

Spring Newsletter

Volume 1 - Quarter 3



2021

We Are ... SCHOOL NURSES

The Things which I Have Learned My First Year Working as a School Nurse



I do not know what a normal school year looks like, I am consistently being advised that this year is like no other years they have ever seen as a school nurse.

1. School nurses can adapt to pretty much anything.
2. No matter the age every student just needs someone to truly listen and care about them.
3. Students are very resilient and can handle change sometimes better than most adults.
4. I have gone from taking care of 5-6 patients in a hospital to taking care of over 5,000 students, teachers and staff.
5. I am always learning something new every day from the students I care for.
6. School nursing is more than vision screenings, lice checks, or immunizations. We are a community resource, counselors, source of medical knowledge for the whole school, and also a part of an amazing team that keep the students healthy and happy.
7. Not only am I a nurse, but I am also an educator teaching:
 - Proper hand hygiene
 - Proper eating and exercise
 - Maturation
 - Over-all good hygiene habits
 - Anything a parent, teacher or principals ask of us

As this school year draws to a close, I just want to say a big ***thank you*** to the fantastic students, parents, administration, teachers and staff that have made this such a successful year.

Fit activity for kids what's your name!

SPELL OUT YOUR FULL NAME AND COMPLETE THE ACTIVITY LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A FAVORITE CHARACTER'S NAME OR A FAMILY MEMBER'S NAME.

- | | |
|---|--|
| A jump up & down 10 times | N pick up a ball without using your hands |
| B spin around in a circle 5 times | O walk backwards 50 steps and skip back |
| C hop on one foot 5 times | P walk sideways 20 steps and hop back |
| D run to the nearest door and run back | Q crawl like a crab for a count of 10 |
| E walk like a bear for a count of 5 | R walk like a bear for a count of 5 |
| F do 3 cartwheels | S bend down and touch your toes 20 times |
| G do 10 jumping jacks | T pretend to pedal a bike with your hands for a count of 17 |
| H hop like a frog 8 times | U roll a ball using only your head |
| I balance on your left foot for a count of 10 | V flap your arms like a bird 25 times |
| J balance on your right foot for a count of 10 | W pretend to ride a horse for a count of 15 |
| K march like a toy soldier for a count of 12 | X try and touch the clouds for a count of 15 |
| L pretend to jump rope for a count of 20 | Y walk on your knees for a count of 10 |
| M do 3 somersaults | Z do 10 push-ups |

CONSULT A DOCTOR BEFORE STARTING AN EXERCISE PROGRAM - WWW.THEYSMELL.COM

50 Kid's Screen-Free SUMMER ACTIVITIES

SCREEN-FREE OUTDOORS

- MAKE AN ANT FARM
- BUILD A FORT
- HAVE A BACKYARD CAMP OUT
- GO FOR A HIKE
- CULTIVATE A GARDEN
- COLLECT TADPOLES & WATCH THEM GROW INTO FROGS
- HAVE A WATER BALLOON FIGHT
- RUN THROUGH THE SPRINKLERS
- GO FOR A SWIM
- GO BERRY OR APPLE PICKING
- SET UP A SLIP AND SLIDE
- HAVE AN ICE CREAM OR LEMONADE STAND
- TRY OUT CANOEING OR KAYAKING
- GO FISHING
- NATURE THEMED SCAVENGER HUNT
- VISIT A NEW PARK IN YOUR TOWN
- CLIMB A TREE
- HUNT FOR CRAWDADS
- HAVE A PICNIC OUTSIDE
- DRAW WITH CHALK
- HAVE A SQUIRT GUN FIGHT
- CREATE AN OBSTACLE COURSE

- LEARN THE HISTORY OF YOUR TOWN
- VISIT A HISTORICAL SITE
- TAKE A COOKING CLASS
- FRY AN EGG ON CEMENT
- CREATE A SUN DIAL
- MAKE AN OUTDOOR OVEN TO ROAST MARSHMALLOWS
- TAKE A CLASS TO LEARN SOMETHING NEW
- WHIP UP YOUR OWN POPSICLES OR ICE CREAM

SCREEN-FREE ARTS & CRAFTS

- MAKE A BIRD FEEDER
- CREATE JEWELRY WITH BEADS
- UPCYCLED ARTWORK
- MAKE SUNCATCHERS
- WEAVE DREAM CATCHERS
- BUILD WITH CARDBOARD BOXES
- PAINT KINDNESS ROCKS & LEAVE THEM AT THE PARK & AROUND YOUR NEIGHBORHOOD
- PLAY DRESS-UP
- PUT ON A PLAY
- PAINT WOODEN STICKS & DECORATE THEM
- BUILD FAIRY HOUSES OUTSIDE
- MAKE YOUR OWN TREE STUMP TIC-TAC-TOE
- LEARN HOW TO SEW
- MAKE YOUR OWN SLIME OR PLAY DOUGH
- MAKE FRIENDSHIP BRACELETS
- PAINT OUTSIDE
- MAKE ARTWORK ONLY USING NATURE
- LEARN ORIGAMI

SCREEN-FREE LEARNING

- VISIT A MUSEUM OR NATURE CENTER
- JOIN A SUMMER READING PROGRAM

EQUIPMENT TO OWN THE MUSEUM OF MUSEUMS

Tips to Help Your Student With Mental Stress!



