

Vision Screenings

The school nurses have completed their vision screening for 1st, 2nd and 4th grade students. Students who did not meet the minimum vision requirements have been referred to an eye doctor. This follow-up visit with an eye doctor is **EXTREMELY IMPORTANT** for

your child's educational progress. Please notify your school nurse if your student has had their follow-up. If your child has not, your school nurse has multiple programs to cover or reduce the cost of the eye exam and/or glasses if prescribed.

February is National Children's Dental Health Month

The state dental hygienist visits each elementary school for a free dental screening. All students that are screened will receive a letter with recommendations from the state dental hygienist, Dianna. She has started making her way around Dare County Schools so look for her letter if you have not received it yet. For more information and fun activities go to:



Congratulations



to the winner of the Fall Wellness Challenge - Cape Hatteras Elementary School! Also a special shout out to Central Office staffers, Sharon Sullivan and John Donlan, for their participation!

Preventing Dry Winter Skin

As winter approaches remember to nourish your child's skin to prevent painful cracking and bleeding. Helping your child apply lotions after bath will improve skin condition. Have available lip balm (chapstick) or petroleum jelly (vaseline) to apply to lips daily or more often. Students may keep chapstick in their book bags to use throughout the day.

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 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.

Flu Versus Cold: Which is it?

Cold and flu season is upon us and one question school nurses are frequently asked is "How do I tell if my child has a cold or the flu?" Common signs and symptoms are:

COLD: Symptoms come on gradually, with no fever or only a low-grade fever, tired but energy for normal activities, congestion, runny nose, cough, sneezing and sore throat.

FLU: Intense symptoms that come on quickly, aching muscles especially in your back, arms and legs, chills and sweats, fever over 100.4 F, headache, fatigue and weakness, dry persistent cough, nasal congestion, sore throat.



January is National
Winter

Sports Traumatic Brain Injury Awareness Month

Sports are a great way for your child to stay active, healthy and focused in school. To help reduce the risk of concussion or other serious head injury see the CDC recommendations for safety:



When to Keep a Sick Child Home

During the school year it is often difficult to decide when to keep your child home from school. Here are some guidelines to follow:

- Fever greater than 99.9
- Vomiting/diarrhea within the last 24 hours
- Live head lice
- Severe sore throat, headache, earache or stomachache
- Excessive cough or one that produces large amounts of phlegm
- Contagious conditions requiring antibiotic therapy until being on medication for 24 hours
- Injuries or surgical procedures that require narcotic medication

For more information visit the American Academy of Pediatrics recommendations at



**This newsletter was written by Michelle Coley, MES School Nurse,
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County of Dare

Department of Health & Human Services

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