



# Health News

By  
Your School Nurses



## Immunization Update

The school year is flying by, and we are already in the midst of the busyness of the holiday season. The extra time away from school can be a great time to double check your student's immunization records and make sure they are up to date. It is also important to make sure your child's school has this information. We want to make sure to draw attention to that fact that there are some significant changes this year regarding what was referred to as *Religious Exemptions*. As of March of 2014, parents who choose not to immunize their student must now acquire a *Nonmedical Exemption* by obtaining two pieces of documentation: 1) An Oregon Certificate of Immunization Status with the nonmedical exemption section filled out, and 2) A vaccine education certificate from your healthcare provider or the online module provided by Oregon Health Authority. Please note that if your student already has a religious exemption from the previous year, he/she is grandfathered into the new policy. Additional information about these requirements can be found at [www.healthoregon.org/vaccineexemption](http://www.healthoregon.org/vaccineexemption), or by contacting your school nurse.

When considering nonmedical exemptions, it is always good to discuss your choice with a trusted healthcare provider. There are medically fragile students in the district that may have compromised immune systems and are not able to receive immunizations due to medical reasons. Ensuring that students around them are immunized can protect them from diseases such as pertussis (whooping cough) through what is referred to as "herd immunity." In other words, if every other student is protected from receiving the disease through immunization, the disease is less likely to be transmitted to a person who is not able to be immunized. We do understand that this is a personal choice, and your school nurse is always open to questions or concerns regarding immunizations, so please feel free to contact them.

## Eat Your Breakfast!



All too often during the first hours of the school, students come up to the health room "just not feeling well." When asked if they had breakfast, sometimes the answer is "no." We know that mornings can be hectic, and even getting out the door can be a huge accomplishment, so finding a few minutes to make sure your student has a healthy breakfast may be a bit of a challenge. Remember though, that breakfast is truly a very important meal. Students who skip breakfast may spend the morning feeling tired, restless and irritable. They may have stomach aches or headaches, and it can have a negative effect on how their brain processes the information they receive in class. On the other hand, a student who eats a healthy breakfast made up of whole grains, fiber and protein (and limited sugar), can give them the energy they need to make it through the morning, and gives them the fuel their brain needs to stimulate learning in the classroom. Here is an easy recipe idea that incorporates plenty of fiber and protein that you can easily make ahead of time! Recipe on next page....



## What is a concussion?

A concussion is a brain injury that should always be taken seriously. A concussion can be caused by a blow to the head, but it can also be caused by a blow to the body that makes the head move abruptly, causing the brain to jostle around inside the skull. Most people recover quickly but for some, symptoms can last longer. If your child has had a previous concussion, he/she may find that it takes longer to recover from another concussion.

## What are the symptoms of a concussion?

Symptoms can show up in different aspects of your life: mind, body, emotions and sleep patterns. Those with a concussion may show signs of difficulty in thinking, concentrating and remembering. Physically, your child may complain of headaches, fuzzy or blurry vision, dizziness, sensitivity to light, nausea or vomiting, feeling tired and having no energy. Emotionally, your child may show signs of irritability, sadness, anxiety or being more emotional than normal. Sleeping patterns can also change. You may notice your child either sleeping more or less than normal, and having trouble falling asleep.

## What should I do if I think my child has a concussion?

*Contact your health care professional or emergency department right away* if you think your child has a concussion. The sooner you can get medical care for your child, the better! Also, please notify your school nurse if your child has a concussion diagnosis so accommodations can be made at school if needed.

## Eat Your Breakfast: Recipe

Rainbow Egg Muffins (gluten and dairy free)

*Makes about 24 muffins*

Ingredients:

12 eggs whisked well

~ 2-3 cups of assorted vegetables (onions, carrots, zucchini, cooked sweet potatoes, spinach, kale, bell peppers, cooked squash, or whatever you have in your fridge!) Try for a **rainbow** of colors!

Optional: 6 slices of cooked and crumbled bacon, cooked breakfast sausage, cooked and diced chicken, or diced cooked ham

Sea salt and black pepper to taste

Coconut oil, butter or ghee

Directions:

Preheat oven to 350.

Grease two muffin pans with coconut oil, butter, or ghee.

Whisk eggs in a bowl. Add a pinch of sea salt and pepper to your liking.

Chop vegetables into small bite-sized pieces.

Cook optional meat and dice it or crumble it.

Sprinkle assorted vegetables and meat into muffin pans about half full.

Pour whisked eggs into pans just to cover vegetables/meat.

Bake for 20-25 minutes, or until the eggs are set in the middle. Serve with salsa and avocados.

These make wonderful on-the-go meals that are nutrient-dense, and easy! Store the leftover muffins in the fridge for easy grab-and-go snacks or breakfasts. Enjoy!

