



Blood Institute in a letter to parents in its Star Sleeper website focused on children and sleep. (The web address is at the end of the story.) Yet sleep could be considered the "Rodney Dangerfield" of health habits, never seeming to get the respect it deserves.

This seems to be changing, with new research on sleep's impact on health appearing regularly in the news.

For example, a recent American Academy of Sleep Medicine story reported youths who sleep less during the school week are more likely to be overweight.

Research at the University of Texas Health Science Center in Houston pointed out the negative impact of chronic insomnia on 11- to 17-year olds, and noted insomnia is linked to future physical and psychological problems among adolescents.

It also has been linked to Attention Deficit Hyperactivity Disorder and traffic accidents.

The issue of sleep deprivation also has become important enough for the Centers for Disease Control and Prevention (CDC) to launch a website dedicated to sleep and public health late last year. (This website link, and other helpful resources, are listed at the end of this article.)

Even more recently, sleep deficiencies have been linked with eating disorders, particularly anorexia.

Craig Johnson, Ph.D., director of the eating disorders program at Laureate Psychiatric Hospital in Tulsa, Oklahoma, and a long-time leader in the eating disorders field, was in Orlando recently and discussed this link at the International Association of Eating Disorders Professionals symposium.

While polls show many Americans are sleep deprived, the impact is perhaps greatest on young people.

Dr. Johnson notes

- Pediatric sleep disorders affect 25 to 40 percent of children and adolescents
- 14 percent of teens are late to school as a result of sleep difficulties
- 28 percent of high school students fall asleep in school

What makes this so dangerous is that childhood sleep difficulties are a strong predictor of the onset of anxiety disorders in adolescence.

Johnson, who spoke about the importance of parents "taking back the night" and making sleep a priority for children, notes the connection between sleep and anorexia has been previously overlooked.

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## Tips for Avoiding Summer "Brain Drain" in Your Kids

Summer time is vacation time, but it doesn't mean the brain has to take one too. It is an ideal time to enrich experiences and stimulate higher order thinking among children and teens, says Dr. Linda Karges-Bone, professor at Charleston Southern University School of Education, who earlier this school year spoke with local parents about raising brighter children.

Here are her ideas on how to avoid summer brain drain.

1. Read. There's nothing proven to be more effective than reading to stimulate neural growth, build language fluency, and help to raise standardized test scores, whether it is the SAT, ACT, or FCAT. Younger kids respond well to summer reading programs sponsored by libraries.
2. Take day trips as a family.
3. Limit television and Internet time. The research stacks up showing increased obesity and lower test scores among TV and Internet junkies. Lock the darn things down if you have to and kids will find something else to do...even read.
4. Give kids a task to complete that has tacit educational value. Here are some ideas:
  - Scrapbook a memory of a family vacation
  - Take responsibility for shopping and cooking for one meal per week
  - Write forgotten thank-you notes for all of the birthday and graduation gifts from the past six months

9. Puzzle Power. We were amazed at how our teens spent hours in the evening doing puzzles on the deck when there was no cable TV at our vacation spot. Jigsaw puzzles and crossword puzzles satisfy the brain and can be done individually or in small groups.

10. Take the time for a tutor, especially if your child or teen has had a poor school year.

Summer brain drain is a risk that can be avoided with a little planning and ingenuity, says Dr. Bone. But don't over do it, or you will ruin the teachable moments. Learn more about Dr. Karges-Bone at [www.educationinsite.com](http://www.educationinsite.com)

## Plan Ahead for School and Sports Physicals

It's never too early to plan ahead for school and sports physicals your children may need before the start of the next school year.

Through the two Student Health Centers supported by the Winter Park Health Foundation, pediatric nurse practitioners provide these services for free, which are aimed at all students who attend schools within the Winter Park Consortium of Schools and whose families don't have adequate health care coverage or access to a health care provider for their children. (The Consortium includes Winter Park High School and its elementary and middle feeder schools.)

The Student Health Center at Winter Park High School, 2100 Summerfield Rd., Winter Park, FL 32792, will offer free physicals and treat illnesses Monday-Friday beginning July 14. To schedule visits, which are by appointment only, call 407-622-3200, ext. 2201.

**Student Health Center at Winter Park High School Monday-Friday beginning July 14**

**Student Health Center at Glenridge Middle School Monday-Friday beginning August 11**

Between July 14 and August 11, the Student Health Center at Winter Park High will serve families from all Consortium schools.

