

# SWISD Nurses' Newsletter

## Asp Caterpillars, Cute but NOT Cuddly

Beware of the furry creatures hiding on the trees! The Asp caterpillar has been spotted, and we need to be aware of our surroundings. This caterpillar, the adolescent form of a moth or butterfly,



has stinging fibers and hairs to protect themselves. They

appear furry and are camouflaged on tree trunks and in trees. Once it touches your skin, you will know because it causes a burning and stinging sensation that lingers for a few hours. It can cause nausea, headaches, or, in rare cases, a severe life threatening allergic reaction. The best thing to do is be cautious to not come in contact with this caterpillar, and if you do, wash the site with soap and

water to remove any hairs or residue left on the skin, apply ice, and monitor the area. It will almost always brand you with the mark of the stingers.



### Southwest ISD

Thank you to the following nurses contributing to this season's newsletter edition:

- Cindy Salinas, RN
- Shanna Daveport, RN
- Lilly Kunz, RN
- Kelly Howell, RN
- Michelle Martinez, RN
- Kim Neatherlin, RN
- Valerie Maldonado, RN

## Stay Flu Free This Season

# STOP THE FLU

## TEXASFLU.ORG

**STAY HOME**  
If you get sick, stay home until you're well so you don't spread your germs. Steer clear of others who are sick.

**PLAN**  
Even if you're not sick, plan ahead. Stock food and medicine to last several days for family and pets. Also check into alternate work options and child care, in case your family gets the flu.

**STAY INFORMED**  
Get the latest updates at TexasFlu.org.

**DIAL 2-1-1**  
Dial 2-1-1 for flu vaccination locations in your area.

Stopping the flu is up to you.

**TexasFlu.org**

# KEEP YOUR GERMS TO YOURSELF

**WASH YOUR HANDS**  
Wash your hands often. Scrub for at least 20 seconds with soap and water or use an alcohol-based hand cleaner.

**COVER YOUR COUGH**  
Use a tissue to cover your mouth and nose when you cough or sneeze. No tissue around? Your sleeve will do.

**STAY HOME**  
If you get sick, stay home until you're well so you don't spread your germs. Steer clear of others who are sick.

**GET YOUR SHOT**  
Protect yourself and others by getting vaccinated.

Stopping the flu is up to you.

**TexasFlu.org**

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## NIH News in Health: Healthy Holiday Season Eating Habits

- Enjoy a healthy breakfast to help prevent overeating later on.
- Eat what's best for you first. Fill at least half your plate with fresh fruits and veggies. You'll have less room for the rest.
- Bring a healthy dish to a party.
- Fruit by itself makes an excellent dessert. Try placing a bowl of clementines or apples on the holiday table..
- Avoid beverages that are high in calories and sugar.
- Keep a food journal to help track what you're eating.
- Instead of focusing on food, spend time with family, friends, and activities.
- Stay positive. If you eat more on some days, eat less on others. If you miss a workout, exercise a little longer the next day.

For more information, visit:  
<https://newsinhealth.nih.gov/>

## November is American Diabetes Month

**One in 11  
Americans  
have diabetes  
— that's more  
than 29 million  
people**

Diabetes is one of the leading causes of disability and death in the United States. One in 11 Americans have diabetes — that's more than 29 million people. And another 86 million adults in the United States are at high risk of developing type 2 diabetes. If you are overweight,

have high blood pressure, or are 45 years of age or older, you are at higher risk of developing type 2 diabetes. The good news is that making healthy changes can greatly lower your risk. To help prevent type 2 diabetes:

- Watch your weight by eating fewer calories and increasing your physical activity.
- Eat healthy by eating smaller portions and eating more vegetables, fruits, and whole grains.
- Get at least 30 minutes of moderate-intensity physical exercise 5 days a week.

For more information, visit:  
<https://www.cdc.gov/features/livingwithdiabetes/>

## Healthy Recipe: Baby Carrots and Spicy Cream Dip



Ingredients:

- 1/3 cup fat-free sour cream
- 3 Tablespoons reduced-fat tub-style cream cheese
- 3/4 teaspoon hot pepper sauce
- 1/4 teaspoon salt
- 48 baby carrots

Instructions:

1. Stir the sour cream, cream cheese, pepper sauce and salt

together until well blended.

2. Let stand at least 10 minutes to develop flavors and mellow slightly. Serve with carrots

See more at: <http://www.diabetes.org/mfa-recipes/recipes/2016-09-baby-carrots-and-spicy-cream-dip.html#sthash.WbbfdllJ.dpuf>

## University Health System Healthy Cooking Class



A healthy holiday cooking class is being offered through the University Health System at the Texas Diabetes Institute.

