

### In This Issue:

- **Straight Talk - Warts!**
- **Recipe - Cashew Chicken Stir-fry**
- **Brain Health - Exams? Huh? What are those?**
- **Teen Drug Abuse - What You Need To Know!**

## Straight Talk - Warts!

### What are they and how can they be treated?

Warts are noncancerous rough bumps that form on the skin. They develop when the human papilloma virus, or HPV, enters a cut or break in the skin and causes infection. Many children, teens and adults can get warts. Wart types vary depending on the affected body part and can be found on hands, feet, face and genitals. They are very contagious and can be spread from person to person or from different parts of the body through:



- Direct contact with a wart
- Touching something contaminated with the virus
- Sexual intercourse (genital warts)
- Nail biting and cuticle picking
- Shaving

There's really no way to prevent warts, however you can lower your risk of picking up the virus, or stop warts from spreading by taking these steps:

- Avoid shaving over a wart
- Break the habit of biting your nails, or picking at cuticles
- Don't share towels, washcloths, clothing, nail clippers, razors or other personal items
- Don't touch another person's wart
- Get the HPV vaccine and use condoms to prevent genital warts
- Keep your feet dry to prevent the spread of plantar warts
- Try not to scratch, cut or pick at a wart
- Wear footwear when using a public locker room, pool area or showers

Warts often go away on their own after your immune system fights off the virus, but because warts can spread, cause pain, and can be unsightly, your doctor or nurse practitioner may recommend treatment. Some treatment options include at home wart removal, in clinic freezing, immunotherapy, laser treatment or topical medicine.

### Liquid nitrogen, a form of freezing, is now available at the SRSS Health clinic for any warts.

For more information on how to treat warts, or if you need a wart treated, contact the SRSS Health Clinic for an appointment today!

- Adapted from [my.clevelandclinic.org](http://my.clevelandclinic.org)

## Recipe - Cashew Chicken Noodle Stir Fry

[www.dontgobaconmyheart.co.uk](http://www.dontgobaconmyheart.co.uk)



### Cashew Sauce

- ¼ cup packed cashew butter
- 3 - 4 tbsp water
- 2 tbsp dark soy sauce
- 1 tbsp packed brown sugar
- 1 tbsp rice vinegar
- 2 tsp sesame oil
- 1 large clove of garlic finely minced
- ¼ tsp chilli flakes or to spice preference

### Chicken Noodles

- 2 boneless skinless chicken thighs thinly sliced
- 100 g dried noodles
- 1 cup shredded /finely sliced cabbage
- 1 cup beansprouts
- ½ cup whole cashews
- 2 large spring onions thinly sliced
- 1 large carrot thinly sliced into matchsticks
- 1 tsp vegetable oil

### Directions:

- In a small mixing bowl add cashew butter, soy sauce, rice vinegar, brown sugar, sesame oil, garlic, chilli flakes and water. Whisk until smooth. It'll split at first, then it will come together.
- Cook noodles to packet instruction. Season sliced chicken with a pinch of salt and pepper.
- Heat up 1 tbsp oil in a wok or pan over high heat. Add in cashew nuts and fry for a few mins until deep golden. Remove from the pan and leave the oil in there. Add in chicken and fry until every part turns from pink to white. Add in carrot and cabbage and continue to fry until they soften slightly.
- Turn heat down to medium and add drained noodles with the cashew sauce. Toss until coated (add more water if needed to loosen the sauce) Add most of the cashews and spring onion and all of the beansprouts. Toss until everything is combined. Add spring onion to garnish if desired.



SRSS HEALTH CLINIC

Email: [healthclinic@hsd.ca](mailto:healthclinic@hsd.ca)  
Text: 204-392-0282  
Phone: 204-326-6426 Ext. 5338



Brenda Schoenborn  
Nurse Practitioner



Christy Seniuk  
Nurse Practitioner



Shauna Doerksen  
School Social Worker



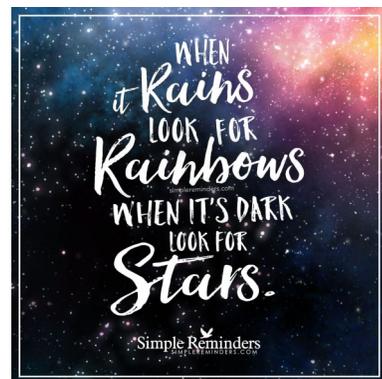
Vicki Fehr  
School Social Worker



Lisa Savoie  
School Social Worker



Gail Bryant  
Mental Health Clinician



Andrea Gingerich  
Public Health Nurse



Shannon Paterson  
Shared Health Counselor



Rebecca Rempel  
Registered Dietitian



Janell Pearson  
Registered Dietitian



Laura Kehler  
Reception

### Virtual Phone/Video Appointments Available!

Virtual phone/video appointments are available to Hanover School Division students who have a health concern and are unable to get to the Health Clinic in person. Contact us today for more information or to book!





