

Health

School_Nurse Daily Newsletter

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Devotional Highlight

“Reading Backwards” - John
2:22

Who are my readers out there? Many lovers of novels read the last chapter first before they start the book. Doing this sort of sets the tone of the book, you know? It's like reading the conclusion of an episode that you're too eager to watch because you NEED to know what will happen next, the suspension is just too much to bear!

In 'Reading Backwards', the author emphasized how important the practice is for our understanding of the Bible. After all, it was only after Christ's resurrection that the disciples understood His claim to rebuild a destroyed temple in three days - His body.

The same principle can be applied practically to our lives. We pray unceasingly ONLY because we know the outcome it brings. Continue your godly life in such an intentional manner, and you will appreciate the reward it brings.

Prayer: Dear God, thank you for revealing to me the true meaning of understanding the end result of my intentional actions.

Extract from
Our Daily Bread

Topic of the Week

“Bullying”



This week, we will be doing a 360° to address something so prominent in every walk of life, it would be a miracle if you have never seen or experienced it, 'bullying'. It was specially requested by a colleague of mine, Fiona. Thank you for suggesting such a great topic. [Bullying](#) is a form of aggressive behavior where someone intentionally and repeatedly causes harm or discomfort to someone else.

It can take the form of physical contact, words, or more subtle actions.

Many of us have been victims of bullying at one point or the other, OR we were the bully ourselves.





Pulling someone's hair because we know it annoys them, calling them degrading names, or physically harming them because we know they won't retaliate are all actions of a bully.

Bullying can occur anywhere and at any time; at home, at school, in your community, and even in the workplace. The internet is also a medium for bullying, in this case it would be referred to as 'cyberbullying'. Cyberbullying is verbally threatening or harassing behaviors done through cell phones, emails, on social media, or through text messages.

In either case, the bullied individual most times has trouble defending themselves and does nothing to 'cause' the bullying.

Prevent Bullying

In order to cease bullying, we must all make it our duty to create a safe environment for others to thrive in - socially, academically, wholeheartedly - without being afraid.

Here are a few ways how:

1. Staff members at school can:

a. Be knowledgeable and observant - we all need to take bullying seriously, regardless of where they take place (bathroom, classrooms, cafeteria, school buses/taxis, on cell phones). We should encourage students that speaking out about wrongful actions is not the same as being an 'old fridge'. But, a kind action to report wrongful activities that needs intervention as soon as it is observed.

b. Involve students and parents - they both should be part of the solution, safety teams, and anti-bullying task forces. Students can inform adults on what is going on, and about new forms of bullying observed. Students can be taught skills to be used when intervening in an occurrence of bullying. Older children can also act as mentors to younger ones about safe practices on the internet.

c. Set positive expectations about behavior for students and adults - staff must explicitly remind students that bullying is not accepted in school and such behaviors will have consequences. Creating an anti-bullying contract for students and guardians to sign helps them understand the seriousness of bullying.

NO
Bully
Zone



Parents of kids being bullied -

- Observe for signs your child may be a victim of bullying. They may not always be vocal, so observe for: ripped clothing, hesitation about going to school, decreased appetite, nightmares, crying, or general depression and anxiety.

In this case, ask open-ended questions that facilitate finding out the nature of the problem, and decide steps to take in resolving it. Along with that, remind your child you will help them, and they should NOT retaliate.

- Teach your child how to handle being bullied until administration deals with the issue. Help them develop assertive coping strategies, teach them how to ignore bullies, and how to identify teachers or friends that can help them.
- Set boundaries with technology - educate your child and yourself about cyberbullying, and teach your children not to respond or forward threatening emails or messages. Let your child know you will be monitoring them, if you decide to give them devices. Report any bullying activity to the school, and all threatening messages to the police.

3. For Students:

- Report bullying and cyberbullying - it is important to remember that bullying is wrong and should be dealt with by an adult.
- Don't become a bully - two wrongs don't make a right.
- Avoid being alone - if possible, avoid situations where there are no other students or staff present.

