

Eating Disorder Signs and Symptoms Specific to a School Setting

Nathan Hale Middle School
5220 W. 135th St.
Crestwood, IL 60445

Phone: 708-385-6690

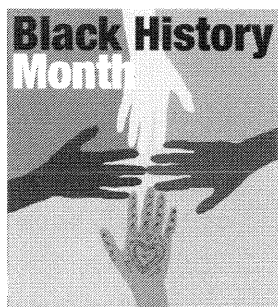
Fax: 708-385-2417

Editor's E-mail:

mmitchell2@district130.org

Serving the Communities of

Alsip Blue Island Crestwood Robbins



February is Black History Month

During adolescence, young people often experience sudden variations in height and weight. For example, girls can gain an average of 40 pounds (lb.) from age 11 to 14—and that's normal. A girl or boy who puts on weight before having a growth spurt in height may look plump, while a student who grows taller but not heavier may appear rather thin. The points outlined below are not necessarily definitive signs or symptoms of an eating disorder—only an expert can diagnose. Be concerned if a student consistently shows one or more of the signs or symptoms listed below.

Emotional

- Change in attitude/performance
- Expresses body image complaints/concerns: being too fat even though normal or thin; unable to accept compliments; mood affected by thoughts about appearance; constantly compares self to others; self-disparaging; refers to self as fat, gross, ugly; overestimates body size; strives to create a "perfect" image; seeks constant outside reassurance about looks
- Talks about dieting; avoids nutritious foods because they are "fattening"
- Is overweight but appears to eat small portions in presence of others
- Appears sad/depressed/anxious/expresses feelings of worthlessness
- Is target of body or weight bullying
- Spends increasing amounts of time alone
- Is obsessed with maintaining low weight to enhance performance in sports, dance, acting, or modeling
- Overvalues self-sufficiency; reluctant to ask for help

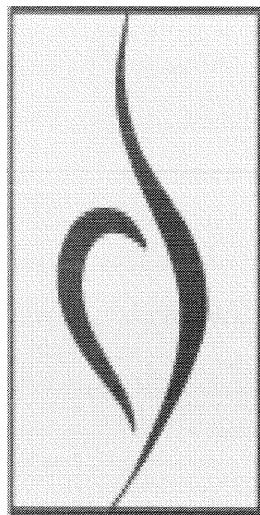
Physical

- Sudden weight loss, gain, or fluctuation in short time
- Abdominal pain
- Feeling full or "bloating"
- Feeling faint, cold, or tired
- Dry hair or skin, dehydration, blue hands/feet
- Lanugo hair (fine body hair)

Behavioral

- Diets or chaotic food intake; pretends to eat, then throws away food; skips meals
- Exercises for long periods; exercises excessively every day (can't miss a day)
- Constantly talks about food
- Makes frequent trips to the bathroom
- Wears very baggy clothes to hide a very thin body (anorexia) or weight gain (binge eating disorder); or hide "normal" body because of disease about body shape/size
- Is fatigued; gets dizzy
- Avoids cafeteria
- Carries own food in backpack or purse
- Shows some type of compulsive behavior
- Denies difficulty

NationalEatingDisorders.org



NEDA

National Eating Disorders
Awareness Week

February 26-March 3, 2012

Resource:

<http://www.nationaleatingdisorders.org/uploads/file/ETK%20A05%20signs%20symptoms.pdf>



NHM Counseling News

Help Hale Middle School Raise Money for the Fight Against Blood Cancers Olive Garden's Pasta for Pennies Campaign

Cook County School District
130

Volume 1 Issue 4

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Olive Garden's Pasta for Pennies is all about making change that makes a difference. Olive Garden's Pasta for Pennies is a service learning, character education and philanthropy program that gives students a unique experience making a difference through teamwork. In this case, working together to aid thousands of children and adults in the fight against blood cancers like leukemia.

Nathan Hale Middle School students and staff have been participating in making a difference this year through monetary donations. From January 9-27, students and staff collected money to donate to the Leukemia & Lymphoma Society. The homeroom with the highest amount collected will receive a catered lunch from Olive Garden restaurant.

It is not too late to contribute to the cause. Please visit our donation page and make a contribution. Share the link with employers and friends.

School Donation Web Page
<http://il.sy.illsevent.org/NathanHaleMiddleSchool>



Special points of interest:

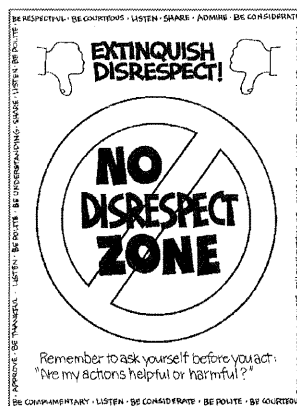
- Ⓢ After School Programs through Metropolitan Family Services begin January 24
- Ⓢ Report Cards Distributed January 27
- Ⓢ Parent/Teacher Conferences January 30
- Ⓢ National Eating Disorder Awareness Week February 26 -March 3

Second Step Lessons on Disrespect

Students in all grade levels have had classroom lessons in December and January on how to disagree respectfully. Student were able to practice different scenarios on how to disagree respectfully. Students were taught the following respectful disagreement skills.

Respectful Disagreement Skills

- Keep calm
- Use active listening
- Consider the other person's perspective
- Explain your perspective clearly
- Act nonjudgmentally



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