

Health Offices of Tantasqua & Union 61

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NEWSLETTER



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WHAT'S NEW?

Six Feet Apart

(click for link)

Six Feet Apart is a recorded children's book, by Amy Sandler, based on a true story about their family walk in the woods just after the schools closed due to COVID-19. © Amy Sandler



This story was inspired by our family walk in the woods one morning just after schools closed due to COVID-19.

Every time I reminded my daughters to stay six feet apart from others walking by, my youngest daughter would ask me, "what's six feet?" I tried to think of an object that she could relate to and it finally came to me! HER BED!!



Self Management

Stress Management Exercise Tense & Release

1. Take a seat or lay down on a comfortable surface (yoga matt or folded blanket). Keep a soft gaze (eyelids are relaxed like you are getting sleepy OR close your eyes).
2. Begin to settle in by focusing on your breath.
3. Place both hands on your belly. Feel your breath gently move your belly up and down. (For younger children you can help them visualize this by placing a stuffed animal on their belly and ask them to make the animal move up and down.)
4. Lift the right leg off the ground a few inches and squeeze your leg muscles as tight as you can. Continue to tense up. Now, let all this tension go and release your foot to the ground. Switch sides; lift the left leg and repeat. You can continue to do this until your leg feels completely relaxed on the ground.
5. Now, lift your right arm. Make a fist with your hand and squeeze all your arm muscles. Hold there, squeezing tight. Now, release again, letting it all go. Switch sides; lift the left arm and repeat.
6. Next, scrunch the muscles in your face. Squeeze your eyes shut, clench your jaw, and tighten your cheek muscles (like you just ate something sour). Scrunch just a little more. Now, release your face muscles, let all the tension go, and fully relax. Make sure that there are no wrinkles in your forehead. Your eyelids are gently resting over your eyes and your lips are not making a smile or frown.
7. Let your body remain relaxed for the next few minutes. Notice how your body feels (self-awareness).
8. To come out, begin to deepen your breath. Gently wiggle your fingers and your toes, and reach your arms above your head for a full body stretch. Slowly turn over to one side, and bring your knees toward your chest. Rest for a few moments and notice how you feel. Slowly and gently, sit up.
9. Finish your exercise by taking 3 deep breaths together. Inhale and exhale. Again, breathe in and out. Finally take the biggest breath you can and sigh, “Ahhhhhh”, it out.



Journal Option:

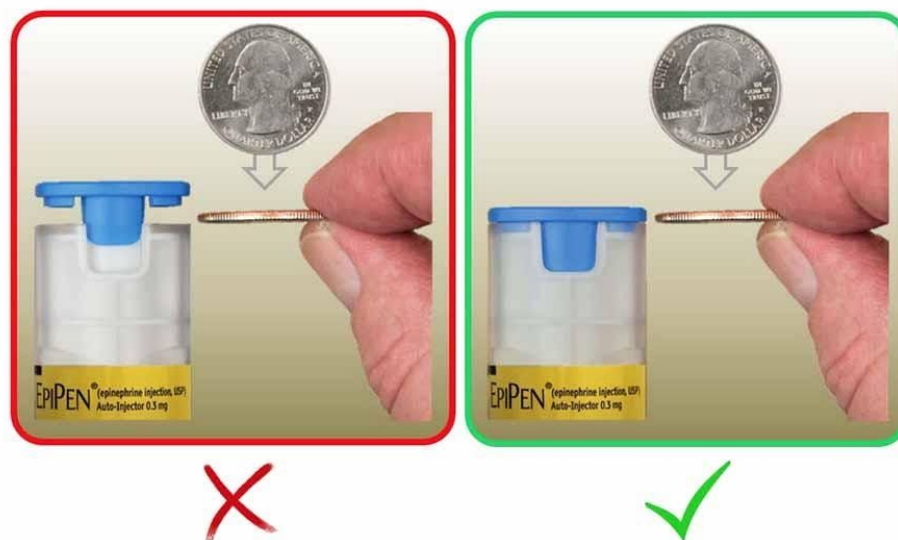
(For young children, you can have them draw a picture of how they feel before and after the exercise)

BEFORE you begin, record 3 words to describe how you feel. AFTER the exercise, record 3 words to describe how you feel. Then, write about how & when you can add this relaxation exercise to your daily or weekly routine. From CASEL Competency Self-Management



FDA EpiPen Alert [FDA.gov link/](#) [Snack Safely Article](#)

Update as of 4/9/2020: The FDA is notifying patients and caregivers that EpiPens are not being recalled at this time. The FDA urges patients and caregivers to use the EpiPens they have on hand and be aware of the potential issues outlined in the statement below.



FDA is alerting patients, caregivers and health care professionals that EpiPen 0.3mg and EpiPen Jr 0.15mg auto-injectors, and the authorized generic versions, may potentially have delayed injection or be prevented from properly injecting due to:

1. Device failure from spontaneous activation caused by using sideways force to remove the blue safety release. For example, a user may try to hold a device with only one hand and try to remove the blue safety release with their thumb in a sideways force.
2. Device failure from inadvertent or spontaneous activation due to a raised blue safety release-the device may activate prematurely
3. Difficulty removing the device from the carrier tube
4. User errors

Healthy Snack to Make with Your Children

Mixed Berry Yogurt Bark

<https://tasty.co/recipe/mixed-berry-yogurt-bark>

Prep Time: 10 minutes; Freeze 6 hours • Servings: 4

Ingredients:

- ¼ Cup Strawberries, reserve some for topping
- ¼ Cup Blueberries, reserve some for topping
- ¼ Cup Raspberries, reserve some for topping
- ¼ Cup Blackberries, reserve some for topping
- 2 Cups Greek Yogurt



Preparation:

1. In a blender, mix fruit until consistency is smooth. Add in yogurt and blend until fully mixed.
2. Pour mixture into a baking pan lined with parchment paper. Add desired amount of toppings.
3. Freeze for 6 hours, or overnight, until frozen solid.
4. Break yogurt bark into desired numbers of pieces.
5. Serve cold, or store in a closed container in the freezer.

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