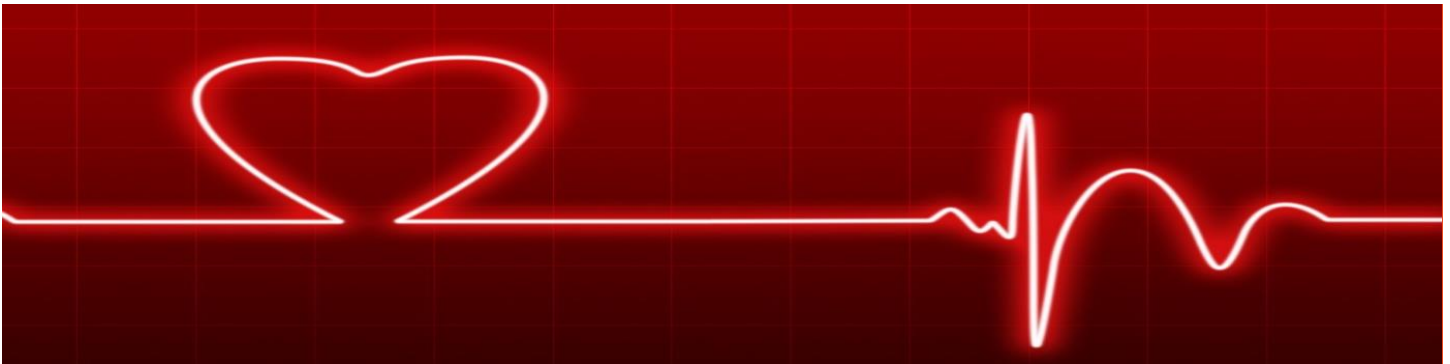


From the AACMS Health Room



WELCOME BACK!

The sounds of singing, instruments, and laughter are filling the hallways here at AACMS and we are so excited to welcome back our Face-to-Face learners! It's nice to have returned to a sense of "normalcy." By now, we all know the precautions we need to take to prevent against the germs that cause respiratory illnesses such as COVID-19 and the common cold/flu. February is heart health awareness month and this month's newsletter will focus on tips to keeping our "tickers" in shape!

Nurse Andrea

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HIGH BLOOD PRESSURE

Blood pressure is the force of the blood pushing against the artery walls. Two numbers are recorded when measuring blood pressure:

- **Systolic pressure.** This is the higher number. It refers to the highest pressure inside the artery. It occurs when the heart contracts and pumps blood to the body.
- **Diastolic pressure.** This is the lower number. It refers to the lowest pressure inside the artery. It occurs when the heart relaxes and fills with blood.

A healthy blood pressure in Preadolescent children (10-11 years) ranges from 102-120/61-80.

High blood pressure (hypertension) means that the pressure inside the arteries is too high. This higher pressure may harm the arteries and cause the heart to work harder. Too many kids and teens have high blood pressure and other risk factors for heart disease and stroke. A study done by the CDC shows that about 1 in 25 youth ages 12 to 19 have hypertension, and 1 in 10 has elevated blood pressure. High blood pressure is more common in youth with obesity.

High blood pressure in youth is linked to health problems later in life. The good news is that you can both help prevent high blood pressure and manage it.

WHAT CAN PARENTS DO?

Ask your doctor to measure your child's blood pressure at each appointment starting at age 3. Helping children keep a healthy weight, eat nutritious foods, and get regular physical activity can lower their blood pressure and reduce their risk for cardiovascular disease later in life. Try incorporating these healthy habits into their everyday routine:

- Eat a healthy diet: Eat more fruits, vegetables, and low-fat dairy. Limit salt. Avoid caffeine (found in soda, tea, coffee and energy drinks).
- Get regular exercise: Try to exercise 30-60 minutes at least 3 times a week
- Do not smoke: Homes and cars should be smoke free.

How Does Sleep Affect Your Heart Health?

Getting good sleep isn't just important for your energy levels—it's critical for your heart health, too.

Sleep is not a luxury. It is critical to good health. Sleep helps your body repair itself. Getting enough good sleep also helps you function normally during the day.

Adults who sleep less than 7 hours each night are more likely to say they have had health problems, including heart attack, asthma, and depression. Some of these health problems raise the risk for heart disease, heart attack, and stroke.

WHAT CAN I DO TO GET BETTER SLEEP?

- Stick to a regular sleep schedule. Go to bed at the same time each night and get up at the same time each morning, including on the weekends.
- Get enough natural light, especially earlier in the day. Try going for a morning or lunchtime walk.
- Get enough physical activity during the day. Try not to exercise within a few hours of bedtime.
- Avoid artificial light, especially within a few hours of bedtime. Use a blue light filter on your computer or smartphone.
- Don't eat or drink within a few hours of bedtime; avoid alcohol and foods high in fat or sugar in particular.
- Keep your bedroom cool, dark, and quiet.

SPREAD THE WORD:
A HEALTHY HEART IS A GIFT FOR LIFE



HEALTH ROOM FORMS DUE

Face to face learners were provided with a Student Health Update Form and a Medication Permission form. Please fill out these forms and return them to school so that we are up to date with your child's health needs.

YEARLY HEALTH SCREENINGS

Physical and dental exams are extremely important in identifying any problems/potential problems. Please schedule physical and dental exams with your child's PCP/Dentist if you have not done so for the 2020/2021 school year.

Yearly health-based screenings and exams will resume upon the students return to school and will be performed on children that **HAVE NOT** had a physical in the last year. **ALL students (virtual and face to face) are required to have these screenings performed. If you child had a physical in the past year, please provide a copy to the Health Room. Forms can be faxed to 610-351-1163 or emailed to AAngstadt@arts-cs.org**

Grades 5 through 8

- Year growth screen. Please provide a copy to the health room if your student had a physical in the last year.
- Vision exam

6th Grade

- Physical exam required. Please provide a copy to the health room if your student had physical in the last year.

7th Grade

- Dental exam. Please provide a copy to the health room if your student had dental exam in the last year.
- Hearing screen

More information to follow when screenings are scheduled for both virtual and face to face students. Dental and Physical forms can be found on our school website if you chose to use your own provider.