Raider Health Connection

What’s Happening on Campus?

March 1- Coffee and Conversation with Scott Wasdin, SA Cafeteria, 830am and 530pm
March 3- No Denim Day
March 3-5- Antique Show and Sale
March 8-9- K-6th, Heights and Weights
March 10- 3rd Quarter Ends
March 12- Daylight Savings Time Begins!
March 14- Hugs and Kisses Theater Production for Lower School in the Gym
March 17- ST PATRICKS DAY!! Don’t get pinched, WEAR GREEN!
March 21- DQ Spirit Night! DQ in Courtland from 530pm-830pm
March 22- American Red Cross Blood Drive in the Gym from 12pm-5pm. Get out and DONATE!
March 29- Class of 2018 College Counseling Parent Meeting, Cafeteria from 630pm-730pm

What’s Happening Around Town?

March 1-2- Library Book Sale, Walter Cecil Rawls Library, Courtland. 12pm-5pm
March 2- Bingo, Ruritan Building, Newsoms, 630pm-730pm
March 3- Library Book Sale, Walter Cecil Rawls Library, 10am-5pm
March 4- Library Book Sale, Walter Cecil Rawls Library, 10am-12pm
March 4- BBQ Sale 11am-2pm, Newsoms Volunteer Fire Department, $8/lb., contact Doug Prince at 1-434-532-0818 for tickets
March 11- Arts Gala, Rawls Museum of the Arts. $40/person. Call 653-0754 for info and tickets
March 15- Lego Club, Walter Cecil Rawls Library every Wednesday from 5pm-7pm. Call 653-2821 to register
GREETINGS!

I can feel Spring around the corner and we have had just enough warm days lately for me to think that Ole Punxsutawney Phil just may be wrong about a long winter.

A Few Reminders:

Unfortunately, even though Spring arrives soon we are still in the middle of cold and flu season. Be prepared for the flu virus to hang around as late as May.

There are a few criteria that MUST be met for children who have been sick to return to school:

- 24 hours FEVER FREE, without medication.
- They must have had at least 24 hours of antibiotic therapy prior to their return, if this applies
- A Doctor’s note is nice if you can provide this, if not it is OKAY.

We try very hard to keep track of illnesses so we can alert you. If your child is sick please let their teacher or myself know so we can properly clean and notify others as a courtesy.

SPRING FORWARD!!!!

DAYLIGHT SAVINGS TIME BEGINS MARCH 12!

First day of Spring is March 20.

Heights and Weight will be conducted on March 8 and March 9 for grades K-6. Letters are being sent home in their folders. Please send in a note if you DO NOT want your child to participate, otherwise they will be included.

As always, I am available by phone and email! Call me with any questions, concerns or information you would like to share!

GO RAIDERS!!

Nurse Protzman
MARCH FOOD HOLIDAYS

March 1- National Peanut Butter Lover’s Day
March 4- National Poundcake Day
March 5- National Cheese Doodle Day
March 6- National Oreo Day
March 7- National Cereal Day
March 12- National Milky Way Day
March 14- National Potato Chip Day
March 17- National “Eat Like an Irishman” Day
March 21- National Crunchy Taco Day
March 23- National Chips and Dip Day

*For the full listing visit www.foodimentary.com

Eat Right Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics

Healthy Eating on the Run: A Month of Tips

1. Read restaurant menus carefully for clues to fat and calorie content. Menu terms that can mean less fat and calories: baked, braised, broiled, grilled, poached, roasted, steamed.

2. Hunger can drive you to eat too much bread before your meal arrives. Hold the bread or chips until your meal is served. Out of sight, out of mind.

3. Boost the nutrition in all types of sandwiches by adding tomato, lettuce, peppers or other vegetables.

4. Grabbing dinner at the supermarket deli? Select rotisserie chicken, salad-in-a-bag and freshly baked bread. Or, try sliced lean roast beef, onion rolls, potato salad and fresh fruit.

5. Always eating on the go? Tuck portable, nonperishable foods in your purse, tote, briefcase or backpack for an on-the-run meal. Some suggestions are peanut butter and crackers, granola bars, a piece of fresh fruit, trail mix, single serve packages of whole grain cereal or crackers.

6. For desk-top dining, keep single-serve packages of crackers, fruit, peanut butter, soup, or tuna in your desk for a quick lunch.

For the entire listing please visit www.eatright.org
What you need to know about colorectal cancer

March is National Colorectal Cancer Awareness Month

How many people have CRC?

More than 142,000 Americans are diagnosed each year.

It is the 3rd most commonly diagnosed type of cancer & the 3rd most common cause of cancer deaths.

90% of people diagnosed with CRC are over 50 years old.

Who is at risk?

People with a family history of colorectal cancer, or polyps in the colon

People with an inflammatory bowel disease, such as ulcerative colitis or Crohn’s

People who don’t exercise

People with a high intake of fat, smokers, &/or those with diabetes

African-Americans

What are the symptoms?