This school year has definitely been a challenge. The pandemic has been surrounded by the unknown which has increased the stress in our everyday lives. The classroom has changed, and parents have had to become educators. Everyone, including our students, has felt the tension which has affected our ability to adapt to the changes and find a new normal.

1. Hug your child. Tell your child that you love them and show them physical affection. This simple display of love will help build your child's self-esteem, confidence, and resilience.
2. Enjoy the moment. You can better connect with your children by putting away distractions and sharing looks, smiles, stories, and conversations.
3. Acknowledge the effort. A child's self-esteem grows when a parent notices and encourages them when they struggle, recognizes their efforts, and acknowledges their success.
4. Model good behavior. Children mimic what they see. Modeling good behavior in the home and community are the best way to teach your children to be kind and caring.
5. Talk about mental health. Parents should talk about mental health with their children and with their children's doctor. Ask your doctor what mental health skills and behaviors are appropriate for their child at their age.

Make mental health an important goal in your family. Take the time to check in with each other and see how everyone is doing emotionally. Building your mental health resilience will help you deal with stress that comes along every day.



99 THINGS TO DO IN UTAH IN THE SUMMER

- | | | |
|----------------------------|----------------------------------|-----------------------------|
| 1. Star gazing party | 34. Sleep outside | 67. Free workshop |
| 2. Camping | 35. Science experiments | 68. Homemade sprinkler |
| 3. Visit a national park | 36. Library events | 69. Outdoor movies |
| 4. Swimming | 37. Summer camps | 70. Make peach cobbler |
| 5. Find fireflies | 38. Go on a picnic | 71. Summer reading program |
| 6. Lagoon | 39. Alpine Slide/Coaster | 72. Attend local festivals |
| 7. Cook in a dutch oven | 40. Watermelon spitting contest | 73. Start a book club |
| 8. Waterpark | 41. Free summer bowling | 74. Summer photo shoot |
| 9. Go to a rodeo | 42. Visit a UT dinosaur location | 75. Watch a sunrise |
| 10. Concert in the park | 43. Water balloon fight | 76. Start a journal |
| 11. Attend a parade | 44. Learn something new | 77. Bird watching |
| 12. Kids \$1 movies | 45. Get snowcones | 78. Temple Square |
| 13. Go on a hike | 46. Thanksgiving Point | 79. Family game night |
| 14. Play at a splashpad | 47. Go to a baseball game | 80. Tracy Aviary |
| 15. BBQ | 48. Attend an outdoor play | 81. Make a solar oven |
| 16. Try a food truck | 49. Backyard Slip and Slide | 82. Plant a tree or flowers |
| 17. Hogle Zoo | 50. Go on a factory tour | 83. Visit a farm |
| 18. Go geocaching | 51. Wash the car with the hose | 84. Leatherby's |
| 19. Go to Antelope Island | 52. Road trip | 85. Go to UT Olympic Park |
| 20. Watch fireworks | 53. Lemonade stand for charity | 86. Ride Heber Creeper |
| 21. Try a new park | 54. Go fishing | 87. Family talent show |
| 22. Visit a museum | 55. Pajama day | 88. Mini golfing |
| 23. Trampoline park | 56. Explore using UTA | 89. Origami YouTube videos |
| 24. Drive in movie | 57. Tie dye t-shirts | 90. Living Planet Aquarium |
| 25. 5K run or walk | 58. Yard sale | 91. Timpanogos Cave |
| 26. Homemade ice cream | 59. Make freezer jam | 92. Take a painting class |
| 27. This is The Place Park | 60. Go to a Utah waterfall | 93. Try a new cuisine |
| 28. Go to a soda shop | 61. Make a bird feeder | 94. Volunteer |
| 29. Nature scavenger hunt | 62. Visit Utah historical site | 95. Ice skating |
| 30. Smore's | 63. Tour a government building | 96. Real Salt Lake Game |
| 31. Farmer's market | 64. Make your own Slurpees | 97. Bike ride |
| 32. Go to a lake | 65. Visit grandparents | 98. Outlet shopping |
| 33. Watch hot air balloons | 66. Scenic Utah drive | 99. Night games |

Have a safe summer.
Visit coupons4utah.com/99-summer



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2. <https://bestsummercamps.co>
3. <https://nhmu.utah.edu>
4. <https://ywcautahearlyed.org>
5. <https://www.campresource.com>