Parents of kids engaged in bullying

- Stop bullying before it starts - educate your child about bullying. Some children are not cognizant that what they are doing is harmful.
- Make your home 'bully free' - children learn behaviors through their parents. Being more exposed to aggressive behavior, or an overly strict home, makes kids more prone to bullying at school.
- Look for self-esteem issues - children with low self-esteem often bully others to feel better about themselves.





Herbal REMEDY

'TRIBUTE TO MEN'

In light of last Sunday being International Men's Day, this week's herbal remedy is attributed to them, a natural [guideline to working out](#). We know our men take pride in their bodies, they work out to stay in shape. Here are a few tips on how to regulate your exercise regime:

1. Before exercise:

Eat snacks rich in carbohydrates 30-40 minutes before your work-out, that is the fuel your body needs during exercise. So, fresh fruits, dried fruit, or a small bowl of oatmeal or toast with jam will do the trick.

To maintain proper hydration levels you'll need a drink as well.

- Beetroot juice helps to support stamina endurance, and supports oxygen uptake and blood flow during physical activity.
- Orange juice offers natural sugars for fuel in a workout. It also helps to support a healthy blood pressure - healthy heart and healthy blood vessel flow.

2. During exercise:

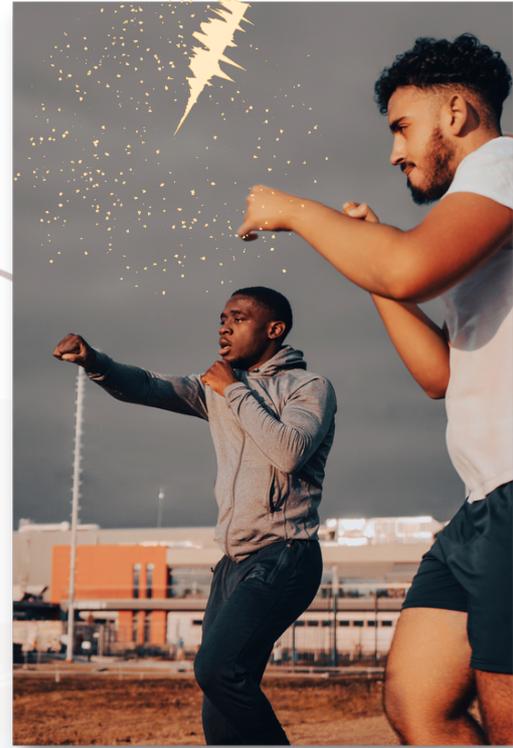
- Grape juice has shown to support stamina and endurance during exercise. Plus, it's very delicious!

3. After exercise:

Within 30-45 minutes after workout grab something that's a combination of complex carbohydrates and proteins to help you with energy, replenish your muscles and rebuild tissues. This also leaves you feeling more energized after workout.

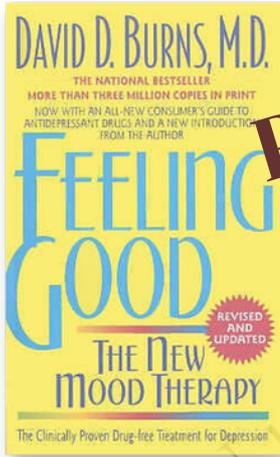
For drink:

- Tart cherry juice (pie cherries) are said to help with fast recovery and a healthy immune and inflammatory response after an exercise session.
- Pineapple juices help to support muscles and promote a healthy inflammatory response after a workout.



Happy exercise men!





Read a book with me!

'feeling good - the new mood therapy'

The clinically proven drug-free treatment for depression by David D. Burns, M.D

Chapter 5

"Do-Nothingism: How to Beat It" - Part A

Last we talked about building our self-esteem, and we learned different ways to which we can combat a negative self-image. This week we'll be looking at how to beat procrastination that comes with depression. This chapter will be broken in several parts because of the weight of the chapter, but will nonetheless be a great one to read.

In the last chapter we learned that we can change our mood by changing how we think.

There is a second major approach to mood elevation that is enormously effective. People are not only thinkers, they are doers, so it is not surprising that we can substantially change the way we feel by changing the way we act.

