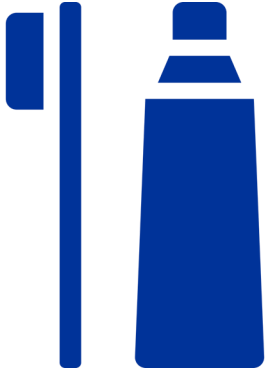




for the Health of it

Spring 2017



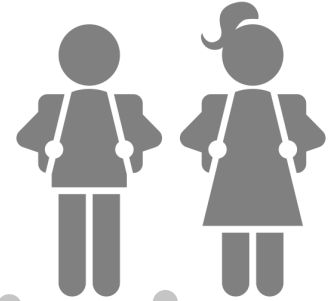
Dental Van Schedule

The mobile dental van remains available during the summer months!

KDH Parks & Rec: mid-June through mid-July
Manteo Middle School: July
Fessenden Center: August

For more information or an appointment for your child, call 475.0134.

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



Medication Administration at School

Students are now required to have parent/guardian AND health care provider consent for administration of both prescription and over-the-counter medications at school. Please plan ahead and give your child's healthcare provider plenty of time to have this paperwork completed over the summer! The form can be found by scanning the QR code

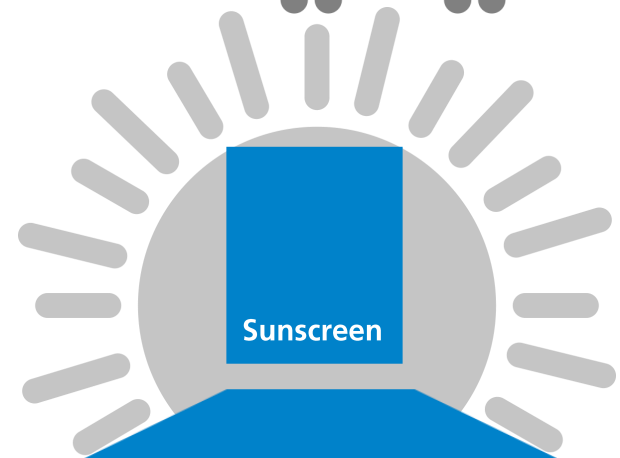


Swimming Safety

Tips for safe swimming this summer:

- Always swim with a buddy and under constant supervision
- Swim near lifeguards and have Coast Guard approved life jackets for young children
- Make sure everyone in your family knows how to swim. Contact our local Parks and Rec offices for schedules of summer swimming lessons.

For more information, scan the QR code.



Sunscreen

Research shows that suffering one or more blistering sunburns before the age of 18 more than doubles a person's chances of developing melanoma skin cancer later in life. Follow the following tips for sunscreen use:

- Use sunscreen with sun protective factor (SPF) 30 or higher, and both UVA and UVB protection.
- Reapply if you stay out in the sun for more than two hours, and after you swim or sweat. Check the sunscreen's expiration date.
- Sunscreen that has expired or is older than 3 years will not be as effective in providing protection from UV rays.

For more information, scan the QR code:



Students with Chronic Illness

For students who are diagnosed with diabetes, asthma, severe allergies, seizures, or another chronic illness, updated paperwork is required for students at the beginning of every school year. This includes emergency action plans, medication consent forms, and self-carry information all from the student's medical provider. Most students will receive an end of year letter from your school nurse - however, the QR code can provide you a direct link to the form.





Physical Health

With the growing obesity epidemic in our country, it is our responsibility as adult role models to help our children incorporate fitness as a permanent part of their lives. Research shows that when both parents are active, children are 5.8 times more likely to be active themselves and that active children make higher grades in school.

For more information on how to promote physical activity as a way of life, scan the QR code

Mental Health

Mental health encompasses more than just freedom from mental illness. The mental health of a child involves developing a positive self-image, high self-esteem, and a willingness to try new interests. As adult role models, there are ways that we can help foster positive self-esteem in the children around us; things such as offering praise generously, avoiding ridicule and shaming criticism, teaching your child to recognize their own good decisions and choices, and helping your child accept responsibility for the actions.

For more information on these techniques scan the QR code 

Emotional Health

Emotional health for a child involves the ability to identify his feelings, to express them constructively, and to ask for help when he is unable to handle them on his own. One researcher suggests that, as parents, we can help our children by "emotion coaching." Work with your child this summer to start putting names with her feelings and developing ways to express them constructively.

For more information on "emotion coaching" scan the QR code



Dare County's School Nurses Elementary Schools

Cape Hatteras Elementary

Jennifer Scott
252.995.6196
x3606

First Flight Elementary

Anna Miller
252.441.1111
x2062

Kitty Hawk Elementary

Laura Youmans
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 Francis 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.