

YOUR HEALTH MATTERS

Wayne County Community Health & Wellness News



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Back to School & Community Resources Issue

As students head back to school, I would like to share a few reminders to keep your student healthy and ready to learn:

~ Each morning start with a good breakfast. Research shows that children who eat breakfast can concentrate better and are more ready to participate in school compared to those who skip breakfast. Breakfast is available at school and may be free depending on your district.

~ Cold and flu season will be here before we know it, along with other illnesses such as Covid-19, RSV and Conjunctivitis (pink eye). Remind your child to cover their coughs and sneezes into their elbow or a tissue, not their hands.

~ Effective handwashing is the best way to keep germs from spreading. Remember to use plenty of soap and water, scrubbing the palms of hands, fingernails, around wrists and in between fingers for 30 seconds then rinse and dry well. Always wash hands before eating, after going to bathroom and when visibly dirty.

Wishing all Wayne County Students a happy, safe and healthy school year!

Shawna Cornwell, RN BSN
Wayne County Public Health



Public Health
Prevent. Promote. Protect.
Wayne County, NY



The Wayne County
Partnership



WAYNE COUNTY
Community Schools

School Lunch Packing Guide

Balanced Lunch Guide:

Protein + Carb + Fruit/Veggie + Fun Snack

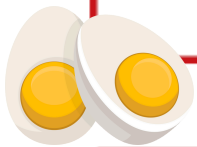
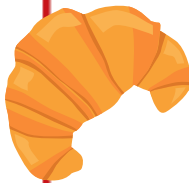


Protein

- | | |
|---------------|---------------|
| Turkey | Yogurt |
| Ham | Tofu |
| Chicken | Edamame |
| Tuna | Black Beans |
| Hummus | Pinto Beans |
| Boiled Egg | Refried Beans |
| Peanut Butter | Pumpkin Seeds |
| Almond Butter | Pistachios |
| Sunbutter | Almonds |

Carb

- | | |
|----------------|----------------|
| Mini Bagel | Crackers |
| Pretzels | Granola |
| Pita Pocket | Tortilla Chips |
| Wrap | Muffin |
| Bread | Pita Chips |
| Roll | Croissant |
| English Muffin | Quinoa |
| Rice | Ciabatta |
| Pasta | Baguette |
| Tortilla | Sourdough |

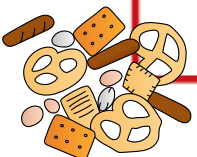


Fruit/Veggie

- | | |
|----------------|-----------------|
| Apple Slices | Carrot Sticks |
| Oranges/Cuties | Celery Sticks |
| Banana | Cucumbers |
| Pear | Bell peppers |
| Grapes | Snap Peas |
| Berries | Jicama |
| Mango | Spinach/Lettuce |
| Peaches | Sprouts |
| Melon | Broccoli |
| Apricots | Cauliflower |
| Applesauce | Salsa |
| Dried Fruit | Cherry tomatoes |

Fun Snack

- | | |
|---------------|--------------------|
| Fruit leather | Fig Bar |
| Energy Bites | Goldfish Crackers |
| Trail Mix | Fruit Snack |
| Cookie | Yogurt Pretzels |
| Granola Bar | Graham Crackers |
| Mini Muffin | Lara Bar |
| Baked Donut | Apple/Banana Chips |
| Banana Bread | Baked Scone |
| Zbar | Yogurt Raisins |
| Popcorn | Rice Krispie Treat |
| Pudding Cup | Pumpkin Bread |



Where can I get food for my family?



www.waynepartnership.org/food



WAYNE COUNTY FOOD PANTRIES



Foodlink
NOURISHING LIVES

Foodlink and the Wayne County Partnership bring you the following 2024 food distribution events:

July

- 2 (Tues.) Savannah Fire Department, 1770 NYS Route 89, Savannah
- 15 (Mon.) Red Creek Jr/Sr High School, 6624 South Street, Red Creek
- 16 (Tues.) BOCES Conference Center, 131 Drumlin Court, Newark (Vienna Street-side)
- 18 (Thurs.)* United Church of Marion, 3848 North Main Street, Marion **11:00 AM***
- 24 (Wed.)* Cross Creek Church, 3700 NYS Route 31, Palmyra **4:00 PM***
- 30 (Tues.) Shady Brook Plaza / Martin Builders, 4460 NYS Route 414, Rose

August

- 8 (Thurs.)* United Church of Marion, 3848 North Main Street, Marion **11:00 AM***
- 9 (Fri.) Walworth Town Complex, 3600 Lorraine Drive, Walworth
- 19 (Mon.) Red Creek Jr/Sr High School, 6624 South Street, Red Creek
- 21 (Wed.) BOCES Conference Center, 131 Drumlin Court, Newark (Vienna Street-side)
- 28 (Wed.)* Cross Creek Church, 3700 NYS Route 31, Palmyra **4:00 PM***
- 30 (Fri.) Clyde Fire Department, 15 Ford Street, Clyde