There's only one hitch—when we're depressed, we don't feel like doing much. One of the most destructive aspects of depression is the way it paralyzes our willpower. In its mildest form, we may simply procrastinate about doing a few odious chores. As our lack of motivation intensifies, virtually any activity appears so difficult that we become overwhelmed by the urge to do nothing.

And, because we accomplish very little, we feel worse and worse. Not only do we cut ourselves off from our normal sources of stimulation and pleasure, but our lack of productivity aggravates our self-hatred, resulting in further isolation and incapacitation.

Our do-nothingism can also affect our family and friends, who, like ourselves, cannot understand the behavior. They may say that we must want to be depressed or else we'd "get off our behind." Such a comment only worsens our anguish and paralysis.

If a person was condemned to spend months in isolation, cut off from all normal activities and interpersonal relationships, a substantial depression would result. Even young monkeys slip into a retarded, withdrawn state if they are separated from their peers and confined to a small cage. Why do we voluntarily impose a similar punishment on ourselves? Do we want to suffer?

Using cognitive techniques, we can discover the precise reasons for our difficulties in motivating ourselves.

The author spoke of two presumably "hopeless" cases who were helped enormously simply by putting a mark on a piece of paper. One patient was an artist who had been convinced for years that he couldn't even draw a straight line.

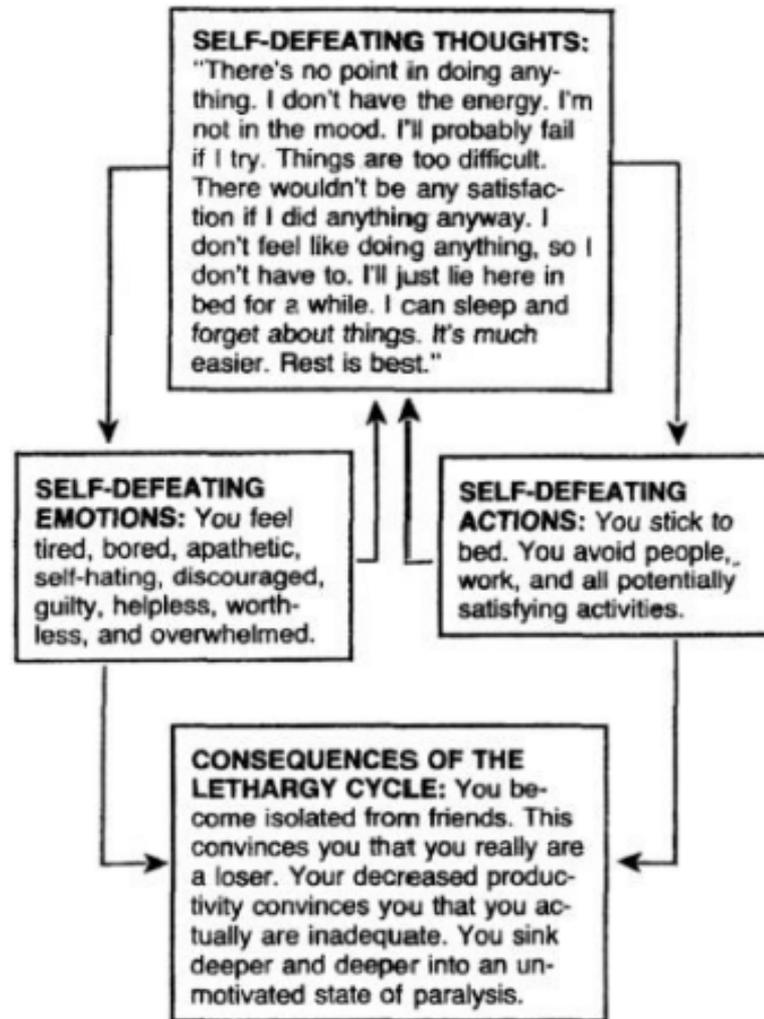
Consequently he didn't even try to draw. When his therapist suggested he test his conviction by actually attempting to draw a line, it came out so straight he began drawing again and soon was symptom-free! And yet many depressed individuals will go through a phase in which they stubbornly refuse to do anything to help themselves. The moment this crucial motivational problem is solved, the depression typically begins to diminish. You can therefore understand why much of the author's research has been directed to locating the causes of this paralysis of your will. Using this knowledge, they have developed some specific methods to help you deal with procrastination.

