

# LCSS HEALTHY "BYTES"

A Monthly Newsletter by Coordinated School Health



How can I stay healthy when there are so many parties and social events going on this time of year?

[Click here](#) for healthy tips.



[Click here](#) to learn how to enjoy exercising with your family this season!



Family Fun!

- Hoola hooping
- Playing twister
- Playing relay games
- Learning a dance on Tik Tok

A cartoon illustration of Santa Claus with a white beard and a red hat, pointing his right index finger towards the text.

*Stay off  
Santa's naughty list  
this Christmas!*

Don't drive while under  
the influence of drugs or alcohol.

DECEMBER IS  
NATIONAL IMPAIRED DRIVING  
AWARENESS MONTH

*Talk to your students about  
the dangers and consequences  
of impaired driving!*

The logo for the Local Coordinated School Health Association (LCSAP) features a stylized tree and the text "LCSAP COALITION".The logo for the Tennessee Department of Mental Health & Substance Abuse Services features the state of Tennessee and the text "TN Department of Mental Health & Substance Abuse Services".

THIS PROJECT HAS BEEN FUNDED BY A GRANT AWARDED FROM THE STATE OF TENNESSEE TO THE TENNESSEE COORDINATED SCHOOL HEALTH SERVICES.

The holidays are a great time of year to enjoy being with friends and family. It is also nice to learn how to do things together. Cooking with children is a great way to start! Cooking skills will always be remembered when we take time to teach and have fun in the process. How many times can you remember cooking with a family member? Was it fun? Did the family brag on you for what you made? Were you proud of your accomplishments? We sure hope so! We want you to recreate these memories with your families. Please **click here** to help your family enjoy safely cooking together with these steps.



Click on the links below to enjoy some nutritious meals for the holidays!



### **Apple-Blueberry Crumble**

### **Modern Tuna Noodle Casserole**



### **Whole Grain Chicken Pot Pie**

### **Steps for washing your hands.**

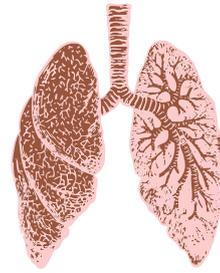
1. Wet
2. Lather
3. Scrub
4. Rinse
5. Dry



Don't forget to wash your hands to prevent the spread of Covid-19 and other illnesses. **Click here** for guidance on knowing when to wash your hands.

Source: <https://www.cdc.gov/handwashing/when-how-handwashing.html>:

# Asthma Education



## Does exercising cause asthma?

No. What happens is cool, dry air enters the body while breathing through the mouth instead of the nose during exercise. When we breathe through the nose, the air is more humid and warm. While mouth breathing increases during activity, it causes a narrowing in the airway called bronchoconstriction. Nearly 90% of the people who have asthma may experience exercise-induced asthma. EIA is mostly seen in children and teens. The main symptom of EIA is coughing. That may be the only symptom that the asthmatics experience in these episodes.

Other symptoms can include, feeling tightness in the chest area, not being able to breathe easily, and hearing a high pitch sound while breathing. Most students use an inhaler to dilate the bronchial tubes for immediate relief of the EIA episode. A preventive measure that some students take is using their inhaler prior to any activity.

Having these episodes can be scary but definitely manageable if we are aware of the condition and have the student's rescue device available. To learn more about Exercise-Induced Asthma, [click here.](#)

Check out this video  
About Exercising with  
Asthma!  
[Click here](#)



Can emotions trigger asthma? Yes!  
The emotion itself doesn't cause the asthma attack but the changes in breathing can. [Click here](#) to find out more about emotions and asthma.

## Tips to give your mental health a boost!

- Journal some accomplishments and things in which you are grateful.
- Drink that cup of green tea or coffee.
- Plan a vacation.
- Make yourself laugh out loud.
- Make yourself smile.
- Take some time and enjoy being outside on those warm sunny days.
- Try something new.
- Try to find a positive in a negative situation.
- Meal prep.
- Eat foods high in omega-3s.
- Take a walk.
- Eat dark chocolate.



For an explanation of these tips and more  
[Click here.](#)