



CV HEALTH

Central Valley School District

October 2009

October 11th is National Mental Health Screening Day!

Symptoms of depression in children include:

- Persistent irritability or sadness
- Loss of interest in favorite activities
- Difficulty sleeping
- Difficulty concentrating
- Significant change in appetite or body weight

Depression is not only an adult problem. If your child exhibits these symptoms, make an appointment with his or her pediatrician.

Did you know?

- * Pumpkins have tons of carotenoids that neutralize cell-killing free radicals in your body
- * Eating a small amount of dark chocolate daily can help reduce cholesterol
- * Laughter (like at funny costumes!) reduces the level of stress hormones in the body

Have a Safe Halloween!

Halloween is many kids' favorite holiday, and rightly so. Who wouldn't want to play dress up while eating free candy? However, kids sometimes fail to see the danger in some aspects of the holiday. Follow these tips, and the whole family will have fun!

First, make sure the costume itself is safe. Make sure the material is fire-proof, because many houses decorate for trick-or-treat with candles. Any eye holes in masks should be large enough that kids can see well both peripherally and straight ahead. Also, if your child is carrying a weapon like a fake sword, buy one with a dull tip, and teach your child not to hit

other kids with it.

On the night of trick-or-treat, only older children should be allowed to go without adults, and they need to go in a group, not alone. Set a definite curfew and enforce it. Give your child a flashlight or glowstick to make him visible to traffic, and instruct him to go only to familiar houses in your neighborhood. He should stay in well-lit areas and never take an unknown path. Know exactly what route your child will take.

As for the candy, well, of course your kid will eat a bunch; just try to make sure he doesn't eat the whole bucketful that night!



Limit your child's intake of sugary candy.

Nothing should be eaten until you've inspected it. If the wrapping is torn or the treat just doesn't seem right, throw it away.

By taking a few cautionary steps, Halloween can be a blast for the whole family. Be safe and have fun!

Mark your calendars for the 2009 Beaver County Start! Heart Walk

Save the date! Saturday, October 3rd from 9:00 a.m. to 1:00 p.m. is the Beaver County Start! Heart Walk for the American Heart Association at the Gazebo in downtown Beaver. It is the American Heart Association's signature fund-

raising event, and one that will take place in hundreds of locations around the country. This family-oriented activity aims to promote physical activity and celebrate our efforts in fighting cardiovascular disease on a day-to-day

basis. Proceeds from the event help fund many aspects of cardiovascular care, including life-saving research. So bring your family, friends, and neighbors for a fun, healthy day!