

HAWKS HEALTH

Health and Wellness News from the West Tisbury School

June 5, 2020

IMPORTANT NEWS FROM KRISTINE

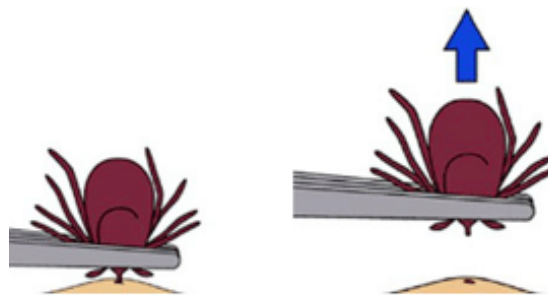
Let's Talk About Ticks!

Tick season is in full swing. One of the most important things you can do is check yourself for ticks once a day. Favorite places ticks like to go on your body include areas between the toes, back of the knees, groin, armpits, and neck, along the hairline, and behind the ears. Remember to check your children and pets, too. Remove any attached ticks as soon as possible.



HOW TO REMOVE A TICK

1. USE FINE-TIPPED TWEEZERS TO GRASP THE TICK AS CLOSE TO THE SKIN'S SURFACE AS POSSIBLE.
2. PULL UPWARD WITH STEADY, EVEN PRESSURE. DON'T TWIST OR JERK THE TICK; THIS CAN CAUSE THE MOUTH-PARTS TO BREAK OFF AND REMAIN IN THE SKIN. IF THIS HAPPENS, REMOVE THE MOUTH-PARTS WITH TWEEZERS. IF YOU ARE UNABLE TO REMOVE THE MOUTH EASILY WITH CLEAN TWEEZERS, LEAVE IT ALONE AND LET THE SKIN HEAL.
3. AFTER REMOVING THE TICK, THOROUGHLY CLEAN THE BITE AREA AND YOUR HANDS WITH RUBBING ALCOHOL OR SOAP AND WATER.
4. NEVER CRUSH A TICK WITH YOUR FINGERS. DISPOSE OF A LIVE TICK BY PUTTING IT IN ALCOHOL, PLACING IT IN A SEALED BAG/CONTAINER, WRAPPING IT TIGHTLY IN TAPE, OR FLUSHING IT DOWN THE TOILET.



STUDENT SUPPORT WITH MOLLY & GRAHAM

Dear West Tisbury School Community,

During this extraordinary time, which is loaded with an unimaginable combination of challenges, we want to affirm our solidarity with George Floyd, his family and people of color. There is no room in our value system to justify what recently happened to Mr. Floyd, and countless others before him.

Many of us here on the island and across the country are hurting right now. This pain manifests itself in a variety of ways. Young and old people alike are reporting feelings of stress, anger, despair, confusion, grief, helplessness and other emotional states that can be very difficult to process. Action steps we can take now are to acknowledge this event, establish a rapport, be honest, listen and search for practical solutions.

To this end, I'd like to offer the opportunity for our fifth through eighth graders to come together to talk, listen and process in grade-level meetings. There are innumerable layers related to systemic racism, police brutality and civil unrest. Instead of focusing on these specific dynamics, the purpose of these groups is to have an open conversation and give students a venue to be seen and heard; the format is informal, such as a family conversation might be.

If your student has an interest in attending a meeting, then please email me directly and I will pass along a Zoom invite. Meetings will be in the afternoon to prevent conflicts with other learning opportunities. Also, at the bottom of this email please see two resources to help parents discuss these topics with kids. Please reach out with any questions you may have. Thank you.

 fowl language comics



As always,
Graham

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Additional Resources:

[Teaching Tolerance "Beyond the Golden Rule"](#)

[NPR: "Talking Race With Young Children"](#)

Annemarie Ralph will be leading a book discussion group about *The Hate You Give* by Angie Thomas. If you would like more information or would like to participate, please email Annemarie at araph@mvyyps.org



TRANSITIONS

We hear that life is a series of transitions, one after another, but this spring of 2020 seems especially plump with transitions.

There was the unwanted transition from actual school to remote learning. We all had to learn how to Zoom, and use Google Classroom and Seesaw, and a few other platforms.

Then it was the transition to empty streets and social distancing.

Now we are transitioning to visitors returning to the Island and how do we navigate all that?

We've had a lot to chew on, a lot to swallow during all this transitioning. Now there are the 8th graders transitioning to the high school, our incoming kindergarteners transitioning from home to school for the first time, and our Chilmark friends about to transition to the West Tisbury sixth grade, and that's just to name a few.

So much seems different. We are not doing what is familiar, what has been common and predictable for I don't know how many years. While it's disappointing for many, I know that this spring is one we are all going to remember vividly because it has been so different.

This mandatory moment of countless transitions will be an opportunity for all us to regroup, reassess and figure out what's really important.

When I ask kids to tell me something positive about being quarantined, they invariably tell me they have enjoyed spending more time with family, Zooming with cousins and going for walks. Going for walks, do you hear that? I can't remember the last time a child told me they liked going for walks.

Even though all this transitioning has had its challenges and difficulties, I think we have learned important lessons, and we will learn even more as we navigate through these uncharted waters. We will look back and marvel at ourselves. After all, hindsight is 2020.

- Molly

HEALTH & WELLNESS TIPS FROM LAURA

Healthy Frozen Ice Pops

Ingredients:

- 4 cups orange juice
- 1/4 cup honey
- 1 cup plain Greek yogurt
- 2 teaspoons orange zest (from about 1 large orange)
- 1 1/2 teaspoons pure vanilla extract
- Kosher salt



*Orange
juice has lots
of Vitamin
C!*

1. Bring the orange juice and honey to a simmer in a wide saucepan, whisking occasionally, over medium-high heat. Cook until reduced to 2 cups, about 25 minutes. Let cool completely.
2. Add the orange-honey mixture, yogurt, orange zest, vanilla and a pinch of salt to a blender and puree until smooth.
3. Pour into pop molds. Freeze until set, at least 4 hours or overnight.
4. To serve, take a pop from the freezer, run it under warm water and unmold.

We are here for you!

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&
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