



FOR THE HEALTH OF IT

Winter 2024/2025
Secondary Schools

a quarterly publication from your School Health team



REMINDER IMMUNIZATIONS RISING 7TH & 12TH GRADERS

Students currently in 6th and 11th grades are required by NC law to receive their Tdap and/or Meningococcal vaccine boosters prior to the start of the next school year.

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

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

IS HAND SANITIZER ENOUGH?

It's cold and flu season again! Do you always need to wash your hands with soap and water or can you just use hand sanitizer? Hand sanitizer can quickly remove and kill some germs on your hands, but not all!

Washing your hands with soap and water is the best way to get rid of all germs. Check out the do's and don'ts of using hand sanitizer linked in the title.



GETTING INVOLVED

Students who are involved in extracurricular activities outside of school tend to perform better academically, build positive relationships, and have increased self esteem. After school activities can range from playing a sport, performing in the fine arts, joining a club, or volunteering their time. Check out the linked article to see all the benefits of extracurricular activities for your teen!

EXTRACURRICULAR OPPORTUNITIES

Did you know Dare County Schools offers many different clubs after school such as SGA, Hunter Safety, Odyssey of the Mind, and Battle of the Books, just to name a few! You can reach out to your student's school to find out the athletic teams and clubs that are sponsored. You can also get your student involved with volunteering in the community! Check out the links to find different ways to volunteer in Dare County.

IT'S ALL ABOUT BALANCE

After school activities can have many benefits for your teen. However, when your student is involved in too many activities, it could have a negative effect and lead your teen to feeling stressed and overwhelmed. Check out the linked article on finding the perfect balance with after school activities.

🔗 titles of articles are linked throughout the newsletter

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

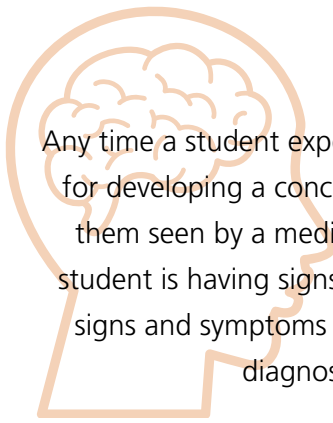
School Health Supervisor
252.475.5071

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.



SCAN WITH
YOUR PHONE
CAMERA




CONCUSSIONS

Any time a student experiences a bump, blow, or jolt to the head, they are at risk for developing a concussion. It is important to monitor your child closely, have them seen by a medical professional, and let your school nurse know if your student is having signs/symptoms of a concussion. For more information about signs and symptoms of concussion and what to do after your child has been diagnosed with a concussion, visit the link above.

MY CHILD HAS BEEN DIAGNOSED WITH A CONCUSSION. WHAT NEXT?

When any Dare County School student is diagnosed with a concussion, the Return-to-Learn protocol should be followed. This is the case even if your student is not an athlete. The protocol is managed by your child's primary care provider and is available in the school nurse office of your child's school or on the Dare County Schools' website under health and medication documents.

If your child is a Dare County Schools' athlete, a Return-to-Play concussion packet must be completed by a health care provider following his or her evaluation of your child. These packets are available from the Athletic Director or Athletic Trainer at your child's school or the North Carolina High School Athletic Association website. 

GUIDELINES FOR RETURNING TO SCHOOL AFTER ILLNESS:

- Temperature less than 100 degrees without fever reducer for 24 hours.
- No vomiting or diarrhea in the last 24 hours.
- If prescribed antibiotics, return to school only after the student has been taking the antibiotic for 24 hours.
- If your student has had a surgical procedure, do not return to school until narcotic medications for pain are no longer needed.
- Keep students home for severe sore throat, excessive cough producing phlegm, severe headache, earache, or stomachache.

If your student has ANY illness that makes them unable to eat/drink/sleep or otherwise carry out their normal school activities without pain, discomfort, or fatigue, please keep them home until the illness has passed.

Thank you to Nurse Kelly Sutton (FFMS) and Nurse Dede (CHSS) for the information in our Winter 2024/2025 newsletter.



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

