

November 3, 2011
Volume 11, Issue 1

Inviting All School Nurses!

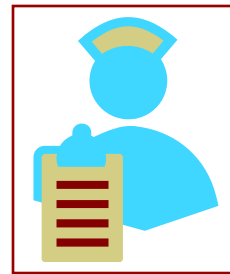
Are you aware that five times each academic year Youth Health Connection (YHC) holds a School Nurse Advisory Meeting? These meetings are **open to all school nurses** in the south shore region, no matter what grade level school you practice in or whether you are at a public, independent, parochial or charter school.

The meetings are an opportunity for you to share information, resources and concerns about school health and school nursing. From this information, we identify themes and specific topics to help Youth Health Connection plan future educational programs for school nurses, school personnel and parents. Our

next meeting will be this coming Monday, November 7, 2011 from 3:30-5:30 PM at Linden Ponds, Oakleaf Clubhouse 2nd Floor Classroom, Hingham, MA.

On the agenda for this meeting: Learn about the South Shore Families, Adolescents and Communities Together against Substances (FACTS) Coalition, hear an update on "How Are You Deciding?" the recent YHC Peer Leader Training program. In addition, we will have a 30 minute presentation on Walden Behavioral Care from Margaret Moran. Learn about their exciting news!

We hope that more school nurses will join us!



Questions about this meeting?

Contact Kim Noble at kimberly_noble@sshosp.org or 781-794-7415 to learn more.

Future meeting dates:

Jan. 9, 2012
March 12, 2012
May 7, 2012

All meetings are at the same time and location.

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Youth Health Connection: Upcoming Meetings and Events

School Nurse Advisory Board Meeting: Nov. 7, 2011 from 3:30-5:30 PM at Linden Ponds, Oakleaf Clubhouse, 2nd Floor Classroom

Parent Partner Advisory Board Meeting: Nov. 9, 2011 from 8:30-10:30 AM at Notre Dame Academy, 1073 Main St. Hingham MA in the Board Room. Please sign in at the main office.

Law Enforcement Advisory
December 6, 2011
9-10:30 AM at the South Shore YMCA Early Learning Center, 1057 Washington St., Hanover, MA

Tip for Better Living:

"Earth and sky, woods and fields, lakes and rivers, the mountain and the sea, are excellent schoolmasters, and teach some of us more than we can ever learn from books."

John Lubbock (1834-1913)
British Statesman & Banker

Book Review: The Parent As Coach® Approach, the 7 Ways to Coach Your Teen in the Game of Life reviewed by Kim Noble, YHC Program Coordinator

This book is written by Diana Sterling whose 7 concepts are relatively simple: *respect, listen, understand, appreciate, support, promote responsibility and nurture independence*. Ms. Sterling introduced an interesting parenting concept in Part One of her book. She describes a timeline of parenting a child from 1-20 years. From 0-6 the parent is the teacher, spending intensive physical time with the child responding to their needs and nurturing them.

Then from ages 7-12 the parent is the administrator. During this phase the child begins to initiate activities; however they need their parent to help them implement, transport and organize many events. From the ages of 13-20 the parent role should shift to one of coaching. The job now is to support them, listen to them, mentor and guide them through this phase of life.

This is a short book, less than

135 pages, written in easy to understand language with space for notes and opportunities to practice new skills at the end of each chapter.

Interested? Visit the author's website, sign up on her mailing list and receive a free copy of the entire e-book "The Parent as Coach® Approach."

<http://www.dianasterling.com/Home.html>

Resource to help support Military Children



A new resource has just been published to assist schools in supporting military children. The toolkit is entitled "School Nurse Care Toolkit To Increase Awareness & Support to Military Children" authored by Bonnie Ohye, Ph.D, Paula Rauch, M.D. and Jeffrey Bostic, M.D., Ed.D.

This toolkit was created

through collaboration between the Red Sox Foundation, Massachusetts General Hospital's Home Base Program, the Massachusetts Child Psychiatry Access Project, in Partnership with the Massachusetts Department of Public Health.

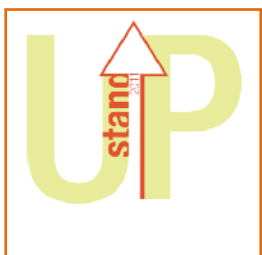
This is a free downloadable 35 page toolkit with tools to assess the strengths and

difficulties for children ages 3-4, 4-10 and 11-17. In addition to these assessment tools there are multiple resources for Military Families listed in the toolkit.

To access and download your copy go to:

http://www.homebaseprogram.org/pdf/HomeBase_toolkit.pdf

Empowering Youth



STAND-UP 2011 has been created to educate, motivate and empower young people to actively promote positive social change in their schools and communities. The event will be held on Tuesday December 13, 2011 at Northeastern University's Matthews Arena. Admission is FREE and the program runs from 9 am-1 pm.