The cooking classes are taught by registered dietitians in the Texas Diabetes Institute's teaching kitchen. Classes are \$5.00, and you receive a cooking demonstration, recipes to take home, and food samples.

The next scheduled class will be on 12/9/2016 at 11:00 AM-12:00 PM at the Texas Diabetes Institute, 2nd floor, Diabetes & Health Education Department Cooking Kitchen.

Call (210)358-7100 to reserve your spot.

## Healthy Recipe: Slow Cooker Butternut Squash and Apple Soup

Makes: 8 cups

Difficulty: Easy

Prep time: 15 minutes

Cook time: 6 hours

Total time: 6 hours and 15 minutes

Add some variety to your diet by eating fruit and vegetables that are in season. Try some butternut squash this fall season. It's fat free, cholesterol free, sodium free, and a good source of fiber, magnesium, and potassium as well as an excellent source of vitamins A and C. A few ways

to enjoy it are to cube it and roast it, baked and stuffed with apples and ham, steamed and drizzled with olive oil or added to your favorite soups or stews. Here is a recipe for a slow cooker butternut squash and apple soup.

3 pound butternut squash  
2 granny smith apples, peeled and diced  
1 medium yellow onion, diced  
2 cloves garlic, minced  
4 cups vegetable broth  
1 cup water  
salt and pepper to taste  
nutmeg and cinnamon to taste

### Directions:

Begin by peeling your butternut squash with a vegetable peeler. Once peeled, cut into 1 inch chunks and place in a slow cooker. Next, peel and dice your apples - toss them in the slow cooker along with the diced onion and minced garlic cloves. Add your vegetable broth and water. Cover and heat on low for 6 hours. When 6 hours has passed, transfer your soup to a blender and puree until smooth. Season with salt, pepper, cinnamon, and nutmeg to taste.

ENJOY!!



## The Importance of Sleep for the Growing Child and Teen

Adequate sleep is essential to growth and brain development. In childhood, the amount of sleep needed is significantly more than the amount required of an adult. School age children need 9 to 11 hours of sleep on average to perform at their very best, while teenagers generally need 8-10 hours. This is in contrast to an adult that needs 7-9 hours of sleep.

Many things can contribute to inadequate sleep in all school children. Younger school age children are learning to manage the demands of school, extracurricular activities, and family time. Managing the changes can be difficult for some children. It is very important that parents are aware of the effects that these demands can have. Often this age group will experience difficulty falling asleep and nightmares. Teenagers who do not get enough sleep can have serious problems as well. Teens also have many situations to manage

such as school, social schedules, extracurricular activities and family time. Many times teens will "escape" to social media and often stay up too late. Also common in this age group is staying up too late watching TV or catching up on homework. Parents are encouraged to monitor these behaviors in their teens as well.

The effects of sleep deprivation can be serious. School age children and teens can experience mood swings, difficulty concentrating and behavior problems that can impact learning. A child's immune system is affected as well. A growing child that does not get adequate sleep is more likely to become ill and take longer to recover. An added concern for an over tired teen is driving. Operating a vehicle while drowsy or over tired can be dangerous. It is estimated that over 100,000 car wrecks per year are caused by drivers that fell asleep or were not focused

because of fatigue.

There are many tips that can help our children get enough sleep. Parents can discuss the importance of healthy sleep habits with their child, adhere to consistent sleep schedules, provide a healthy environment for sleeping (dark, quiet, cool), limit sugar and caffeine in the evenings, and remove computers, cell phones and gaming devices from the child's room.

A healthy sleep schedule is a benefit to everyone. Well rested children tend to perform better, have higher self esteem and healthier relationships with others. Making sleep a priority is very important for a healthy child.



### Communication is Key

Effective communication between the Nurse's office and parents is extremely important in order to help your child in the event of an illness or injury. Please make sure the home, work, and

cell phone numbers on file are the most recent and up to date. Please call your student's campus to make any changes during the school year. Thank you for your support and cooperation.

**School age children need 9 to 11 hours of sleep on average to perform at their very best, while teenagers generally need 8-10 hours.**

### University Health System School Based Health Clinic Holiday Hours:

#### December 2016

Mon, Dec. 19-Wed, Dec. 21 7:50-4:30pm

Thurs, Dec. 22 7:50-12pm

Closed Dec. 23-26

Tues-Thurs, Dec. 27-29, 7:50-12pm

Dec. 30-Closed