## EXAMS??? - Huh? What are those?

**With the end of Semester 1 upcoming, are you hearing this word, 'exam' being tossed around?**

For most students, due to the COVID19 Pandemic, this will be a new and foreign concept as you will not have experienced this before. Don't panic. You are not alone. This is true for your peers and many other students across the country.

This idea of an exam may likely cause some anxiety or heightened emotional response. This is normal and expected. It is something new and therefore can be hard to know what to expect. Exams are only ONE method of evaluating and learning what you have acquired in your course. All of the activity and learning that you have done thus far, counts as well. Many students experience increased stress and worry with exams.



*Take a deep breath, because there are tips and strategies to keep in mind that can help you cope and manage through this.*

Some possibilities to consider and be mindful are:

- **Get regular quality sleep leading up to the exam.** Adequate rest helps our brain retain information and learning.
- **Maintain regular eating habits.** Your body needs nutrition to help fuel you and provide you with the energy needed to concentrate and focus.
- **Be aware of procrastination** and what things get in the way of you making time for preparation and studying. Plan ahead for potential "pitfalls" and "time suckers" and do some problem solving in advance.
- **Use an organizer, calendar or your smartphone** to keep track of exam dates and set blocks of time for homework and studying.
- **Ask for help early** and develop a plan with a teacher, study buddy or parents or other adult for support with studying. Ask for what you need to help you lower your stress and anxiety.
- **Develop a coping ahead plan** for the stress that will inevitably come. What things help you feel calm and relaxed? What help you relieve stress? Plan to incorporate these things into daily routines now and KEEP DOING THEM!
- **Make sure to celebrate the success of finishing exams by doing something just for you!** Go to the movies, get your favorite take-out or plan something to do with friends.

Remember that in the grand scheme of things, an exam is only one way of demonstrating learning and not THE ONLY WAY.

*- Contributed by: Shauna Doerksen, Vicki Fehr and Lisa Savoie, School Social Work Clinicians*

## Teen Drug Abuse - What You Need To Know!

### Preventative Strategies

*Consider these strategies to help prevent teen drug abuse:*

- **Know your teen's activities.** Pay attention to your teen's whereabouts. Find out what adult-supervised activities your teen is interested in and encourage him or her to get involved.
- **Establish rules and consequences.** Explain your family rules, such as leaving a party where drug use occurs, and not riding in a vehicle with a driver who's been using alcohol or drugs. If your teen breaks the rules, consistently enforce consequences.
- **Know your teen's friends.** If your teen's friends use drugs, your teen might feel pressure to experiment too.
- **Keep track of prescription drugs.** Take an inventory of all prescription and over-the-counter medications in your home.
- **Provide support.** Offer praise and encouragement when your teen succeeds. A strong bond between you and your teen might help prevent your teen from using drugs.
- **Set a good example.** If you drink, do so in moderation. Use prescription drugs as directed. Don't use illicit drugs.

### Recognizing the warning signs of teen drug abuse

*Be aware of possible red flags, such as:*

- Sudden or extreme change in friends, eating habits, sleeping patterns, physical appearance, coordination or school performance
- Irresponsible behavior, poor judgment and general lack of interest
- Breaking rules or withdrawing from the family
- The presence of medicine containers - despite lack of illness, or drug paraphernalia in your teen's room

### Seeking help for teen drug abuse

*If you suspect or know that your teen is experimenting with or misusing drugs:*

- **Talk to him or her.** You can never intervene too early. Casual drug use can turn into excessive use or addiction and cause accidents, legal trouble and health problems.
- **Encourage honesty.** Speak calmly and express that you are coming from a place of concern. Share specific details to back up your suspicion. Verify any claims he or she makes.
- **Focus on the behavior, not the person.** Emphasize that drug use is dangerous but that doesn't mean your teen is a bad person.
- **Check in regularly.** Spend more time with your teen, know your teen's whereabouts, and ask questions after he or she returns home.
- **Get professional help.** If you think your teen is involved in significant drug use, contact your physician or nurse practitioner, counselor or other health care provider for help.
- **Join a Parent Intervention Program (PIP).** PIP is a group session for parents/guardians who are concerned about their youth's use of alcohol and/or other drugs. PIP will strengthen your understanding as to how a teen's use affects others in their lives and helps adults consider different strategies that may assist and support them in making healthier choices.

*Hanover School Division has a Shared Health (formerly Addictions Foundation of Manitoba) counsellor, Shannon Paterson available to discuss any questions or concerns you or your teen may have about alcohol and other drugs, and provide information on PIP.*

*Feel free to connect with her by calling 204-326-6426 ext.5338.*