



Occidental College Wellness Newsletter

September 2020



Return to School During COVID-19

With the start of a new school year, a lot needs to happen so that students can learn and thrive without raising the risk of spreading COVID-19. Your schools have already communicated the many changes for you and your children to keep everyone safe, but there are other factors school communities and parents need to consider, too. Such as:

Immunizations and well-child exams

It is important as students return to school (regardless of in-home or onsite) they have a preventive exam with their pediatrician or family practitioner and are up to date on their immunizations.

Screenings

Vision and hearing screenings help identify children in need of treatment as soon as possible and prevent interferences with learning.

Behavioral health and emotional support

Your child's school should anticipate and be prepared to address a wide range of mental health needs of students and staff. This includes providing mental health support for any student struggling with the stress from the pandemic and recognizing students who show signs of anxiety or distress.

- If your child's school does not offer these services, review your employer sponsored medical or EAP plans.

Students at higher risk

While COVID-19 school policies can reduce risk, they will not prevent it. Some students with high-risk medical conditions may need other accommodations. Talk with your pediatrician and school staff to see if your child needs additional solutions to help ensure safety at school.

Students with disabilities

The impact of changes in school may have a greater impact for students with disabilities. Schools should review the needs of each child with an "Individual Education Program" (IEP) before they return to school and provide services even if they are done virtually.

Remember....

Returning to school during the COVID-19 pandemic may not feel like normal – at least for a while. But whatever form school takes, it will require everyone's support to make sure that it is healthy, safe, and equitable for students, teachers, staff and families.

Sleep Awareness

Sleep plays a vital role in our lives. Poor sleep can lead to lower brain function, sluggishness, limited focus and can contribute to the onset of chronic conditions. The table below shows the recommended amount of sleep by age according to the American Academy of Sleep Medicine:

Age	Recommended Amount of Sleep
• Infants: Age 4-12 months	12-16 hours per day
• Children: Age 1-2 years	11-14 hours per day
• Children: Age 3-5 years	10-13 hours per day
• Children: Age 6-12 years	9-12 hours per day
• Teens: Age 13-18 years	8-10 hours per day
• Adults: Age 18 and over	7-8 hours per day

Nutrition for children

Involve your child in the planning, shopping, and lunch assembly process. Below are suggestions for tasty, healthy, and an assortment of foods to keep even the most finicky eater interested.

- Day 1: Turkey + cheddar roll-up, fresh berries, yogurt, trail mix
- Day 2: Hummus, pita bread, grape tomatoes, cucumbers, sliced oranges
- Day 3: Cheese quesadilla, guacamole, salsa, tortilla chips, strawberries
- Day 4: Deli meat + cheese kabobs, crackers, red pepper slices, apple slices
- Day 5: Hardboiled egg, baby carrots + ranch, applesauce, granola bar
- Day 6: PB+J, string cheese, fruit slices, cliff bar
- Day 7: Deli meat + cheese + lettuce + quesadilla roll up, grapes
- Day 8: Cold pasta salad with vegetables (carrots, chickpeas, broccoli), grapes slices
- Day 9: Bagel + cream cheese, applesauce, cucumber slices
- Day 10: Tuna fish, crackers, cherry tomatoes

Other suggestions: popcorn, Rice Crispy Treats, trail mix, red pepper slices/hummus

Drinks: water flavored with a little orange juice, milk, low sugar packaged drinks

