

# Happy Holidays from School Health!

*School Nurse Newsletter Dec. 2024*



## *Hooray! Holiday Time is Almost Here!*



**As we wind down** the first half of the year school nurses are continuing to work on managing chronic conditions, completing mass vision screens and referring students to

optometrists if needed. School nurses continue

to add new medical alerts in PowerSchool and send out care plans for identified students that may need them. Selected students with

conditions such as **diabetes** and **asthma** are starting to **receive case management services** from their school nurse. We will soon be providing principal updates soon on what we have done thus far during the school year. As



*It's Hanukkah*

always we continue to **serve our schools and advocate for our students.**

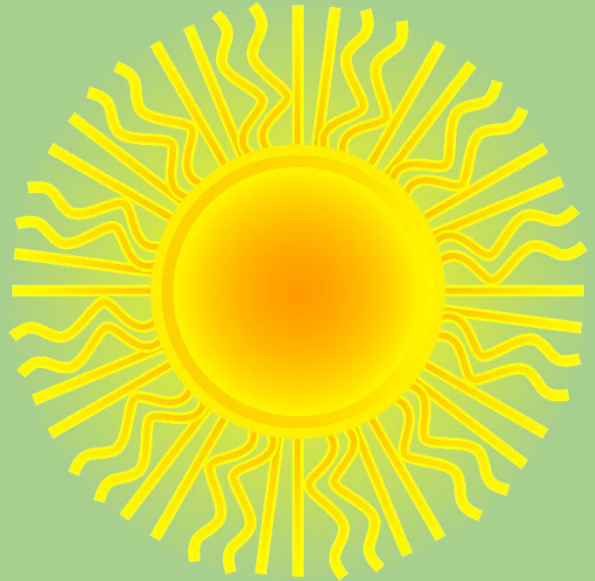
### ***Could You Have the Winter Blues?***

The winter blues is a **mild, temporary feeling** of sadness that occurs during the winter months. It's usually caused by **shorter days, stressful holidays, or reminders of loved ones who are no longer with us.** People with the winter blues may want to stay home but are still able to enjoy their normal activities.



Here are some **tips** that may help with the winter blues:

- Get more sunlight:** Sit near a window that gets sunlight for at least one to two hours a day. You can also try light therapy, which involves sitting in front of a light box for 20 to 60 minutes in the morning.
- Exercise:** Aerobic exercise can improve mood and reduce stress.
- Eat well:** Eat a healthy diet that includes fresh produce, lean protein, and complex carbohydrates. You can also try adding more foods to your diet that are high in vitamin D, like avocados, salmon, nuts, beans, legumes, vegetables, and fruits.
- Sleep well:** Get enough sleep at night but try not to oversleep.
- Plan activities:** Plan activities with friends or family to stay socially connected.



If you're experiencing **significant** changes in your mood and behavior when the seasons change, you may be experiencing seasonal affective disorder (SAD), which is a more serious form of depression. SAD can affect your daily life, including how you feel and think. If you're concerned about your mood, you should seek professional help.



A popular game played during Hanukkah is Dreidel.

A dreidel is a spinning top, with four sides, each marked with a different Hebrew letter (nun, gimmel, hey and shin). The custom of playing dreidel on Hanukkah is based on a legend that, during the time of the Maccabees,

when Jewish children were forbidden from studying Torah, they would defy the decree and study anyway. When a Greek official would come close they would put away their books and take out spinning tops, claiming they were just playing games.

The letters on the dreidel are the first letters in a Hebrew phrase that means “A Great Miracle Happened There” (“There” being the land of Israel). In Israel, the letter peh (for the Hebrew

word po, meaning “here”) replaces the letter shin to spell out “A Great Miracle Happened Here.”

To play dreidel, you will need a lot of identical game pieces. People often use pennies or other coins, wrapped candies, nuts in the shell, poker chips, paper clips or Hanukkah gelt. At the beginning of each round, every player puts one game piece into the center “pot.” Players then take turns spinning the dreidel. When the top lands on nun, the player gets nothing; on gimmel, the player gets the entire contents of the pot; hey, the player gets half of the pot; and shin, the player must put a piece (or coin) into the pot.



## HOW TO MAKE EASY SUGARED CRANBERRIES—A SURE PARTY PLEASER!



© Sally's Baking Recipes

**Here's an overview of the steps:**

**Make a simple syrup.** Simple syrup is just equal parts sugar and water, heated on the stove until the sugar has completely dissolved.

**Pour the syrup** over the cranberries and let them soak for 15 minutes.

**Drain the cranberries** and let dry on parchment: Using a slotted spoon, remove the cranberries from the syrup and spread them out in a single layer on a baking sheet lined with parchment paper. Let them dry for about 1 hour.

**Toss** the candied cranberries in the remaining sugar and place on a wire rack to dry for another hour before using.

**TIPS:** Some people like to add orange zest or vanilla extract to their candied cranberries. If you plan to add orange zest, you can add it to your final sugar mixture (for rolling). Vanilla can be added to the syrup (mix it in just before adding the cranberries).