

Aimee M. Garrett, MSN, RN 505-634-3405
Sabina Holguin-Macias, HA 505-634-3498
Shandiin Armstrong, Athletic Trainer



According to the U.S. Department of Health and Human Services' (HHS) Healthy People 2030 initiative, health literacy involves the information and services that people need to make well-informed health decisions. Health literacy is defined as the degree to which individuals have the ability to find, understand, and use information and services to inform health-related decisions and actions for themselves and others. Nearly 9 out of 10 adults struggle with health literacy having trouble remembering, understanding, and using health information. Low health literacy skills lead to poor health outcomes, medication errors, mismanagement of chronic medical diseases, and overlooking preventative services. Promoting health literacy improves health outcomes, as well as healthcare safety and quality. At the same time, it reduces health disparities and healthcare costs. (Source: U.S. Department of Health and Human Services, Office of Disease Prevention and Health Promotion. Healthy People 2030: Health Literacy in Healthy People.) For more information on how to promote and support awareness for Health Literacy Month, please scan the QR Code above.



HEALTH LITERACY MONTH
Building Awareness Through Action

NATIONAL BULLYING PREVENTION MONTH

Since 2006, October has been a time to acknowledge that bullying has devastating effects on children and families. Being bullied can severely affect the person's self-image, social interaction, school performance, and can lead to mental health problems such as depression, anxiety, substance use, and suicidal thoughts and behaviors. (www.nctsn.org)

1 in 5 high school students are bullied in the U.S. totally 8.2 million teens every year.



OCTOBER is BREAST CANCER AWARENESS MONTH



In 2023, nearly 300,000 women and 3000 men will be diagnosed with breast cancer in the U.S. Breast Cancer is the most common cancer in American women. Every day, one in eight women in the U.S. are diagnosed with breast cancer. For these women, the impact of breast cancer extends well beyond the single month dedicated to awareness. This October, make Breast Cancer Awareness Month (BCAM) about more than awareness. One of the top priorities during BCAM is educating women on what they can do to be proactive with their breast health as knowledge and early detection saves lives. Visit the [BCAM page](#) to get involved. #MoreThanBCAM

To get involved at BHS, join us for PowerPuff 2023: BHS Seniors v Juniors **ONE CAUSE ONE FIGHT** at Bobcat Stadium October 25, 2023 at 7:00pm. T-shirts will be available for purchase with 50% of the proceeds donated to the Cathy Lincoln Memorial Cancer Fund (San Juan Medical Foundation).

CELEBRATE



Gear up for Unity Day and add your own custom mark, such as an emoji, picture, thumbprint, or signature.



OCTOBER IS NATIONAL BULLYING PREVENTION MONTH

©2023 NCBPC Center, National Bullying Prevention Center | NCSJ.org/Bullying

ATTENTION ATHLETES!!



Please make sure you are eligible to participate in your chosen sport by maintaining daily attendance and required GPA! Eligibility also involves obtaining your sports physical, uploading the medical eligibility form into Rank 1, and completing the concussion training.

For more information or forms, please see Ms. Lucero or Ms. Armstrong in the Athletics Office.

BETTER BLOOMFIELD-COMMUNITY & FAMILY RESOURCE HUB

Are you and your family living without basic needs? If so, you may qualify for certain rights and protections under the federal McKinney-Vento Act.

Better Bloomfield Community and Family Resource Program's mission is to support the enrollment and education of highly mobile/ displaced students. The intention of this program is to provide highly mobile/ displaced students with the same educational opportunities as traditionally housed students by removing as many barriers to learning for these students as possible.

If you believe you may be eligible, or are in need of food, clothing, or shelter, please contact the local liaison to find out what services and supports may be available.

Selece Gathings
505-675-0450 or 505-632-4369
sgathings@bsin.k12.nm.us

"May your month of October be filled with wonderful blessings of good health, love, peace, happiness, and prosperity."