

WHITEHALL

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Learning safe use of medicines

If you need to bring a medicine to school, your doctor needs to write a note, said Mrs. DiMartini, Whitehall's school nurse.

Your parent or guardian also must bring the medicine to the nurse's office and give permission for Mrs. DiMartini to give it to you. She said she can't just hand out medicine. In addition, your parent or guardian must tell her when you need to take your medicine, she said.

About 60 students at Whitehall need Mrs. DiMartini to store their medicine so they can use it at school.

In a recent press conference with the *Healthy Reporter*, Mrs. DiMartini told reporters that you should never take other people's medicine because a doctor didn't prescribe it for you.

When a doctor prescribes a medicine, he considers many factors so he can make sure you get the right medicine. What is your illness? How old are you? How much do you weigh? Taking other people's medicine could also make you sick, Mrs. DiMartini said.

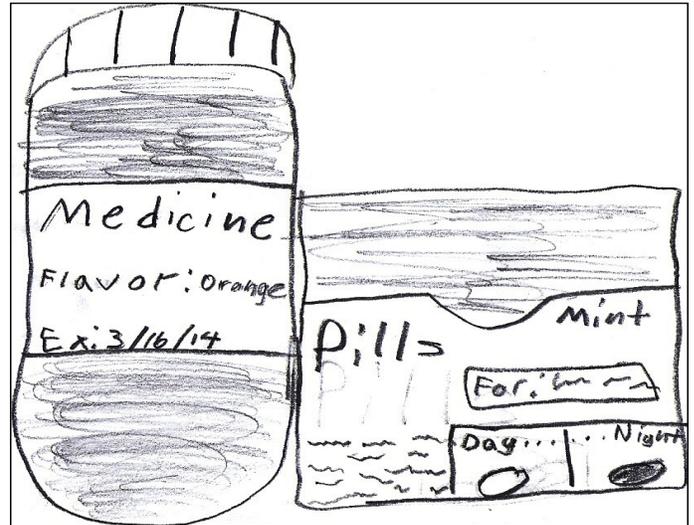


Illustration by Alondra Torres

Mrs. DiMartini said it's important to follow the doctor's instructions which are written on the label of

(See *Use* on Page 2)

Colds are no fun for anybody

Having a cold isn't a lot of fun.

It was the reason for many absences this winter, according to Mrs. Slater, who works in the school offices.

Nyché Jones, a first grader, said she does not like colds because she doesn't get to do the things she wants to do. She can't play outside and she needs to stay in bed. When she is sick, she likes to eat a warm breakfast and eat healthy foods such as fruits and vegetables.

When she is bored, she might play on her mini tablet. If she doesn't feel like doing anything, she rests.

Mrs. Martin, school librarian, said she takes a lot of naps when she is sick. She also likes to drink tea with honey.

Playing dolls with her sister is what first grader Katie Garcia likes to do when she is home sick. She also eats healthy food and it sometimes makes her feel better, she said.

Mrs. Agnew, lead teacher, said she dislikes coughing and having a stuffy nose when she has a cold. She feels better by drinking fluids that have vitamin C. She reads mystery books when she is sick.

Mrs. Peterson, a third grade teacher, also doesn't like having a stuffy nose and feeling tired. "To have fun when I'm sick, I read and go to bed early," she said.

When someone has a cold, she recommends drinking a lot of fluids, getting a lot of rest, and eating chicken noodle soup.

(See *Dealing with* on Page 2)

Brain workout!

Here is a challenge created by the Healthy Reporter staff. See if you can unscramble the following words which appeared in this issue. (Answers are on the bottom of this page):

1) harpmcya	
2) posu	
3) tnioturin	
4) encimeid	
5) octord	
6) tasfbeark	
7) leipse	
8) silnesl	
9) nieprot	
10) usrne	

Check out fun website

The Scrub Club website gives you advice about how to reduce your risk of getting the flu. For example, always wash your hands for 20 seconds and don't forget soap!

The flu is not just a "bad cold." The flu is a serious disease. It is a highly contagious viral infection of the respiratory system (nose, throat, and lungs).

Review

This website is fun for kids 7 and younger because it has games to play. The games give you facts about how to avoid the flu.

There are 12 games full of fun ways to learn how to stay healthy.

It's even possible for parents and teachers to learn from this website. Each year more than 164 million school days are lost due to illness, which could be reduced with proper hand washing.

Go to www.scrubclub.org to find out more information.

—By Gavin Melle

Use medicines safely

(Continued from Page 1)

the medicine bottle or package. You should take the medicine even if you don't like the taste, she said.

However, children should not take their medicines by themselves. A parent, guardian, or trusted adult should give it to them, Mrs. DiMartini said.

She also said people should not take medicine that has expired. Like food, medicine can get old. It won't work as well.

People get their medicine from pharmacists. Sometimes they can buy it on the shelves of the pharmacy or supermarket. Those medicines are called over-the-counter. —By Healthy Reporter staff

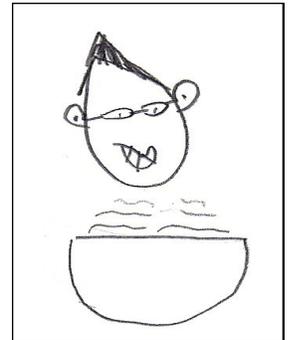
Dealing with sneezes

(Continued from Page 1)

Amber Torres, a first grader, said she eats soup and takes medicine when she is sick. She likes to watch TV and also sleep.

Mrs. Goodwin, a third grade teacher, said she gets nervous when she is sick. She doesn't want to get her students or her children sick. She makes sure she washes her hands and goes to bed early.

—Story by Healthy Reporter staff and illustration by Jhon Carmona and Gianni Young



Scramble word bank

1) pharmacy 2) soup 3) nutrition 4) medicine 5) doctor (6) breakfast 7) sleep 8) illness 9) protein 10) nurse

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