

Fairfax County School Health Promotion May & June Newsletter Articles



“Medicine is Not Candy”

Newsletter and/or KIT

Did you know some medicines look like candy? Keep students safe by practicing a few simple medication safety rules:

1. Talk to your kids about medication safety. Don't confuse kids by comparing medicine to candy.
2. Keep all medicines in a secure location – up, away and out of sight.
3. Close medicine caps tightly after each use and buy medicines in child-resistant packages when you can. Remember, child-resistant does not mean child-proof and some children will still be able to open the cap.
4. Only use the dosing device that comes with the medicine.
5. Put medicines back after every use.
6. Talk to older relatives and caregivers about being extra careful with their medications when children are around.
7. Be alert to visitors' medicines as they may not consider safety precautions.

Mindfulness Corner

Students:

Good friends can help you make good decisions – but sometimes friends influence you to do things that you may not want to do. Here are some tips to help you make positive, healthy decisions with your friends:

Stop, Breathe, Think!

Pause for a moment and stay calm when a friend asks you to do something that makes you uncomfortable. Ask yourself, “is this harmful?” Take a deep breath if you are feeling uneasy about a situation. Listen to your body - what is your body telling you? Before making a decision, think! Focus on doing things with your friends that make you healthy and happy.

Staff:

Try being aware of the various ways children are pressured into unhealthy, dangerous activities. It is important to recognize when your students are being influenced by negative peer pressure so that you can intervene. Teaching your students mindfulness techniques can help youngsters stay out of trouble and avoid risky situations. Brain exercises that focus on silent breathing and meditation may help young children with self-control and decision-making. Mindfulness can improve resilience, compassion and self-awareness in young people. Try incorporating mindfulness exercises in the classroom with a focus on deep breathing and relaxation. Watch as these activities help reduce social stress and enhance the way your students make choices around their health.

References:

<http://kidshealth.org/en/kids/peer-pressure.html>

<https://www.safekids.org>

Hashtag:

#ffxhealthykids

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