



# Health Notes

SCHOOL:

## *Healthy Breakfast....*

### *Healthy Learners*

Breakfast not only helps your child meet their nutrient and energy needs, it also plays a key role in helping children learn.



Research shows that children who eat breakfast perform better in school. They are less likely to be absent or tardy. So by promoting breakfast parents are sending their children to school ready to learn and able to keep up with the other children physically.

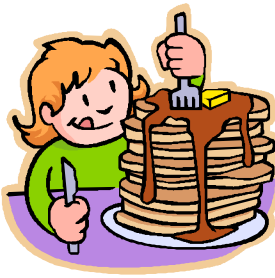
"So," you ask, "what makes a good breakfast?"

Traditionally we think of bacon and eggs or other items that require a certain amount of preparation time as being the 'perfect'

breakfast. Often mornings are hectic and there just is not time to prepare that 'traditional breakfast.'

Then there are children who just will not eat a typical breakfast of cereal with milk and juice to drink. That's OK. Consider what they WILL eat even if it's not what is commonly thought of as 'breakfast food.'

How about offering a peanut butter sandwich? Or yogurt with fruit and granola crackers sprinkled on top? Or a slice of cheese melted on toast?



Breakfast bars are easy and portable for that family 'on the run' but can be pricey. Then there's always leftovers....sometimes last night's dinner tasted so

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good to your child that they'd eat it again----for breakfast! That's OK!

So be both practical and imaginative----serve what's available and don't be limited by what is thought of as the typical breakfast.

## *Immunizations/Vaccinations*

Your school nurse no doubt has informed many of you of the required immunizations for school entry in all of Ohio's counties. Emphasis is placed on kindergartner's and students who are new to the system as well as 7th graders who have not yet received the second MMR as required by Ohio law.



Consider taking a look at your older children's immunizations. Ohio law requires HepB (hepatitis B) for kindergarten through grade 5, but older elementary →

students and adolescents are just as much at risk of acquiring a hepatitis exposure and possible infection as younger students. Besides that, receiving hepatitis B immunizations are a bargain for school age children. The charge is the prevailing fee at your local health department. The charge after graduation from high school is very costly!

When you start the Hep B series take a look at your older student's last tetanus shot date and get a booster if the previous tetanus (probably DPT, DTaP or Td upon entry to kindergarten) is greater than 10 years ago.

Then there's your college student...public universities and colleges in many states (including Ohio) will be requiring meningococcal vaccine and the hepatitis B series for entry in 2005 if your college student will be living in campus hous-

ing. They too may have to show proof of previous immunizations including that second MMR. Your school



nurse can provide those immunization dates to you without being in violation of the new HIPAA (Health Insurance Portability Accountability Act).

Finally, consider yourselves...adults can still acquire diseases in the 21st century that are totally preventable with the availability of safely manufactured vaccines.

When did you last have a tetanus shot? If it was greater than 10 years ago, protection against this disease that could kill you doesn't exist any more!

You too are vulnerable to Hep B. Some authorities claim that Hep B is nearly 100 times *easier* to catch

than AIDS. This little known fact can be the incentive to seek out this immunization.

All persons, regardless of age, should consider their travel habits and whether the area into which they are traveling harbors the risk of them being exposed to a vaccine-preventable disease. Check with your local health department before traveling abroad or within the United States so you can enjoy your travels without acquiring a vaccine-preventable disease.

With all the diseases and health conditions in today's world, it's good to know that we have the power to do something that will protect us against some of them.

Immunizations are the foundation of health care and have been heralded as one of the best health advances of the 20th century.

Health Notes is provided by the Publicity Committee of the Ohio Association of School Nurses. It is not intended as a substitute for regular health care. For health care and medical advice, see your physician or health care professional.