How can you find the real cause of motivational paralysis? The study of mood disorders gives us the unique opportunity to observe extraordinary transformations in levels of personal motivation within short periods of time.

The same individual who ordinarily bursts with creative energy and optimism may be reduced during an episode of depression to pathetic, bedridden immobility. By tracing dramatic mood swings, we can gather valuable clues that unlock many of the mysteries of human motivation.

Simply ask yourself, "When I think about that undone task, what thoughts immediately come to mind?" Then write those thoughts down on a piece of paper. What you write will reflect a number of maladaptive attitudes, misconceptions, and faulty assumptions. You will learn that the feelings that impede your motivation, such as apathy, anxiety, or the sense of being overwhelmed, are the result of distortions in your thinking.

The Lethargy Cycle helps to explain our self-defeating negative thoughts that make us feel miserable. Our painful emotions in turn convince us that our distorted, pessimistic thoughts are actually valid. Similarly, self-defeating thoughts and actions reinforce each other in a circular manner. The unpleasant consequences of do-nothingism make our problems even worse.



The relationship between our thoughts, feelings, and behaviors is reciprocal—all your emotions and actions are the results of our thoughts and attitudes. Similarly, our feelings and behavior patterns influence our perceptions in a wide variety of ways. It follows from this model that all emotional change is ultimately brought about by cognitions; changing our behaviors will help us feel better about ourselves if it exerts a positive influence on the way we are thinking. Thus, we can modify our self-defeating mental capacity, if we change our behavior in such a way that we are simultaneously putting the lie to the self-defeating attitudes that represent the core of our motivational problem. Similarly, as we change the way we think, we will feel more uplifted to do things, and this will have an even stronger positive effect on our thinking patterns. Therefore, you can transform your lethargy cycle into a productivity cycle.

Ask the Nurse



Question: If we have the flu, what should we do to stay home if we are not feeling well?

Response: If you have the flu, that's okay. You only stay home in extreme conditions, where you are sneezing a lot, bringing up lots of mucus when you cough, if you have a very high temperature, and if you are weak.

But, if it's a case where you have the flu but you can function well in class, then you can come to school. This means, you may be stuffy but you're not sneezing too much, you're not too weak, you're basically getting better. Only in that case should you not remain home.

And remember to let your teachers know of the issue too.

- Also, if you have a fever - wear little clothing and open the doors, to offer ventilation. You can also chop two limes and put in some boiling water with thyme and drink the mixture.
- If you have the cold - mix ginger and thyme tea
- If you have an irritative cough - blend a little aloe vera (sinkle bible) with honey and drink it.
- Remember hand washing to limit the spread of the flu virus to others.

Dear Parents:

"Hey there Parents, I hope we are all doing well as we near the Christmas season. It's an exciting time of year for many, and I hope this season brings us all joy and happiness!

With that, let's talk a bit about bullying. We all know how our children are, we know most of their dos and don'ts, we know their personalities, and most of us know their capabilities. If you believe that your child may be prone to be a bully, I think now is a good time to intervene and take action. Ask them about their days and the type of friends they have at school, and every now and then, make a visit to the school to check on their progress and their behavior. We can never be too careful.



Likewise, if we have a child that is prone to be bullied, it is always best to educate them about this, as well as how and where to seek help. Intervention will need to take place, whether by yourself as the guardian, or with the school administration. In any case, ensure to do regular checkups at the school to check on your child and have a chat with a teacher or two."



Den Cu Yah!

Social exclusion is a form of bullying. That means, when your friends leave you out on purpose to hurt your feelings, they are indirectly bullying you.

As well, more than a third of people go on to develop Social Anxiety and Depression as a direct result of bullying

Disclaimer: The content on this newsletter should not be used in place of medical/professional consultation or advice, but to be used for educational purposes only.

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Thank You!