



## High School Coordinated Health (9-12)

### School Nurse Participation Plan

The school nurse at each campus is encouraged to visit the classrooms using the Healthy and Wise High School Coordinated Health Program to provide additional information on some of the units' featured topics.

#### **Suggested High School Units and Lessons for School Nurse Participation Include:**

##### **Unit 1 (Personal Fitness)**

- Playing Sports and Injury Prevention
- Conditioning, Nutrition, Hydration

Sports injuries will occur, but education on how to prevent certain injuries can greatly minimize them. School nurses might want to participate with the coaches in any informational sessions on sports safety. How to take care of minor injuries with rest, ice, compression, elevation, and specific exercises to strengthen the injured body part should be emphasized.

Proper hydration during vigorous physical activity is critical, especially during the months of August and September when temperatures can be very hot. Visit with PE teachers, coaches, and students on the symptoms and dangers of dehydration.

##### **Unit 2 (Nutrition and Health)**

- Healthy Eating and Exercise Patterns

This is a good lesson to teach and encourage the use of the MyPyramid.gov Food Guidance System. Encourage students to utilize the MyPyramid Tracker to help them achieve "Energy Balance" each day. This is a good lesson to use with students that are struggling with their weight or who have eating behaviors that are out of control. Take time to visit with "at risk" students one on one and help them understand the concept of "Energy Balance".

##### **Unit 3 (Body Systems)**

- Lifestyle Choices and Their Effects on Body Systems
- Weight and Health

- Preventive Medicine
- The Stages of Pregnancy and Prenatal Care

Help students make connections between lifestyle habits and their effects on body systems. Use real examples if possible, such as high profile people that have died of lung cancer due to smoking (example: Peter Jennings). Visit the health and PE classrooms and offer more facts and statistics on the increase in childhood and adolescent obesity. Reinforce the health conditions associated with being overweight and obese, and guide students' thinking towards improving their physical activity levels and eating behaviors. Eating disorders are addressed during this Healthy and Wise unit. Visit with your campus staff to identify any students that might be exhibiting signs of an eating disorder. Counsel with students individually and refer students to appropriate health professionals.

Help support the lesson on preventive medicine by visiting with the classes and discussing the concept of "yearly physicals". Talk about the many lab tests that can identify early signs of illness and how many of these conditions can be treated before they develop into serious diseases. Reinforce the preventive measures students can take, such as getting regular exercise and eating a healthy diet most of the time. Put up a bulletin board display that helps students understand the concept of "Health Literacy". Help students and parents identify community health resources by offering literature and information on these resources in your office.

You might want to ask a gynecologist to speak to your health classes on the stages of pregnancy and the importance of prenatal care. Hopefully, a pregnancy is a long way off for your high school students, but these concepts are part of the health curriculum and a physician's overview and lecture would offer a good community connection.

#### **Unit 4 (Growth and Development)**

- The Growth and Development Process
- Staying Healthy During Adolescence

School nurses have many opportunities to participate in this Healthy and Wise unit. Give teachers additional instructional ideas and offer to actually teach or reinforce one of the lessons. Plan to visit with girls and boys separately to discuss the physical changes associated with puberty. Emphasize the importance of physical activity (exercise) and good nutrition during this growth period.

#### **Unit 5 – (Avoidance of High Risk Behaviors)**

- Smoking - a Path to Disease and Death
- Drugs and Alcohol – Use and Abuse
- Guard Your Health
- Choices that can Affect your Health

- Too Young to Be a Parent
- Abstinence – The Healthiest and Most Effective Choice
- Abuse, Exploitation, and Neglect
- Healthy Relationships and Communication

Support as many of this unit's lessons as possible. Help identify students that might fall in a high-risk category for any of the behaviors addressed in the Healthy and Wise lessons. Visit the classes this month to support the Healthy and Wise lesson (Guard Your Health) that presents the facts and health dangers associated with anabolic steroids. Help support this lesson by giving real accounts of how steroids can affect an athlete's health. Discuss the legal aspects associated with steroid use. Help reinforce natural ways to increase muscle and strength by using Healthy and Wise strength training exercises in the Strength, Conditioning, and Wellness program. This Healthy and Wise unit will give the school nurse numerous opportunities to address specific health concerns that some students might be experiencing. Make sure students know the school, district, or community resources available to them if they are experiencing any form of neglect or abuse.

### **Unit 6 – (Using Health Information and the Influence of Media and Technology)**

- Using Health Information
- The Influence of Media and Technology on Health

Visit the classes during this lesson, if possible, to discuss the importance of analyzing health information before acting on it. Give real world examples to support this concept. Help students identify the many ways they will access and use health information. Talk about health insurance; namely, what it is and how it works. Discuss how the media can influence people's health behaviors. Try to use real examples of commercials or magazine advertisements. "Got Milk" is an example of using celebrities to promote the intake of milk products. How do students feel about this advertisement? Does it make them want to drink more milk?

### **Unit 7 – (Environmental and Social Factors Affecting Health)**

- How the Environment can Affect your Health
- Exercise and the Environment
- Global Health

This would be a good time to discuss with students the importance of wearing sunscreen when planning to be out in the sun. Take this opportunity to promote the social aspects related to physical activity and exercise. Encourage students to workout together and to plan physical activities rather than dining out as social events. Make sure students understand the precautions they need to take when exercising outdoors during the summer and winter. Talk about the physical symptoms associated with heat stroke or hypothermia. Support the lesson on

Global Health by putting up an awareness bulletin board display that highlights several global health issues, concerns, magazine stories, etc.

### **Unit 8 – (Safety)**

- Avoiding Accidental Injuries
- A Safe and Healthy School Environment

Make sure all students and staff know what to do if an emergency occurs during school hours. Visit with students during this Healthy and Wise unit about the steps taken at your campus to ensure the safety and health of students and staff. Give specific examples and provide students opportunities to practice safety drills (fire drills, code blue drills, etc.).

### **Unit 9 – Social and Mental Health**

- A Healthy Lifestyle: More than Just Physical Benefits

Promote the importance of healthy lifestyle choices as you visit with the classes or with students one on one. Encourage students who are struggling with their health behaviors to seek more opportunities to include physical activity and good nutrition into their daily lives.