

Tiger Health

Health tips for parents and students of Hutchinson Schools

April, 2013

Spring is in the air!

Spring is here and with it come some special health matters.

Asthma:

High pollen counts are a hallmark of spring. In addition, physical education classes may take place outside and include running long distances. Both of these circumstances can trigger asthma attacks in students with asthma. If your child has asthma, it is essential that the health services office has a current Asthma Action Plan (AAP) on file and up to date asthma medication like an inhaler or nebulizer treatment. Do not send children to school with an inhaler without an AAP in place or an inhaler that has been prescribed for someone else. Without the proper asthma tools in place, health services staff may need to call you to come quickly to bring medication to school or may need to call 911 if your child experiences asthma symptoms without proper rescue medication and documentation at hand.

Proper dress:

Spring in Minnesota means unpredictable weather. Snow, rain, sleet, sunshine can occur during any spring week. Please send your child to school dressed in proper attire. And as the temperature gets warmer, don't forget to add sunscreen to your child's morning routine.

Many children love to wear flip flops during the spring and summer. Unfortunately, flip

flops worn during recess and physical education can result in splinters and foot or toe injuries. Tennis shoes or sneakers are best for physical education class. We would appreciate it if flip flops and open toed sandals are saved for summer break.

Exercise:

Spring is a great time for children of all ages to get outside and play. Take advantage of the weather and longer days to encourage children to "Play 60" or get 60 minutes of active play time per day. Most of the 60 minutes should be either moderate or vigorous intensity aerobic physical activity. As part of their 60 or more minutes of daily physical activity, children and adolescents should include muscle strengthening activities, like climbing, and bone strengthening activities, like jumping, at least 3 days a week.

Nutrition:

Spring and summer means an abundance of fresh fruits and vegetables. Eating seasonal produce is a great plan because they are inexpensive and environmentally friendly, especially when garden fresh produce will be available at grocery stores and local farmers markets. Buying seasonal produce at their peak for flavor and nutrition not only tastes great, but provides an opportunity for you to incorporate new foods into your diet and to experiment with recipes. Asparagus, artichokes, peas, radishes, salad greens and berries are just a few of the foods that come in season during spring.

For more information about these or other health related issues, please contact the district nurse at 320 234-2629 or the building nurse where your child attends school.