Beginning August 11, the Student Health Center at Glenridge Middle School, 2900 Upper Park Rd., Orlando, FL 32814, will be open and available for appointments. At that time, the Student Health Center at Winter Park High will primarily serve high school students and the Student Health Center at Glenridge will serve students from all other schools. To schedule a visit at Glenridge Middle School call 407-623-1415, ext. 256



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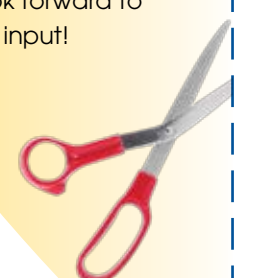
and suggestions. Your child's school will receive \$1 for each returned survey, to be used for healthy school activities.

CYI programs include the School Nursing Initiative (SNI), Student Health Centers, the CHILL program and Healthy School Teams.

In addition, WPHF produces the Healthy Kids Today newsletter sent home to the families of students three times a year. Additional health news, updated weekly, and more complete information about CYI programs, can be found on the website developed and maintained by WPHF-- [www.healthykidstoday.org](http://www.healthykidstoday.org)

Please take time to complete the survey and return it to your child's school before the last week of school. Please complete no more than one per family per school. If you would prefer, you can take the survey online by going to [www.healthykidstoday.org](http://www.healthykidstoday.org) and clicking on the link provided.

We look forward to your input!



## Coordinated Youth Initiative Questionnaire

### DEMOGRAPHICS

How many children do you have that attend elementary school in the Winter Park Consortium?

What school do they attend?

- Aloma Elementary
- Audubon Park Elementary
- Brookshire Elementary
- Cheney Elementary
- Dommerich Elementary
- Hungerford Elementary
- Lake Sybelia Elementary
- Lakemont Elementary

1. Are you aware that there is a licensed nurse in the school health room everyday of the school year? (not applicable for Dommerich Elementary) Please check responses.
  - YES  NO
2. If YES, has your child accessed the service of the school nurse this past year?
  - YES  NO  DON'T KNOW
3. If YES, please check all the reasons your child was seen by the nurse:
  - Illness
  - Injury
  - Routine Medication
  - Other (fill in) \_\_\_\_\_

4. If YES, please rate your satisfaction with the services your child received:
  - Very satisfied
  - Somewhat satisfied
  - No opinion
  - Somewhat dissatisfied
  - Very dissatisfied

### STUDENT HEALTH CENTERS

1. Are you aware that there are two Student Health Centers staffed by pediatric nurse practitioners located at Winter Park High School and Glenridge Middle School? Please check responses.
  - YES  NO
2. If YES, are you aware that the health care professionals at the Student Health Centers provide the following medical services free of charge to students attending any of the Winter Park Consortium schools?
  - School Physicals
    - YES  NO
  - Sports Physicals
    - YES  NO
  - Diagnosis and treatment of common childhood illnesses
    - YES  NO
  - Health maintenance care for children, including well child examinations
    - YES  NO

- Routine developmental screenings
    - YES  NO
  - Prescription writing
    - YES  NO
3. If YES, has your child or any member of your family received care at one of the Student Health Centers this past year?
    - YES  NO

4. If YES, please check all the reasons that apply to your child's visit(s) to the Student Health Center:
  - Sports Physical
  - School Physical
  - Illness
  - Injury
  - Well Child Visit
  - Developmental Screening
  - Prescription Writing
5. If YES, please rate your satisfaction with the services you received:
  - Very satisfied
  - Somewhat satisfied
  - No opinion
  - Somewhat dissatisfied
  - Very dissatisfied

6. Where did your child go for care before the Student Health Center? Please check all that apply.
  - The Emergency Department
  - Other Clinic
  - Doctor's Office
  - Nowhere

### CHILL-Community Help & Intervention in Life's Lessons

1. Are you aware that there is a licensed clinical social worker or mental health counselor on campus (the CHILL Counselor) who provides free counseling services to students and their families?
  - YES  NO
2. If YES, has your child or any family member utilized the services of the CHILL counselor this past year?
  - YES  NO
3. If YES, please rate your satisfaction with the counseling services.
  - Very satisfied
  - Somewhat satisfied
  - No opinion
  - Somewhat dissatisfied
  - Very dissatisfied
4. Have you or your child attended a CHILL presentation/educational session this past year?
  - YES  NO  DON'T KNOW