

Health Update June 12th

Wishing Everyone Godspeed for the Summer 🌻

Below is a List of Fun Summer Activities:

- Fun Runs at TA:

Summer Fun Runs at Thetford Academy begin next Tuesday, June 17th, at 6:00 p.m. Please arrive by 5:45 to give the timekeeper your name.

No other pre-registration is required. All ages and abilities are welcome. Participants may walk or run the 5K course. Choosing to do only 1/2 of the course (the lower loop) is also an option. Runners and spectators should gather near the (lower) soccer field next to the gym at Thetford Academy.

Runs are hosted by the Thetford Academy cross-country coaches and continue every Tuesday through late August.

Suggestions from Nurse Ellen: Fun things to do when we are worried:

- Daily exercise is always helpful:

-Teens do 6 deep knee bends, 6 mountain climbers, 6 push ups and hold a plank for 20 seconds. It takes less than 1 minute.

-Those like myself (in the older submarine class, USS Albacore type) 3 deep knee bends, 3 mountain climbers, 3 push-ups & hold a plank for 10 seconds. You really do feel better.

- Plant your favorite vegetables

Green beans, a tomato plant, a few lettuces etc.

If you don't have garden space then put your spinach in a big pot and soon you'll be eating your own happy vegetables. Tasty too.

Additional, Safe, Free Teen Activities from Kara Toms:

Please see attached [link](#)

Thank you Kara.

Childhood Immunizations:

-Secretary Robert Kennedy, Jr. fired the experts on the Advisory Committee on Immunization Practices (ACIP) last week. He replaced the panel with different people.

-The ACIP board has an excellent and reliable history of carefully reviewing data on vaccines and deciding on who should get childhood immunizations and when. Insurance companies and government programs like Medicaid are required to cover the vaccines recommended by this panel.

-Nurse Ellen suggests that parents continue to ask their child's pediatrician for vaccine guidance. There is a small chance that Medicaid or your insurance may not cover a vaccine in the future. **That is not the case right now.** If your child is due for vaccines I would suggest you go ahead and get appointments made sooner rather than later.

-I have been a pediatric nurse & nurse practitioner for 38 years and have never encountered such a situation. Your doctor's office will continue to give appropriate vaccine guidance.

Smoke from Forest Fires in Canada

This is the link for Air Quality from the Vermont Department of Health:

[link](#) Today's air quality is "moderate."

Medications

Parents, guardians & students, all medications have now been sent home with your students.

Free Fitness Program for Teens - Planet Fitness

Please see this [link](#): for summer exercise. This is a fun thing to do with a friend.

For Young Women and Trans Students there is another safety course being taught by the Lebanon Police Department.

- These are good courses to take. I took one when I was in college and it helped me out a lot when I lived in a dangerous part of Chicago.

From the police department: an upcoming RAD course in June:

The course, Rape Aggression Defense (R.A.D.) Basic, is the largest women's self-defense program in the country. It offers no-nonsense, practical techniques that women of all ages and abilities can participate in. The course is designed to give the participants realistic and dynamic hands-on training. The course is taught by certified R.A.D. instructors from the Lebanon Police Department.

There is *no cost* for the program and class size will be limited – you must register to attend. You must attend **all four** of the Basic R.A.D. classes in a session. Women ages 13-17 will need parental permission to participate.

JUNE SESSION CLASSES:

Tues June 17	6pm – 9pm	Lebanon Police Department
Fri June 20	6pm – 9pm	River Valley Club, 33 Morgan Dr., Lebanon, NH 03766
Wed June 25	6pm – 9pm	River Valley Club, 33 Morgan Dr., Lebanon, NH 03766
Sat June 28	9am – 12pm	River Valley Club, 33 Morgan Dr., Lebanon, NH 03766

If you would like to participate in the above session, please contact Administrative Assistant Carli Maruca at Carli.Maruca@lebanonnh.gov or 603-448-8800.

You can also visit R.A.D.'s website at <http://goo.gl/U9LZ2O> for further information about the program or our Department webpage at <https://goo.gl/bpgh52>.

Water Safety:

- Teens **avoid** swimming in fast water/rivers with strong currents.
- Remember to always swim with a buddy, **NEVER** dive where water is rocky, cloudy, or shallow; **don't** drink alcohol/use marijuana & swim.
- If there's a thunderstorm please *go indoors*.

Poison Ivy, Poison Parsnip

Poison ivy is happily growing again.

Photos of poison ivy & poison parsnip

If you walk through poison ivy or poison parsnip wash thoroughly with soap and water & put your clothes & shoes in the washing machine.

Sun - We love the sunshine - Avoid the sunburn.

Protect your skin from sunburn, please use - sunscreen, burned skin today can lead to skin cancer as an adult. There is extra sunscreen in the health office.

Deer Ticks

Please check daily for deer ticks: 67% of VT deer ticks carry Lyme disease.

- Shower & wash clothes if you are out in tick territory.
- If a deer tick is attached to you for more than 24-36 hours, call your pediatrician & get a one-time antibiotic to prevent Lyme Disease.
- Also, **save the tick** - show your doctor or Nurse Ellen
- Ellen's [Lyme Disease prevention video](#)

Tips for Better Mental Health:

- **Smiling Mind** is a helpful, free app for stress/anxiety/sleep issues [Smiling Mind](#)
- Smiling mind can help students and adults with poor sleep and anxiety.

Thetford Town Service Officer - for Thetford Residents Only

- A resource for all seasons: the town service officer can help with gas cards, fuel oil, etc. The town service officer can connect families with other supports.
- Jessica Eaton is the Thetford Town Service Officer and can be contacted for assistance for a wide variety of needs. Email: krash537@hotmail.com. Phone: 802.333.9491

Thetford Food Shelf

- The food shelf is open Tuesday and Thursday mornings from 10 to noon. The food shelf serves residents of Thetford, Fairlee, West Fairlee, Vershire and Strafford.

Fairlee Food Shelf

- The food shelf is open Tuesday and Thursday from noon - 2:00 PM, the assistant town clerk, Barbara Lantery is helpful, 802-333-4363 ext. 1, the food shelf is in the town hall.

Corinth, West Topsham & Bradford Food Shelves

-West Topsham's food shelf is at the Riverside Grange & open Fridays 5:30 -630pm.

Rev. KellyAnn Donahue at the East Corinth Congregational Church can help.

-Bradford Academy's food shelf, in Bradford, is open Monday, Tuesday and Thursday, 3-4pm; Wednesday, 5-6 pm; Friday, 11 am-Noon

Ellen Gnaedinger, DNP, APRN, FNP-BC

Thetford Academy School Nurse

[Thetford Academy Health Office/COVID page](#)