

# KV COMMUNITY HEALTH & WELLNESS



A Newsletter by the  
Kelloggsville Health & Wellness  
Committee



## Kelloggsville Food Allergy Procedures

Does your child have a food allergy?

If so, the KV Food Service department is here to help! We take special care to make sure that students with food allergies are served acceptable accommodations during breakfast AND lunch. The food is prepared with certain precautions to reduce cross contamination of allergens. Any substitutions are also required to meet federal nutrient guidelines!

Head over to the school website and click on the School Nurse's Desk for a copy of the food allergy form. Fill it out with the required signature and email it to [jdusendang@kvilleps.org](mailto:jdusendang@kvilleps.org)



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## It is Flu Season!

The best way to protect yourself against the flu is by getting a yearly flu shot. Doctors recommend getting the flu shot by the end of October, before the flu starts spreading in the community. The flu is a highly contagious viral infection of the respiratory tract. Although the flu affects everyone, children tend to get it more often than adults. The flu is often confused with the common cold, but flu symptoms tend to develop 1 to 4 days after a person is exposed to the flu virus and are usually more severe than the typical sneezing and stuffiness of a cold.

- Stay home when you are sick
- Avoid touching your eyes, nose, or mouth
- Clean and disinfect frequently touched surfaces at home, work or school

## Who Creates the Parts and Pieces for the Newsletter?



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# How to Talk with Your Child About Their Day

As the school year falls into a rhythm and routine, we're sure you have started receiving those dreaded one word answers when you ask your child about their day - "good", "fine", "okay" - or maybe even the conversation killers of "I don't know" or "I don't want to talk about it."

Opening up honest and healthy conversation about their day - the good and the bad - can have a big impact on your student's mental and emotional health and help them feel more supported. Instead of asking "How was your day?", here are some other things to try to help open up that line of communication and help your student(s) feel more comfortable talking and sharing about their day.

## Things to Consider:

**Time** - Often, our kids need time to decompress from their day before they're able to discuss it. Giving them time after coming home to relax and decompress before discussing their day can help them feel comfortable and ready to share more details.

**Location** - We often think of the dinner table as the best place to discuss the day, but for some kids, it can be easier to communicate the hard parts of their day when there isn't direct eye contact. If you've tried the dinner table method and haven't gotten much information, try other locations, such as in the car, on the couch while watching a show, on a walk, or while playing together.



## Conversation Starters other than of "How was your day?":

- Tell me about the best part of your day.
- What was the hardest part of your day? What was the easiest part?
- Who did you play with today? What did you do together?
- Can you show me something you learned today?
- Tell me about something that made you sad/mad/frustrated/happy today.
- What did you notice today at school that other people probably didn't notice?
- Did anyone in your class do something funny today? Tell me about it!
- Did you come across any problems or difficulties today? How did you solve them?

## Online Nutrition Resources for Parents



### Online Nutrition Resources for Parents Websites with online nutrition information and resources:

- USDA Nutrition Website
- Child Welfare Information Gateway
- Kids Health: Nutrition & Fitness Content
- [www.choosemyplate.gov](http://www.choosemyplate.gov)

### Websites with fun, family-friendly recipes to try:

- Food Network Child Friendly Recipes
- BBC Good Food Healthy Family Recipes
- Eating Well: Healthy Kid Recipes
- Eat This: Recipes



## Cherry Health School-Linked Health Services

Cherry Health has a traveling school health program that provides dental and vision services to our district.

Dental services include dental education, oral hygiene instruction, dental examination, X-rays, teeth cleaning, fluoride treatment, dental sealants and access to follow-up care.

They also have a See to Succeed program that provides comprehensive dilated eye exams and prescription glasses to children at risk for vision problems. Vision services have already started in the Elementary buildings. To get signed up, please call Cherry Health at 616.776.2345.

## Who Ya Gonna Call? MERT!

Kelloggsville schools have MERT (Medical Emergency Response Team) programs with trained staff members and response plans. Should your student ever experience a medical emergency, MERT members will respond, provide care, and call 911, if needed. In addition to our MERT program, Kelloggsville has been awarded the MI HEARTSafe School designation. The MI HEARTSafe School designation recognizes a school's efforts to prevent sudden cardiac death of the young and preparedness for a cardiac emergency. Meeting the specific criteria for this designation shows the dedication Kelloggsville has to being prepared for medical emergencies.



## Domestic Violence Awareness Month



October is Domestic Violence Awareness Month. In the United States, an estimated 10 million men and women are abused by an intimate partner every year. Statistics show that on average, 1 in 3 women and 1 in 4 men have experienced physical violence from an intimate partner.

Studies have shown that the majority of domestic violence abusers are law-abiding citizens with no criminal record and only exhibit violent behavior in the home.

Warning signs of an abuser include (but is not limited to): extreme jealousy, possessiveness, unpredictability, a bad temper, extremely controlling behavior, verbal abuse, blaming the victim for anything bad that happens, demeaning the victim privately or publicly, or humiliation/embarrassment of the person in front of others.

Domestic violence abusers can have periods of positive behavior, minimize the seriousness of the abuse, and/or blame other factors for the abuse. Domestic violence is never the fault of the victim.

If you think you or someone you know may be experiencing domestic violence in a relationship, or if you would like to learn more:

- Thehotline.com offers 24/7 real-time support as well as signs of domestic violence, links to local resources, and information for safety planning.
- <https://ncadv.org/> is the National Coalition Against Domestic Violence. This website also offers statistics, safety planning, and other resources.
- The National Domestic Violence Hotline: 800-799-7233 (24/7 hotline in English and Spanish, with 200+ other languages available through interpretation services). SMS: Text START to 88788.

For local support:

- YWCA of West/Central Michigan: 616-454-9922, <https://www.ywcawcmi.org/>

Safe Haven: <https://safehavenministries.org/>, 616-452-6664 (24/7 call/text)