.

***Focus on Healthy Food Choices****- Choose the****GO, SLOW,****and****WHOA****foods:*

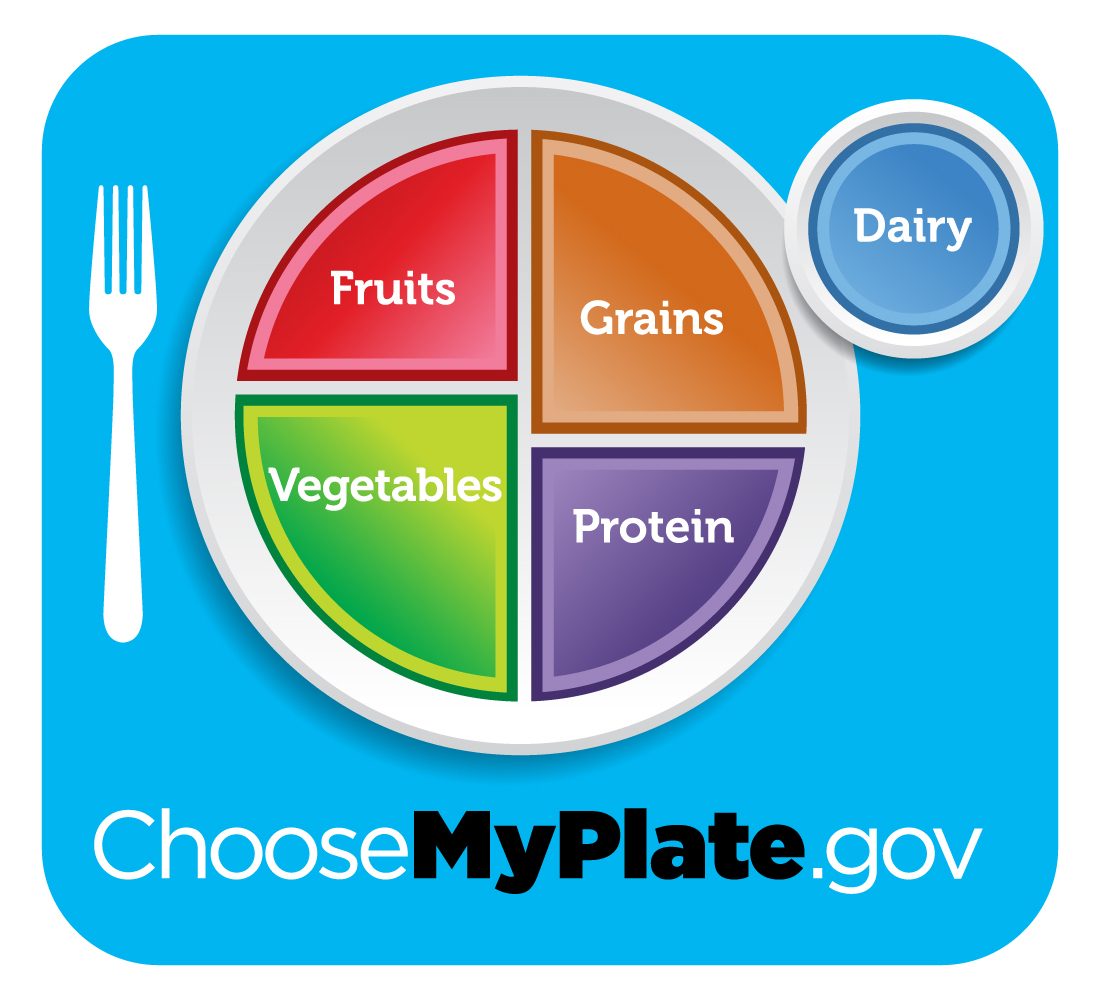
**GO FOODS –**are the lowest in fats and added sugar. They are good for you; eat them just about any time.

**SLOW FOODS-** should be eaten in smaller amounts. Have slow foods sometimes.

**WHOA FOODS –** are the highest in fat and sugar. They should only be eaten rarely, or on special occasions.

**Hungry for more?** Visit the WE CAN! Web site at **http://wecan.nhlbi.nih.gov**

Information is from the NIH.



Head Lice

With the cooler temperatures, the kids are indoors more and due to this, we have seen higher incidences of head lice at school. Please refer to the recently approved Administrative Letter as to how we handle students with head lice: <https://procedure.washk12.org/letters/Admin/A140> . The letter includes recent research emphasizing that there is no urgency or need to send the student home early from school. If a student is found to have head lice, he or she has usually had them for 3-4 weeks and studies have shown that school is rarely the place of lice transmission. The Administrative Letter also states that the parent must report to the school when the initial treatment was completed and upon return to school the child will be checked by the school nurse. The child will also be checked again in 7-10 days right after a second treatment is done, this should kill nits that have hatched that were not killed during the initial treatment.

Lice are small wingless parasitic insects that reside close to the scalp to maintain their body temperature and feed on human blood. One of the biggest symptoms of head lice is an itchy scalp, or it can feel sore or like something is tickling or moving in your hair. When checking for lice, check behind the ears, near the neckline and back of the head. Nits which are the eggs from lice are usually found firmly attached to the base of the hair shaft. The nits will not move from the hair shaft if brushed or wiped at. Nits are much easier to see than the lice themselves, which is usually when kids are found to have a lice infestation. Also, periodically checking older kids- who do their own hair is a good idea to make sure there are no lice.

Treatment should begin as soon as lice are found. All household members and other close contacts should be checked for lice. Over-the-counter and prescription treatment options are available. Apply the lice medication according to the instructions on the label. Make sure to use the lice comb included in the treatment and comb through hair very carefully to get all nits, this will help to avoid re-infestation. Don’t wash hair for 1 to 2 days after treatment. Not only the hair should be treated, to prevent and control lice and prevent re-infestation. Be sure to machine wash and heat dry clothes, bedding and over items that an infested person wore or used during the 2 days before treatment. If items are not washable, they can be sealed in a plastic bag and stored for two weeks. Also vacuum the floor and furniture, particularly where the infested person sat or laid. Additional resources may be found at: <https://www.washk12.org/student-services/health/head-lice-bedbugs>. Contact your school nurse if you have any questions.

Proposition 3-Medicaid Expansion

With the passing of Prop 3, Medicaid expansion has now become law in Utah. Applications for Medicaid will begin April 1st. You can apply by calling Utah Health Policy Project at ph#801-433-2299. Another way to apply is to call 211 and dial 4 for health insurance information. After applying it will likely take a couple of weeks to be notified of acceptance.



DID YOU KNOW…

There is a child specific internet search engine named **Kiddle** that is supported by Google. It prevents the appearance of things that are not suitable for kids on the internet. So the next time your kids are on the internet searching for images or working on a project for school try using Kiddle. [www.kiddle.co](http://www.kiddle.co)