



FOR THE HEALTH OF IT

Spring 2023
Elementary Schools

a quarterly publication from your School Health team

ADHD MEDICATION "HOLIDAY", IS IT RIGHT FOR YOUR CHILD?

A medication "holiday" is what medical providers call a structured treatment interruption, or a deliberate, temporary suspension of medication. There can be pros and cons to pausing ADHD medication. Talk with your child's doctor to determine whether a medication holiday is right for your family.

For more information on ADHD
medication holidays:



BUGS BEE GONE

As the weather gets warmer, we get more active. At the same time, so do bugs! There are many tips to help protect you and your child from bug bites and stings.

Being informed about these is essential to have a safe and bite-free summer! Wearing appropriate clothing and using the correct insect repellent are among the most important. Check out this site for more ways to say bee gone to bugs this summer!



STUDENT HEALTH PAPERWORK & SCHOOL REGISTRATION

Have a rising kindergartener or new student for the 23/24 SY? You can go online to register for school and use the summer months to schedule appointments for state required health assessments and immunizations.

Vaccination requirements for school-age children can be found here:



Dare County Schools online registration can be found here:



Just a reminder that updated medication forms are needed each school year.



SCHOOL'S OUT, SURF'S UP

We are fortunate to have the ocean at our backdoor year round, but it's important to not take beach and water safety for granted. From jellyfish to rip currents, there are many potential dangers lurking at the beach. Visit the American Red Cross online to learn more about staying safe in the summer months.



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.

5 S'S OF SUN SAFETY

25% of our lifetime sun exposure happens during childhood & adolescence. Even a minor sunburn can increase the risk for melanomas in the future.

Remember the 5 S's to be sun smart this summer!



Slip on a long-sleeved shirt or sun protective clothing

Slop on sunscreen of SPF 30 or greater, and re-apply every 2 hours

Slap on a hat, the wider the brim the better

Seek shade during peak sun exposure times, generally from 10 am - 4pm

Slide on UV-protective sunglasses to protect the eyes

HEALTHY BODIES, HEALTHY MINDS

• An active lifestyle is not only good for the body, but for the mind too!

Physical activity strengthens bones, builds strong muscles, promotes brain health and can even improve academic performance!

• The CDC recommends children between 6-17 years of age engage in 60 minutes or more of moderate-to-vigorous physical activity each day.

Fortunately, you don't have to go far to find fun ways to spend those 60+ minutes.

• Take advantage of the wonderful parks and trails that the Outer Banks has to offer!

PARKS



SKATE



HIKE



ASTHMA & ALLERGY AWARENESS

People with asthma and allergies often see an increase in symptoms during the spring and summer months. This is mainly due to pollen, grass, and poor air quality. Here are some tips from the Asthma and Allergy Foundation of America to help reduce allergy symptoms:



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