



# for the Health of it

Spring 2017

## Rising Seventh Graders

NC law requires all students entering 7th grade to have an updated Tdap (Tetanus, diphtheria, & pertussis) and Meningococcal Conjugate (meningitis) vaccination prior to the first day of school. These can be provided by your child's pediatrician or the Dare County Health Department.



Call 252.475.5003 for appointments or scan the QR code for more information.



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



### Sunscreen

Up to half of all Americans who live to age 65 will have skin cancer at least once.

- Use a broad-spectrum sunscreen with a SPF of at least 15.
- Put sunscreen on 15 to 30 minutes before going outdoors. It needs time to absorb into the skin.
- Remember that you can get sunburn even on cloudy days because up to 80% of the sun's UV rays can get through the clouds.
- Reapply sunscreen every 2 hours and after swimming, sweating, or drying off with a towel.

For more information scan the QR code:



### 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

Dr. Cicinato can also provide information on custom mouth guards for athletes to prevent dental injuries.

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



### 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! Scan the QR code to access the form.



### 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.



## Stay Active

Physical health and activity tend to take a bit of a nose dive during the teen years. It is recommended that teens be active for an hour everyday, but this can be tricky when so much time is spent on some form of electronic media. One way to encourage activity is to allow your teenager to decide which activities interest them - maybe it's roller-blading, skate boarding, hula hooping, or swimming. Encourage your teen to be active and maybe even use it as an opportunity to bond with your teen! For more information scan the QR codes:



## Self-Esteem

The mental health of a child involves developing a positive self-image, high self-esteem, and a willingness to try new interests. Did you know that 7 out of 10 girls feel that they don't measure up in some way? Did you know that upwards of 40% of teenage boys are trying to enhance their physical appearance? As adult role models, there are ways that we can help foster positive self-esteem in the adolescents around us; things such as teaching your child to recognize their own good decisions and choices and helping your child accept responsibility for the actions. For more statistics or more information check out these QR codes:



## Social Media Safety

Are you aware that you can set up a Google Alert for your child's name so that when he or she is tagged in a photo or any mention of their name comes up on Google, you know it first? Safeguarding our children, and teaching them to do the same, becomes more and more important as technology continues to explode. Even potential employers and colleges are using platforms like Facebook and Instagram to find out more about potential employees or recruits. For more information on smart social media techniques, scan the QR code.



## Dare County's School Nurses Middle & High Schools

### Cape Hatteras Secondary

Cid Causey  
252.995.5730  
x3006

### First Flight High

Robyn Dozier  
252.449.7000  
x2495

### First Flight Middle

Jen Black  
252.441.8888  
x2206

### Manteo Middle School

Jodi Wyant  
252.473.5549  
x1207

### Manteo High School

Jennifer Gilbert  
252.473.5841  
x1051

### 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.