



for the Health of it

Fall 2016

Immunization Reminder: Seventh Graders

NC Public Schools require: one dose of Tdap (for rising 7th graders or at age 12, whichever is first) & one dose of meningococcal conjugate.



For more information scan this QR code with your mobile device:



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



NEW! Health Assessment Transmittal Form

Students new to NC public school must submit proof of health assessment on a standardized form. Your healthcare provider has access to the form and is aware of this requirement. If not completed, your child will be able to make up work, but cannot physically attend school. To download the form scan this QR code with your mobile device:



Family Safety Hurricane Preparation

June through November is Atlantic Hurricane season!

- Make an emergency kit (water, canned food, can opener, meds, radio, batteries, maps, ID, and CASH)
- If you evacuate, turn off water/gas/electric, cover windows, and tie down fly-aways
- Remember emergency personnel may not be able to reach you if you decide to ride-it-out
- Notify out-of-town family of your plans to stay or go
- Get info at Dare County's Emergency Management website—for more information scan this QR code with your mobile device:
- Use kid-friendly checklists from the CDC—for more information scan this QR code with your mobile device:



NEW! Sleep Guidelines

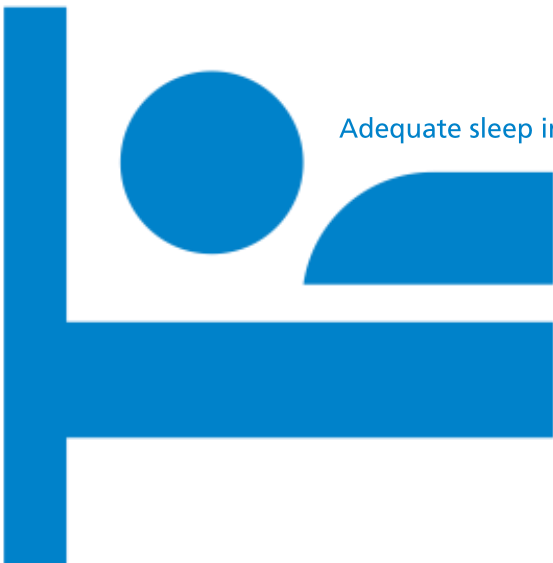
Adequate sleep improves optimal health and functioning.

Consider adopting these recommendations from the American Academy of Pediatrics:

- Electronics off 30 minutes before bedtime
- Ages 3-5 = 10-13 hours per day
- Ages 6-12 = 9-12 hours per day
- Ages 13-18 = 8-10 hours per day

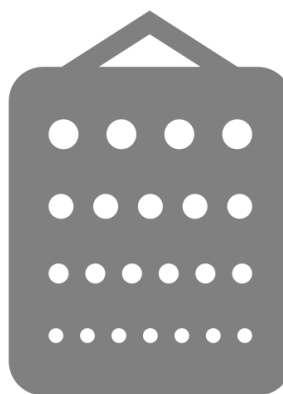
NEW! Medication Administration Policy

ALL medications - including over-the-counter - must have physician, nurse, practitioner, or physician assistant order for administration. To view the policy scan this QR code with your mobile device:



Sports Physicals vs Well-Teen Exam

Sports physicals are NOT a substitute for an annual wellness check-up for your child. For more information scan this QR code on your mobile device:



Vision Screenings

During the fall months, DCS Nurses will routinely perform vision screenings on students in 1st, 2nd, 4th, 6th, & 8th grades. If your child receives a referral from the school nurse, please have your child evaluated by a doctor. Financial assistance is available; speak with your school nurse for more information scan this QR code with your mobile device:



Health History Form

A health history update form is available on the Dare County Schools website and in your school nurse office. Parents of students in Kinder, 3rd, 6th, and 9th grades; students new to DCS, and those who have had a change in medical history are encouraged to complete a new form and turn it in to your school nurse.

To download the form, scan this QR code with your mobile device:



Free, Healthy Family Activities

Bring a canoe to Milltail Creek Paddling Trails!

- 1.5 to 5.5 mile loops through the Milltail Creek
- Look for amphibians, reptiles, fish, and otters

For more information on this and other activities scan this QR code on your mobile device:



Dare County's School Nurses Middle & High Schools

Cape Hatteras Secondary

Cid Causey
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x3006

First Flight High

Robyn Dozier
252.449.7000
x2495

First Flight Middle

Jennifer Gilbert
252.441.8888
x2206

Manteo Middle School

Jodi Francis Wyant
252.473.5549
x1207

Manteo High School

Robin Winnett
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x1051

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.