



FOR THE HEALTH OF IT

Fall 2022

a quarterly publication from your School Health team

SCHOOL MEDICATION ADMINISTRATION POLICY

ALL medications - including over-the-counter - must have a healthcare practitioner's signature for administration at school.

You can find the consent form under Health & Medication Forms here:



SEPTEMBER IS NATIONAL PREPAREDNESS MONTH

Let's talk hurricane season on the Outer Banks.

Sign up for text alerts
from Dare County
Emergency
Management



Follow Dare County
Emergency
Management on
Twitter



Have re-entry permits
in every vehicle
(including your teenage
driver's)



Get prepared
and make an
emergency kit



Remember emergency personnel may not be able to reach you if you decide to ride-it-out.

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. You can find the form under Health & Medication Forms here:



VISION SCREENINGS

During the fall months, school nurses will routinely perform vision screenings on students in 1st, 2nd, 4th, 6th, & 8th grades. If your student receives a referral from the school nurse, please have your child evaluated by a specialized eye doctor. Financial assistance is available; speak with your school nurse for more information.



Dare County's School Nurses

Cape Hatteras Elementary
252.995.6196 x3606

Cape Hatteras Secondary
252.995.5730 x3006

First Flight Elem School
252.441.1111 x2062

First Flight Middle School
252.441.8888 x2206

First Flight High School
252.449.7000 x2495

Kitty Hawk Elem School
252.261.2313 x1625

Manteo Elem School
252.473.2742 x1406

Manteo Middle School
252.473.5549 x1207

Manteo High School
252.473.5841 x1051

Nags Head Elem School
252.480.8880 x1806

School Health Supervisor
252.475.5071

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.

SLEEP GUIDELINES AASM & AAP

Several studies demonstrate that children and adolescents who do not get enough sleep have a higher risk of obesity, diabetes, injuries, poor mental health, and problems with attention and behavior. Consider adopting these suggestions:



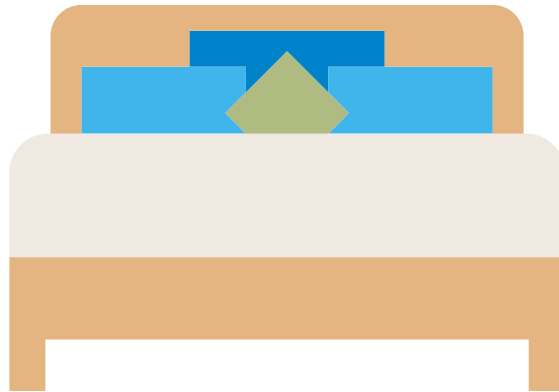
Turn Electronics off 60 minutes before bedtime.



Youth ages 6-12 should get 9-12 hours of sleep per day.



Youth ages 13-18 should get 8-10 hours of sleep per day.



SPORTS PHYSICALS VS WELLNESS EXAMS

The sports physical focuses on your well-being as it relates to playing a sport. A well-child exam is much more comprehensive and includes reviewing immunization records, discussions about behaviors and mental health, physical issues, and proper nutrition for your student.

Be sure to schedule a well-child exam every year with your student's pediatrician or the Dare County Department of Health & Human Services at 252.475.5003.



County of Dare

Department of Health & Human Services

PO Box 669 | Manteo, NC 27954

Health 252.475.5003 | Social Services 252.475.5500

Veterans Services 252.475.5604 | DareNC.com/HHS