

April 2008

Congratulations to the 32 HCS teachers who received Coordinated School Health Mini Grants!! Keep up the great work promoting health in your classrooms and schools.

April 28–May 2 will be Tobacco Use Prevention Week in our middle schools. Be sure to watch for slogans created by our middle school students on the marquis at Pal's as well as two billboards on Highway 66 and Highway 11W starting May 5th. Funding for Tobacco Use Prevention Week was made possible through a grant received by the TN Dept of Health.

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# Coordinated School Health HCS Staff Wellness Newsletter



## Allergy Proof Your Yard

36 Million Americans have seasonal allergies. If you are among this tissue-clutching crew, try these simple tips so that you too, can enjoy your yard:

1. Mow Low. Trim the lawn more often to keep it short (about 2 inches) and you'll lop off the tops of the leaves of grass before they produce flowers and pollen. If you have exceptional allergies, ask someone else to mow.
2. Crowd out the worst offenders. Fertilize your lawn to grow thick grass that chokes out highly allergenic weeds such as nettle, annual bluegrass, and dandelion.
3. Pick the right time for yard work. Pollen levels are highest on warm, dry, windy days. Good times for yard work are an hour after a long, soaking rain, or when the pollen index is low in your area.
4. Protect your skin. When possible, wear long sleeves and pants while gardening or cutting grass. If you are allergic to the pollen that touches your skin, it can cause swelling, redness, or rashes.
5. Wear shades and carry saline eyewash. If pollen comes in contact with your eyes, it can make them itch and tear.
6. Clean yourself up. After finishing with the flower beds and lawn, remove any clothing that might have come into contact with pollen, and then shower to rinse away any pollen in your hair or on your skin.