September

- 6 (Fri.) Williamson Town Park, 3773 Eddy Road, Williamson
- 10 (Tues.) Shady Brook Plaza / Martin Builders, 4460 NYS Route 414, Rose
- 12 (Thurs.)* United Church of Marion, 3848 North Main Street, Marion **11:00 AM***
- 13 (Fri.) Huron Town Barns, 10880 Lummisville Road, Huron
- 17 (Tues.) BOCES Conference Center, 131 Drumlin Court, Newark (Vienna Street-side)
- 25 (Wed.)* Cross Creek Church, 3700 NYS Route 31, Palmyra **4:00 PM***

** Distributions in Marion and Palmyra are not Partnership events. Rules may be different. Please contact event hosts for details.*

Free and open to all Wayne County Residents.

Pre-registration not required.

9:30 AM until food gone.

PLEASE DO NOT ARRIVE AT THE SITE BEFORE 9:00 AM



5 tips to prepare your child for Back to School

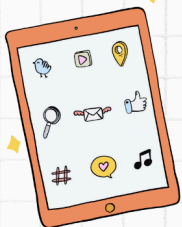
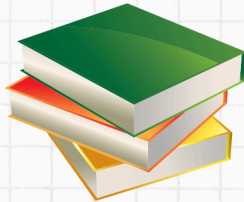


Gradually Adjust Bedtime:

Move bedtime earlier by 15 minutes each night until they're back on track.

Create a Relaxing Routine:

Establish a calming bedtime routine—think warm baths, storytime, or soft music.



Limit Screen Time:

Turn off screens at least an hour before bed to help their minds wind down.

Set a Consistent Wake-Up Time:

Even on weekends, sticking to a regular wake-up time can make mornings smoother.



Stay Active During the Day:

Ensure they're getting plenty of physical activity to help them sleep soundly at night.



Wayne County Public Health offers immunization clinics on the 3rd Wednesday of each month for uninsured and underinsured individuals. Appointments are required! Call 315-946-5749 to schedule.



NEED A LOCAL DOCTOR OR DENTIST?



Updated health professional lists including contact information and insurances accepted.



<https://www.waynecountycommunityschools.org/health-care-resources>

The American Academy of Pediatrics (AAP) provides recommendations on how much sleep children need at different ages to support their overall health and well-being. Here's a breakdown of **Recommended Sleep Duration by Age**:

Infants (4-12 months): 12-16 hours per 24 hours (including naps)

Toddlers (1-2 years): 11-14 hours per 24 hours (including naps)

Preschoolers (3-5 years): 10-13 hours per 24 hours (including naps)

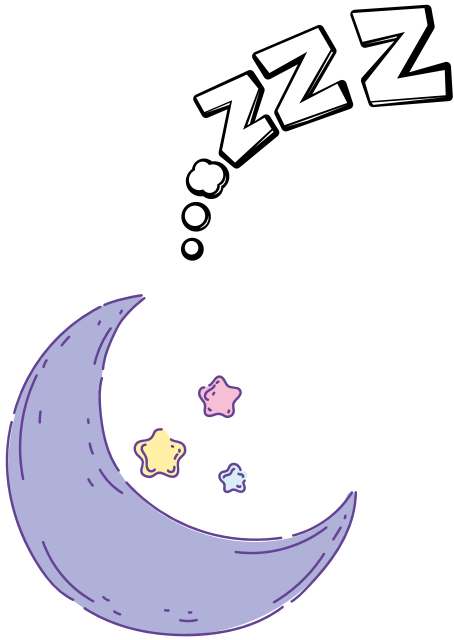
School-age Children (6-12 years): 9-12 hours per 24 hours

Teenagers (13-18 years): 8-10 hours per 24 hours

Additional Recommendations:

- **Consistent Bedtimes and Wake Times:** Encourage regular sleep schedules even on weekends.
- **Screen Time:** Avoid screens (phones, tablets, TV) at least an hour before bed, as blue light can interfere with sleep.
- **Sleep Environment:** Ensure the sleep environment is quiet, dark, and cool, with a comfortable mattress and bedding.
- **Physical Activity:** Encourage daily physical activity, which can help promote better sleep.
- **Avoid Large Meals and Caffeine Before Bed:** These can disrupt sleep patterns.

These recommendations help support children's physical and mental development, ensuring they get the rest they need to thrive.



1st Edition Molly Pulinski, LCSW

Generously brought to you by **WAYNE COUNTY RURAL HEALTH NETWORK** A ROCHESTER REGIONAL HEALTH ALLIANCE *We use here to help.*

WBHN 2024 Directory

The Resource Guide to Wayne County

Photo Credit: WBHN 2023 Photo Contest Winner, Katherine Nolin



This collection of resources was a collaborative effort of Wayne Behavioral Health Network and our many community partners, working together to enhance the mental, physical and social wellbeing of the residents of Wayne County.