

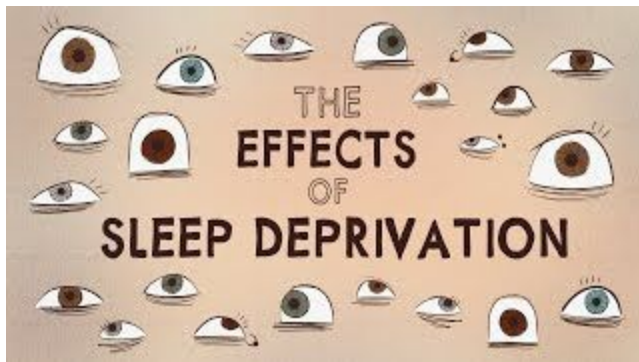
ARE YOU AND YOUR CHILD GETTING ENOUGH SLEEP?

Not getting enough hours of sleep or getting sleep that is interrupted for various reasons is an increasingly common phenomenon; and becoming more so for children and adolescents too. In the United States, it's estimated that 30 percent of adults and 66 percent of adolescents are regularly sleep-deprived. After school activities and commitments that leave dinner, homework and sleep until far too late are common culprits. Devices that sit by the bed and interrupt our sleep are also to blame, as is anxiety; an alarmingly common state of unease and agitation that I, and my professional peers are seeing more and more of at the Elementary level. Below is a very short video I thought you would be interested in with some information I think you'll be shocked to discover. The second link is to a fascinating research article that just came out about sleep deprivation and the effect that has on brain cell activity.

[What would happen if you didn't sleep](#)

[Study reveals sleep deprivation disrupts brain-cell communication](#)

[Preview YouTube video What would happen if you didn't sleep? – Claudia Aguirre](#)



What would happen if you didn't sleep? – Claudia Aguirre

REMOVE SOCIAL STIGMAS AND TREAT LICE

Head lice is a common issue among children and adults. While it can be very frustrating, time consuming and sometimes costly to treat, it can be resolved and prevented. It's typically spread head-to-head with someone who has an active case (live crawling insects). No one gets lice by simply being in the same room as someone else or shaking their hand.

Lice can be dealt with much more effectively when it is known that there is an infestation. Head lice is not a sign of poor hygiene nor is it a sign of poor parenting. It's easier to let other parents know your child has lice when you understand it is no reflection whatsoever on your parenting. So let's work together to remove the social stigma, break the cycle and be proactive. If there's a head lice infestation in your child's class, take precautions and check your child's head each night and hold off on sleepovers for a while. For more information on lice and how to prevent a spread, visit [cdc.gov](https://www.cdc.gov).

ANXIETY – HEALTHY OR UNHEALTHY?

Anxiety is on the rise nationally. St. Anthony students are no exception. In the last 4-5 years we have seen a troubling increase in anxiety and anxiety related issues at St. Anthony. Other School Counselors in the Archdiocese have noticed this trend also. Anxiety, worry and fear of the unknown are healthy, productive feelings at certain appropriate moments in a person's life. For some adults and children though, anxieties and fears are overwhelming and persistent. Below is a wonderfully simple infographic that helps to explain healthy and unhealthy amounts of anxiety and how the body handles both. The second link is to a recent podcast you might enjoy listening to about teen anxiety.

[Anxiety Infographic](#)

[Teen anxiety on the rise Podcast](#)

NATIONAL FAMILY CAREGIVER MONTH

November is National Family Caregiver Month, when we show appreciation for volunteers and family members who support our loved ones, friends and neighbors with their health or disabilities. Like many of us, they juggle family life, work and caregiving. Join us as we celebrate the contribution of caregivers and find better ways to support them as they care. On November 21, The National Alliance for Caregiving will release a new toolkit for people who are caring for someone with a mental illness. For more details, visit [caregiving.org](https://www.caregiving.org).