



FOR THE HEALTH OF IT


Fall 2024

a quarterly publication from your School Health team

MINDFULNESS

Mindfulness, the practice of focusing your attention in the present, has been shown to improve students' ability to learn and regulate their emotions. This calming practice helps people ground themselves while dealing with stressful or overwhelming experiences. Mindfulness practices may help alleviate some of the impact associated with stress and anxiety while improving academic performance and emotional regulation.

[The Body Scanner! Mindfulness for Children](#)
(3-11 years old)


[Everyday Mindfulness](#)
(explained for adults & teenagers) 

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 student evaluated by an eye doctor. Financial assistance is available for those who qualify. To opt out of vision screening, please contact your student's school nurse.

IMMUNIZATIONS

While some immunizations (vaccines) are required for school attendance, there are several that are not. These vaccine series can have a lasting impact on your student's health and immunity. In many cases, the vaccines are either covered by insurance or free to uninsured children 18 and under. Call your pediatrician or the Health Department 252-475-5003 for more info!

Some recommended: [HPV](#), [Men B](#), [Hep A](#) 

QUALITY TIME

Parents can do a lot to help their young child or teenager establish healthy mental and physical practices before they reach adulthood. Professionals suggest that checking-in with your child or teen and asking how they are feeling while truly listening to their response, is one way to provide support. Spending healthy one-on-one time with your child or teen while playing a game, going for a walk, sharing a meal, or being creative are other ways to open conversation. Here are some fun days to celebrate time with your student:

September

18

NATIONAL CHEESEBURGER DAY

Sounds like dinner plans are already made! Share a cheeseburger meal with your family.

21

RESPONSIBLE DOG OWNERSHIP

Foster a dog from the SPCA for the day and go for a walk on the beach or NH Woods.

25

NATIONAL ONE-HIT WONDER DAY

Spotify has One Hit Wonder playlists that are dance party ready or a fun conversation starter.

29

NATIONAL COFFEE DAY

Stop by one of our locally owned coffee shops and spend a quiet few minutes with your student.

October

1

HOMEMADE COOKIES DAY

Do you prefer chocolate chip or oatmeal raisin?

2

RANDOM ACTS OF POETRY

Pack a cute poem in your student's lunchbox or text your teenager a laughable limerick.

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

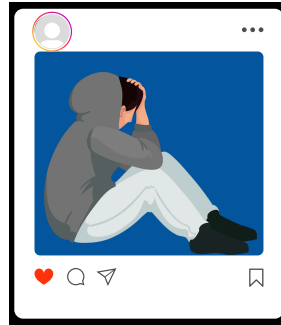
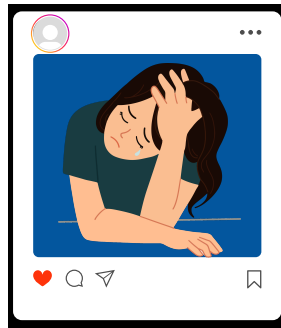
252.480.8880 x1806

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.



MENTAL HEALTH & SOCIAL MEDIA

Research shows increasing rates of depression, anxiety, and suicidal ideation (thinking about suicide) among our nation's youth. While more research is needed, there are many indicators that social media may have a profound risk of harm to the mental health and well-being of children and adolescents.



According to the [US Surgeon General's latest Advisory](#), there are some things that parents can do to reduce the harmful impact of social media on their child...

1. Create a family media plan.
2. Create tech-free zones and encourage children to foster in-person friendships.
3. Model responsible social media behavior.
4. Teach kids about technology and empower them to be responsible online participants at the appropriate age.
5. Report cyberbullying and online abuse and exploitation.
6. Work with other parents to help establish shared norms and practices and to support programs and policies around healthy social media use.

THERE IS HELP.

 **SHARE**

If you or your child need more information about how to navigate social media, there are many resources available:

[Teaching Kids to Be Smart About Social Media](#) (Spanish available)

[When Are Kids Ready for Social Media?](#) (Spanish available)

[10 Ways to Teach Children How to Use Social Media Responsibly.](#)

[Keeping teens safe on social media: What parents should know to protect their kids](#)

The Dare County Department of Health has a Certified Pediatric Nurse Practitioner on staff. She provides care to patients with private insurance, Medicaid, or on a sliding-fee scale. If your child does not have an established healthcare provider, call 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.gov/HHS