* Pain or discomfort
* Unexplained weight loss
* Blood in the stool
* Changes in bowel movements (diarrhea or constipation)
* Lump in the abdomen
* Feeling that your bowels are not emptying completely
* Constant fatigue

Vitamin D and CRC

Did you know CRC was the first cancer thought to be associated with vitamin D levels?

A study found that CRC patients with vitamin D levels greater than 33 ng/ml had a 50% lower incidence than those with levels less than 15 ng/ml.

But how does vitamin D help?

Ensures cells have a distinct form and function

Initiates cell death

Controls cell growth

What you can do?

Screen:
Encourage friends and loved ones over the age of 50 to have regular CRC screening tests

Talk:
Talk with friends and family about CRC risk factors and encourage them to live a healthy lifestyle

Act:
Join patients, survivors, and care givers in holding fundraisers or educational events to increase awareness of CRC

Lifestyle:
Make sure you eat a diet low in fat, don’t smoke, and exercise regularly

Vitamin D:
To further reduce your risk of CRC, make sure you supplement with vitamin D

References:
March is national colorectal cancer awareness month. Centers for Disease Control and Prevention. February 27, 2013.
March is **National Kidney Month**

Get to know your hard working kidneys

### 6 Ways Kidneys Keep You Healthy
- Regulate fluid levels
- Activate Vitamin D for healthy bones
- Filter wastes from the blood
- Directs production of red blood cells
- Regulate blood pressure
- Keep blood minerals in balance

### 8 Problems Kidney Disease Can Cause
- Cardiovascular disease
- Nerve damage
- Heart attack
- Weak bones
- Stroke
- High blood pressure
- Kidney Failure
- Anemia/low red blood cell count

### 4 Risk Factors
- Diabetes
- High blood pressure
- Family history
- Age 60+

### 7 Symptoms
- Swelling: face, hands, abdomen, ankles, feet
- Blood in urine
- Foamy urine
- Puffy eyes
- Difficult, painful urination
- Increased thirst
- Fatigue

### 2 Tests You Can Take (Blood and Urine)

- **Urine albumin-to-creatinine ratio** estimates the amount of a type of protein, albumin, that you excrete in your urine.

- **Glomerular Filtration Rate (GFR)** tells how well your kidneys are working to remove wastes from your blood. It is the best way to check kidney function. Doctors measure blood creatinine (waste build up) levels and perform a calculation based on race, age, and gender.

Learn more at [kidney.org](http://kidney.org)
ATHLETE SAFETY INFORMATION

What can you do to help keep cheerleading safe?

• Maintain good health practices. Get plenty of rest, eat healthy, and stay hydrated.

• Prove yourself. Make sure you show proficiency at each skill level before you try something higher or more difficult. Do enough repetitions at each level that you are confident in your abilities.

• No coach, no practice! If your coach isn’t around, don’t practice cheerleading skills. You may try something you shouldn’t, and a serious injury could occur without having a plan to get emergency medical care.

• Trust your instincts. Speak up if you’re scared about doing a skill. Let a parent or administrator know if safety rules aren’t being followed. If a fellow cheerleader is hiding an injury, let your coach know.

• Focus on your job. Use good technique at all times. Tops - Don’t bail out halfway through a skill. Stay tight even in falls and cradles. Bases - Keep your attention on your top. Control any falls and allow the top person’s feet to land safely on the ground. Spotters - Help keep the stunt in the air and always catch your top. She is your responsibility.

Do your part – CheerSafe!
8 FACTS ABOUT DOWN SYNDROME

There are 3 types of trisomy:

- 95% Trisomy 21 (nondisjunction) accounts for 95% of cases
- 4% Translocation
- 1% Mosaicism

400,000 People Live with Down Syndrome in the United States

1 in 691 Babies Are Born with Down Syndrome in the US

80% of children born with it are born to women under 35 years of age.

The incidence of births of children with the disease increases with the age of the mother.

Life Expectancy:

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People with Down syndrome have increased risk for certain medical conditions including:

- Congenital heart defects
- Respiratory and hearing problems
- Thyroid conditions

Every person with Down syndrome experiences cognitive delays but this is not indicative of the many strengths and talents each individual possesses.

Many of these conditions are now treatable, so most people with Down syndrome live healthy lives.

TRISOMY AWARENESS

To learn more about home health care visit, www.BAYADA.COM

Follow BAYADA Home Health Care on

I am fearfully and wonderfully made.

Psalm 139:14
March Recipe
Nurse Protzman’s Mashed Cauliflower
*(Excellent Sub for Mashed Potatoes)*

2 Fresh heads of cauliflower, cut into florets
½ stick of light butter
2 cloves of garlic, chopped
¼ c Milk (more or less depending on the consistency you want)
Salt to taste
Pepper to taste
Red Pepper Flakes (optional)
A really good blender (love my Ninja)

Steam cauliflower and garlic until fork tender. Drain and add cauliflower to the blender. Add butter, salt, pepper, red pepper flakes (if you want a little kick) and milk. Select your puree option until the lumps are gone. This is the only way to rid the cauliflower of lumps and give it the mashed potato appearance. Pair with most entrees as a great, low carb side that is super filling.
Have a great March!!!