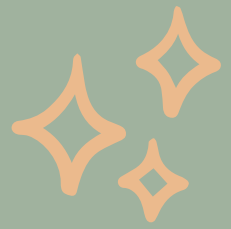


# April Nurse News



## VAPE AWARENESS

Vaping is an ever pressing concern within the community. Studies show that Vapes or E-Cigarettes are widely used in comparison to regular cigarettes. As their appeal and flavor options are plentiful. Our generation of students are at an increased risk, left without education and resources they can fall prey to the allure of marketing advertisements. On **April 5th**, Gundersen will be teaming up with myself and Kat Freihammer to educate and provide resources to assist our 7th-12th grade students.

## DATES

- ✓ April 1st-5th - W-K Sleep Awareness Week
- ✓ April 5th - 7th-12th Grade Vaping Presentation
- ✓ April 8th-12th-Pre-K-1st Grade Hydration Education
- ✓ April 26th - 6th Grade Maturation Education

## POISON PREVENTION WEEK CONTEST WINNERS

Addison Marks  
4th Grade



Alison Langins  
1st Grade

## SHOUT OUT

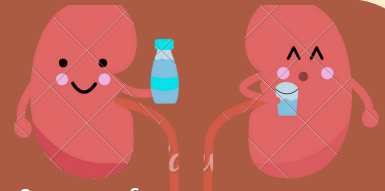
Thank you to the members of the W-K PTO organization. I am very grateful for your assistance so that I can provide material for the Hygiene and Maturation courses.



# Hydration

## Fun Facts:

- > Children between the ages of 4 to 13 should be drinking 5 to 8 cups of water.
- > Best times to hydrate?
  - After waking up, this activates your internal body organs.
  - Before taking a bath, this lowers blood pressure
  - Thirty minutes before you eat, this aides in digestion
  - An hour after eating, this gives the body time to absorb the food's nutrients

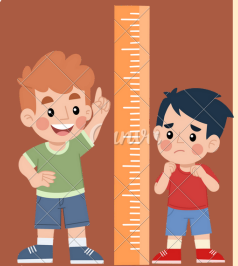


# Maturation

## What, Why and How???

Let's be honest, growth can be scary but it is necessary. Like any form of growth we as humans get to experience new challenges that come along with it.

Maturation education provides resources and helpful insight in a safe environment and judge free zone. Allowing your child to be equipped and prepared when the time comes or if the time has already come, to possibly learn something new.



The What?

Maturation is a process of development that occurs as students grow and develop.

The Why?

Maturation is an individual process happening at different speeds. Genetics and environmental factors can also effect progression.

The How?

Genetics govern the way in which children develop, and hormones are released that assist in growth and development.

# W-K Sleep Week

## Fast Facts

Sufficient sleep can recharge your health, allowing students to look and feel their best, maintaining a healthy body weight.

Sleep can be viewed as a charger, allowing students to have a full battery and better school performance for the next day

Healthy sleep provides a brain boost, enabling students a positive outlook on life

