



SOMETHING TO

# TALK about

## Sports Injuries

Sports injuries are a very common reason to have to pay a visit to the school nurse's office. The bumps, scrapes, and bruises you get from all of that running, jumping, skipping, and bumping, can lead to a one hour visit.

Although school sports can be very fun and exciting, they can also be very dangerous. Whether it's softball, basketball, swimming, volleyball, or games in gym class, injuries are bound to happen.

1. **KNEE INJURIES.** Joints, especially the knee, are

problematic for young adolescents, as these areas get stressed during growth stages.

2. **ANKLE SPRAINS.** Whether they are slight or severe, ankle twists and sprains can be found on virtually any sports team during any season.

3. **STRAIN/OVERUSE INJURIES.** Problems such as shin splints and tendinitis, both highly common, arise when athletes chronically irritate a given part of the body.

4. **STRESS FRACTURES.** This is the biggest overuse injury

seen, especially with basketball players and cross country/track and field athletes.

5. **CONCUSSIONS.** Maybe the hottest topic in high school athletics right now, concussions involve having the brain violently shaken.



## I Will Try This

The sweet potato is a very healthy super food and is well liked by children because of it's sweetness. It has been said that they have an amazing ability to keep your teeth healthy and strong, as well as helping to fight colds and flu due to it's high amounts of vitamins and iron. It has also been said that sweet potatoes help build healthy bones, nerves and heart and can help to heal scratches or wounds often faster and even keeps your skin soft and moist.

Believe it or not, sweet potatoes are considered a mood food because it has the ability to help you feel better if you are feeling down. With such qualities you can't go wrong with eating such a tasty sweet treat They also make great pies so dig in and enjoy this super food.



# did you KNOW?

The acid in your stomach is strong enough to dissolve razor blades.

Nerve impulses to and from the brain travel as fast as 170 miles per hour.

The human heart creates enough pressure to squirt blood 30 feet.

There are as many hairs per square inch on your body as a chimpanzee.

Though it makes up only two percent of our total body weight, the brain demands 20 percent of the body's oxygen and calories.

What are the 10 human body parts that are only three letters long?

Answers: eye, ear, leg, arm, jaw, gum, toe, lip, hip, and rib.

## School Nurses Rock!

School nurses have been around since the 1800s and have made a difference in a lot of ways. A school nurse takes care of students during school hours in the case of sports injuries, illness, and other minor medical situations.



The school nurse also teaches students, school staff and parents about health and safety. School nurses have to carry great skill in health related issues in order to help those in attendance. The nurse also

takes a guidance role as the supervisor of all the following school health programs:

- Health Counseling
- Environment Health
- Health Teaching
- Health Care

Having a school nurse is awesome and makes both staff and students feel much more safe. School nurses are very important to our school environment and play a significant role in having a happy day.

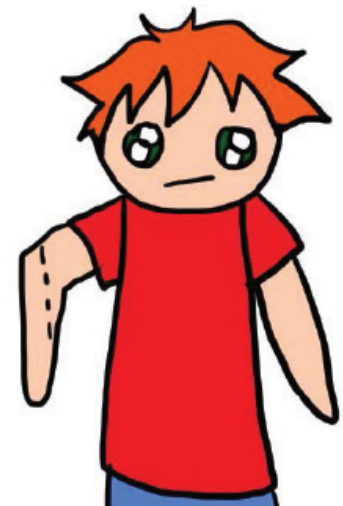
## Little Medical School Word of the Month

### Suture

Suture (SOO-cher)

A suture is special string used by surgeons and other doctors to sew tissues and skin together.

Without suture, the cut or wound would not heal properly.



Little Medical School® brings medicine, science, and the importance of health to children in an entertaining, exciting, and fun way!