

Gervais School District Health & Nursing Newsletter



Vision Screenings:

The Gervais School District partnered with the Oregon Lions Sight and Hearing Foundation at the beginning of the school year to conduct vision screenings for all students in our district. 29% of students screened had potential vision issues identified and were referred for further care and treatment.

It is recommended that ALL children receive an annual vision exam by an eyecare professional. If you need any assistance scheduling an eye exam for your child, or have questions about their vision screening results, please contact their school or the district nurse.



OHSU Nursing Students:

This Fall, the district hosted four OHSU Nursing Students as part of their Leadership in Nursing course. These students have been working hard conducting surveys and research surrounding sleep habits and physical activity levels in our students. They are completing two projects to benefit the Gervais students and community. Keep an eye out for information on their completed projects in our next newsletter!

The Gervais School District partnered with the OHSU School of Nursing again in October to perform health screenings for our Preschool and Elementary school students. We had 40 first year nursing students visit the district over two days and measure the heights and weights of over 300 students. They led fun-filled learning stations to educate students on healthy lifestyle habits including proper nutrition, exercise, healthy drink choices, and proper sleep hygiene. They partnered with our Speech & Language staff to perform hearing screenings for students aged K-2 on the same days.

Note From the Nurse:

My name is Courtney, and I am the new District Nurse for the Gervais School District. I grew up in Silverton, Oregon and studied at the OHSU School of Nursing. I was drawn to this position in the Gervais School District because of the small, close knit community that is so welcoming. The staff and students here are truly special. If you have any questions about your student's health management at school, please reach out to me!

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Upcoming Events:

Gervais WinterFest!
Saturday, December 9th
@ 6:30-8:00 PM

Visit the Gervais SD "Know Your Health" Booth for Health Info, Free Health Swag, Blood Pressure Checks, and MORE!

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The Importance of Sleep

- Lack of sleep increases the risk of developing obesity, type 2 diabetes, poor mental health, injuries, and problems with attention and behavior in children and adolescents (CDC, 2019).
- Adolescents who slept less than nine hours each night showed differences in brain structure and more problems with thinking and mood compared to those who got sufficient sleep (Contie, 2022).
- Nationally, 57.8% of middle school students (Grades 6-8) and 72.7% of high school students (Grades 9-12) did not get enough sleep on school nights (CDC, 2019).



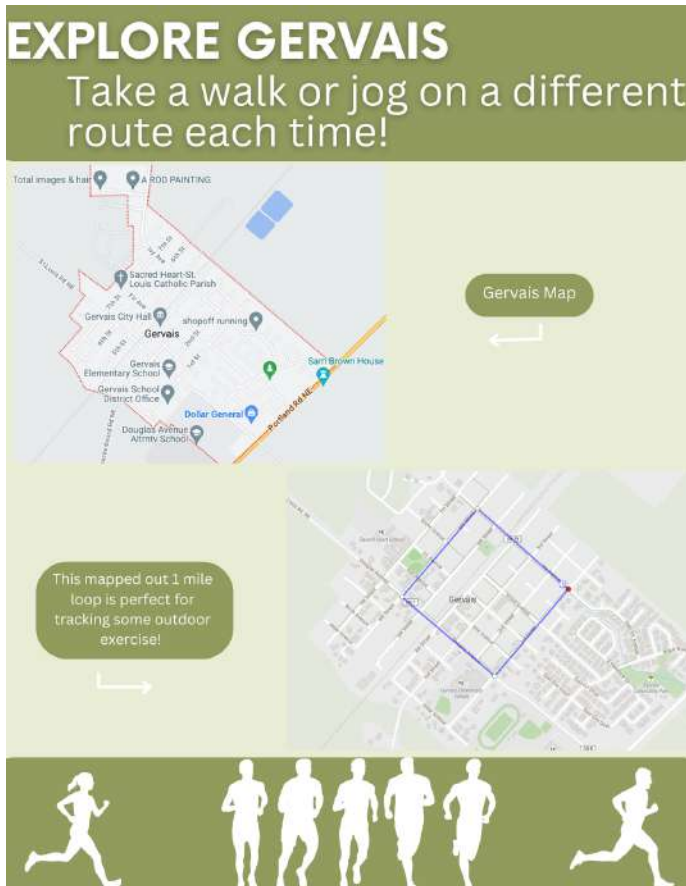
Why Does Sleep Matter?

- School-aged children (ages 6-12) need 9-11 hours of sleep nightly; teenagers (ages 13-18) need 8-12 hours of sleep nightly (Suni & Singh, 2023).
- Getting the recommended amount of sleep each night allows for appropriate growth and development (Suni & Singh, 2023)
- Getting the recommended amount of sleep increases cognitive function along with mental and physical health

Tips for Better Sleep:

- Stick to a Schedule
- Create a Relaxing Environment
- Avoid Caffeine and Sugar
- Get Active During the Day
- Put Screens Away Before Bedtime!

Health Matters! Health Resource Website



As part of their community project, our OHSU Nursing Students created a webpage that provides education, information, and resources on the importance of exercise and physical activity in promoting overall health.

Lack of exercise is a contributing risk factor to prevalent diseases in Marion & Polk counties including cardiovascular disease, colon cancer, diabetes, and obesity (Marion County Oregon, 2023)

Check out their work on the Gervais School District website to find resources for gyms, outdoor workouts, indoor workouts, a helpful exercise flowchart, and more!

Link to the Website:

<https://www.gervais.k12.or.us/district/nursing-department/>

References

- Marion County Oregon. (2023). Marion-Polk 2019 community health needs assessments 2023 update.
- Centers for Disease Control and Prevention. (2019). Sleep and Health. Division of Population Health, National Center for Chronic Disease Prevention and Health Promotion.
- Contie, V. (2022). Children's sleep linked to brain development. National Institutes of Health.
- Suni, E., & Singh, A. (2023). How Much Sleep Do We Really Need? Sleep Foundation.

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