



# for the Health of it

Winter 2017

And the Winner for the 2016 Wellness Challenge is....  
**Kitty Hawk Elementary School**  
for the highest average days of "wellness" per participant!

## February is National Children's Dental Health Month (NCDHM)

Each February, the American Dental Association (ADA) sponsors NCDHM to raise awareness about the importance of oral health. NCDHM messages and materials have reached millions of people in communities across the country. For more information, visit:



## Bio on Dr. Cicinato: Miles of Smiles Dentist

Dr. Stephen Cicinato grew up in Springfield, Virginia, but received his Bachelor's of Arts (BA) in Zoology from the University of South Florida in 1974. He followed this, in 1979, with a Doctorate of Dental Surgery (DDS) from the Medical College of Virginia, the college now known as VCU. Dr. Cicinato moved to Dare County, with his wife Marisel, in 2008, after retiring from 30 years of private practice in Springfield, VA. He has been bringing smiles to the faces of children in Dare County for 8 years as the dentist on the Miles of Smiles dental van. If you're interested in more information on the MoS dental van, please visit:



## Miles of Smiles Schedule

- Dec 20—Jan 20 • First Flight Campuses
- Jan 24—Feb 17 • Cape Hatteras Elementary School
- Mar 7—Mar 24 • Mattamuskeet
- Mar 28—May 5 • Manteo Elementary School
- May 9—Jun 8 • Nags Head Elementary School
- Jun 12—Jul 14 • KDH Parks & Recreation
- Jul 18—Jul 28 • Manteo Elementary School

For the Health of it is a quarterly publication from your School Health team.



## Chapstick & Lotion

Wintertime presents a couple of problems that we sometimes tend to overlook...dry skin and chapped lips. To improve skin condition and prevent drying, help your child apply lotion after baths or showers. Perfume and dye free lotions are always best to avoid skin irritation. Keep a tube of lip balm (ChapStick) or petroleum jelly (Vaseline) to apply to lips daily or more often, if necessary. Students may keep ChapStick available in their book bags at school. This can help prevent painful cracking and bleeding.

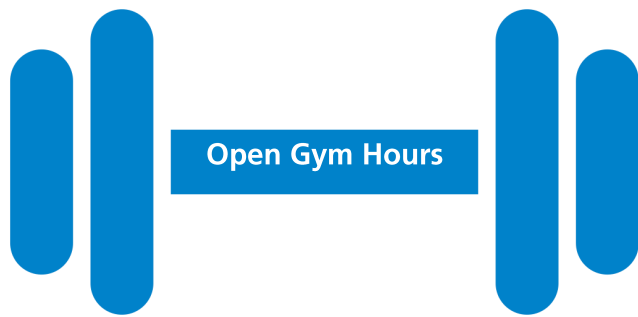
For more ideas on preventing dry skin:



## Vision Screenings



A research study has shown that children with corrected vision raise their learning level by 33 to 50% per year; this means that what once took a child a year and a half to learn with vision problems, is now learned in a year with corrected vision! During the fall months, the DCS Nurses performed vision screenings on students in 1<sup>st</sup>, 2<sup>nd</sup>, 4<sup>th</sup>, 6<sup>th</sup>, & 8<sup>th</sup> grades. If your child received a referral from the school nurse, and you have not yet, please have your child evaluated by a doctor. Financial assistance is available; speak with your school nurse for more information.



### Open Gym Hours

#### Fessenden Center

46830 NC Highway 12 in Buxton NC 27920  
Open 8:30-5pm • Open Gym Hours 3-4pm

#### Manteo Lions Club & Westcott Park

1000 Westcott Park Road in Manteo NC 27954

#### Roanoke Island Youth Center

200 Ananias Dare Street in Manteo NC 27954  
Open Mon-Fri 930-5pm  
For Elementary through High School Age  
Kitchen/Game Room/Library/Computer Room/Arts & Craft

#### KDH Parks & Rec

602 S. Mustian Street in Kill Devil Hills NC 27948  
Students in K-5 are welcomed with a parent during after school hours until 8pm. Students in 6-12 grades are welcomed during after school hours until 8pm. Participants must complete an annual youth membership form & code of conduct to play.

#### 211 Directory

With over 100 community service programs in Dare County, finding the one you need can be difficult. The first step is knowing who to call. Dial 2-1-1 from your phone to learn about community health and human service resources. This call is free, confidential and available in any language. *Marque El 2-1-1. La Ayuda Comienza Aqui. If preferred, visit:*



#### New Dare County Website

The Dare County government has launched a new website that aims to be more user friendly. Browse over to [darenc.com](http://darenc.com) and see what you can find!

#### New School Health Page

As part of the new Dare County government website, the school nurses have a page specific to the needs of school health. You can find school nurse contact information, health forms, newsletters, and pertinent health information anytime of the day. Check us out at:



## Dare County's School Nurses Elementary Schools

### Cape Hatteras Elementary

Jennifer Scott  
252.995.6196  
x3606

### First Flight Elementary

Laura Youmans  
252.441.1111  
x2062

### Kitty Hawk Elementary

252.261.2313  
x1625

### Manteo Elementary

Michelle Coley  
252.473.2742  
x1406

### Nags Head Elementary

Betsy Robinson  
252.480.8880  
x1806

### School Health Supervisor

Jodi Wyant  
252.473.5549  
x1207

### Did you know that healthy children learn better?

Dare County offers a Coordinated School Health Program to its students through a partnership between Dare County Department of Health & Human Services and Dare County Schools. As a part of this program, School Nurses are stationed at each Dare County School.