



# Wholly Healthy



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Happy Graduation, Class of 2010

## Health Office

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## Wellness Council

This year your Wellness Council sponsored enrichment programs in:

- Bullying :Awareness, Prevention & Consequences. gr 7-12
- Suicide Prevention-gr.9
- Eating Disorders-gr 7
- STD Awareness (age appropriate) gr 9-12
- First Aid - gr 7
- Driving Safety:gr 11,12
- Sun Safety: melanoma
- IMPACT:Model Mugging. gr 7, 8
- Power of Girls:inside and out. gr 9
- "Becoming a Freshmen

**MAY** is....  
SUN SAFETY  
AWARENESS  
MONTH

## ATMOSPHERE and SUN SAFETY

To prevent overexposure to the sun and air pollution, we need to be aware of:

- **UV Index:** This provides a daily forecast of the expected risk of overexposure to the sun. The index predicts the intensity levels on a scale of <2 to 11+ which means an extreme risk. Actions we can take to protect ourselves when the index is "very high" or "extreme" include limiting outdoor activity between 10am and 4pm, seeking shade, applying sunscreen, wearing hats and sunglasses and encouraging t-shirts instead of tank tops.
- **Air Quality Index:** The AQI is a scale used to report how clean or polluted the air is. An AQI of 100 or less is considered satisfactory for most people. Air qualities above 100 are considered unhealthy, first for sensitive or elderly groups, but then for everyone as the AQI gets higher. Actions we can take to protect ourselves when the index is "unhealthy" include limiting physical exertion outdoors, rotating players in a physically exerting game, paying attention to symptoms of asthma and being vigilant about asthma management.
- **Personal Risk Factors:** While skin cancer can inflict anyone, regardless of skin color, light-skinned people are at highest risk. Personal risk factors include fair skin, blue, green or hazel eyes, light-colored hair, freckles, a tendency to burn rather than tan, a history of severe sunburns, employment as an outdoor worker, a personal or family history of skin cancer or having many moles (over 50-100).

### Did you know that.....

- Protecting your skin during the first 18 yrs. of life can reduce the risk of some types of skin cancer by up to 78%?
- Experts warn that one severe sunburn during the first 15 yrs. of life can double the risk of skin cancer?
- Cataracts are associated with UV exposure?
- Skiers: Fresh snow reflects back about 85% of the sun's rays?
- You can get sunburned in the water? It reflects an additional 5% of the rays back!

## *Sleep...*

...Sleep is one of the number one factors to maintaining teen health yet one that is particularly difficult to manage during teen years. Teenagers naturally sleep on a different schedule than adults or small children. They tend to stay awake later at night and sleep later in the morning, which makes getting ready for school a real challenge. It is important for a teen and her family to understand this and work together to maintain a healthy balance.

Keep in touch with your daughter regarding her school work load and encourage her to budget her work/study habits so she can get to bed on time.

Sleep is essential to our personal health and is important for a healthy happy life!

### **Teens, texting and the sleep connection**

Teens have always been somewhat sleep-deprived, now technology is making it worse. Teens are not just texting, IM'ing and surfing Facebook all day; they're sleeping with their cellphones. ..or *not* sleeping. The texting continues long after Mom and Dad are sound asleep. Some teachers have overheard your daughter's discuss texting or talking until 3 or 4 in the morning. Some girls are coming to school exhausted and inattentive.

A 2009 Nielsen study found a 566% jump in teen texting rates in the last 2 yrs. The average teen sent 435 texts/ month in 2007. Now it's 2,899/ month, about 97 per day, many in the wee hours. Experts worry that the stakes are higher than most parents realize. Sleep deprivation is linked to memory and concentration problems, anxiety and depression, moodiness and hyperactivity. As long as parents allow teens to have cellphones in their bedrooms, they'll be tempted to use them.

As parents, what can we do? **Set limits** which is more difficult in the age of unlimited texting plans. Many parents have kids charge their cellphones in the hall outside their rooms at night to confirm a curfew. Others have resorted to sleeping with their kid's cellphones under their pillow. As parents, we want our kids to be happy, healthy and responsible. The most essential prerequisite for this is to first take care of ourselves physically ...by eating well, exercising and **getting enough sleep.**



## *Time To Say Goodbye...*

This month we say goodbye to our Seniors who are graduating and moving on to the next chapter of their lives. It is our hope that MATHS has nurtured the spiritual, emotional, physical and aesthetic growth of each girl. It has been a pleasure getting to know your daughters; you owe yourselves a pat on the back.

God bless, stay safe and always be true to yourselves. I'll miss you guys!

Love, *Mrs. Estes*

*"Remember always that you not only have the right to be an individual, you have an obligation."*

*Eleanor Roosevelt*