Stand Up 2011 will utilize a combination of educational information, entertainment and celebrities to motivate students to stand up to bullying in their communities and schools. One of the program highlights will be a Student "Town Hall Meeting." Also, five special recognition

"Stand Up Awards" will be given for innovative programs developed by schools/students dealing with bullying. (content from website)

To learn more about this event, register to attend or nominate a school or program visit:

<http://www.standup2011.org>

How to Apply for MassHealth for Your Child: A Guide

An application guide that provides valuable step by step instructions for parents and caregivers for applying to MassHealth is now available on-line.

It contains practical tips to ensure a smooth application process, links to required application forms, as well as instructions for finding these forms on the MassHealth web site. The guide also provides helpful information

for parents on accessing CommonHealth, the MassHealth coverage that offers benefits similar to MassHealth Standard for disabled adults and children who are ineligible for MassHealth Standard because their family income is too high.

While the guide was developed for parents interested in enrolling their children in MassHealth in

order to access its home and community-based behavioral health services, the information is useful for anyone who wants to apply for this health coverage.

The guide can be downloaded from the CBHI web site (www.mass.gov/masshealth/cbhi).

Click on [CBHI Information for Members and Families](#) and then click on **How to Apply for MassHealth for Your Child**.

Food Allergy On-line resources

Two Pediatric Allergists from Boston have created two websites that provide a wealth of resources and information for parents, schools, children and community members about food allergies. These websites were created by Dr. John Lee, a Pediatric Allergist at Children's Hospital-Boston, and Dr. Michael Pistner, a Pediatric Allergist for Harvard Vanguard Medical Association.

The first website is www.allergyhome.org. On this website you can learn about food allergies, asthma, eczema, hay fever, environmental allergies and more. The second website is Schools@AllergyHome.org.

At this site, there are sections for teaching parents, teaching kids, teaching staff and school nurse resources. In the teaching kids section, there is a brief video that helps students learn about

food allergies and how they can help create a safer school environment for their friends with food allergies.

In the school staff section there is a "Food Allergy Awareness Module" and Competency Quiz. **Check out this great resource today!!**



Free Online Safety Education Kit for Middle School Students

As a program of the National Center for Missing & Exploited Children, NetSmartz focuses on educating children about online and personal safety. Together, Sprint and NetSmartz developed a comprehensive online safety

education program for middle school students that can be used by teachers, youth program coordinators, counselors, law enforcement officers, social workers, and religious leaders. This **free** Kit (available in English and Spanish)

includes a resource manual, presentations, DVD's, posters, lesson plans, and more!

To request a Kit:
<http://www.netsmartz.org/mkit>

Youth Health Connection

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781-794-7415

Youth Health Connection is a community benefits program of South Shore Hospital dedicated to the positive mental health and physical well-being of youth. Our programs collaborate with schools, community health providers, law enforcement officers, state agencies, religious leaders, parents and peer leaders to help young people deal with the various challenges they face and the decisions they must make as they grow and mature. By combining efforts, we can ensure that local youth have access to the health-related knowledge, skills and resources they need to make healthy decisions throughout their lifetime.

Youth Health Connection is a community benefits program of South Shore

To subscribe or unsubscribe from this electronic newsletter please email
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Health Knowledge
and Risk Prevention
through Collaboration,
Respect, Connectedness
and Coalition Building



Extraordinary Learning Opportunities Abound at the Innovative South Shore YMCA Early Learning Center by Jamee Beaudry, Early Learning Center Director

As the leaves change colors around the state, the South Shore YMCA proudly announces the anticipated opening of its Early Learning Center in late November 2011. The original plan for this brand new center, which will serve families with infants, toddlers, preschoolers, and kindergarteners, began in response to an article printed in the Boston Globe about the lack of quality infant care on the South Shore. Taking up the call to serve the needs of the community, the South Shore YMCA began the process to provide an exceptional and comprehensive early learning center to South Shore communities and their families.

The *South Shore YMCA Early Learning Center*, located at 1075 Washington Street (RT 53) in Hanover, is a unique childcare and educational setting where children learn through discovery & exploration.

The team of highly qualified educators will implement the research based curriculum, **HighScope**, in each of its classrooms. They will also utilize daily use of the **KidZone**, an innovative gross motor play space, to promote healthy living & enhance social skills. This will all take place while having fun in a safe, nurturing environment! The children will further benefit through integrated

high quality programming with the other South Shore YMCA branches, including weekly preschool swim, to support the YMCA's water safety initiative. Also included in the programming are visits from naturalists from the South Shore Natural Science Center.

The South Shore YMCA Early Learning Center also works in close collaboration with groups from the South Shore Hospital to support early literacy and explore issues surrounding today's families such as health, safety, and parenting.

Thanks to charitable donations made possible through our Annual Support Campaign,

Financial Assistance is available to those in need, demonstrated by household income and/or extenuating circumstances. Monies secured through this campaign ensure that no child, family or adult is turned away from the South Shore YMCA due to an inability to pay. Please consider volunteering your time, talent or treasure to this year's Annual Support Campaign!

For more information regarding the South Shore YMCA Early Learning Center, please contact Jamee Beaudry, Early Learning Center Director, 781-826-7900, jbeaudry@ssymca.org.