



FOR THE HEALTH OF IT

Spring 2023
Secondary Schools

a quarterly publication from your School Health team

BEAT THE HEAT

Warmer weather means more time spent outside and it's important to protect yourself from the powerful UV rays. Make sure to always use sunscreen with a SPF of 15 or higher, cover up when possible, including wearing a hat, and avoid being outside when the sun is at its strongest (10am-4pm).

Also remember that on cloudy, overcast days, UV rays can reach Earth and you should still use all precautions. You should also be sure to drink plenty of water to avoid dehydration.



SPRING INTO ACTION

The CDC recommends that all children ages 6-17 participate in at least 60 minutes of physical activity each day. Take advantage of the warmer weather to get outside and exercise.

Go for a bike ride or jog, join a team or club, or simply go for a walk in the sunshine.

To learn about the advantages of exercise, scan this QR code:



ARE SUPPLEMENTS SAFE?

The use of creatine and other sport supplements are on the rise among adolescents and teenagers. Parents should remember that these types of supplements are not regulated by the FDA and are not recommended for anyone under the age of 18. Additionally, studies have not shown these supplements help improve sports performance in younger athletes. Please talk to your student's pediatrician before allowing them to take any performance enhancing substances.

For more information, visit, this link:



IMMUNIZATIONS

RISING 7TH & 12TH GRADERS

Students entering 7th grade and 12th grade in August 2023 are required by NC law to receive their Tdap and/or Meningococcal vaccine boosters prior to the start of the school year.

These can be completed anytime between now and the start of the 7th/12th grade school year.

To schedule an appointment at the Dare County Department of Public Health, please call 252.475.5003.



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.

MAY IS MENTAL HEALTH MONTH



According to the World Health Organization, one in seven 10–19 year olds experiences a mental disorder. Depression, anxiety, and behavioral disorders are the leading causes of illness and disability among adolescents. Mental health problems can lead to lower grades, poor decision making skills, an increase in risk taking behavior, as well as affecting the child's physical health.

WHO IS AT RISK?

Many factors can affect an adolescent's mental health. Risk factors may include media influence, relationship with their peers, violence (including sexual and bullying), socioeconomic problems, and lack of access to positive support.



WHAT CAN YOU DO TO HELP?



One of the most protective factors for adolescents is having strong relationships with their peers and adults in their lives. These bonds can help your student feel engaged and connected and likewise, prevent them from participating in negative experiences.

WARNING SIGNS OF MENTAL HEALTH PROBLEMS

- Lost interest in things that they used to enjoy
- Low energy
- Sleeping too much or too little, or seeming sleepy throughout the day
- Spending more and more time alone, and avoiding social activities with friends or family
- Diet or exercise excessively, or fear of gaining weight
- Engaging in self-harm behaviors (such as cutting or burning their skin)
- Smoking, drinking alcohol, or using drugs
- Engaging in risky or destructive behavior alone or with friends
- Having periods of highly elevated energy and activity

IN OLDER CHILDREN:

HELP IS AVAILABLE

If you suspect your teen may be experiencing poor mental health and are thinking of seeking professional help, there are local resources that may be available. Reach out to your school nurse or guidance counselor for a list of local therapists and counselors in our area.



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.gov/HHS

