



FOR THE HEALTH

Spring 2025
Elementary Schools

a quarterly publication from your School Health team

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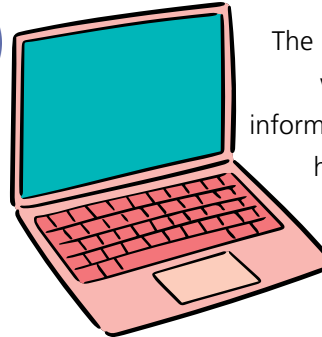
HOW YOU CAN HELP YOUR CHILD DEAL WITH STRESS!

School can be stressful for some kids. Help them cope with stress in healthy ways. Parents can help by being available for their child and helping them navigate different obstacles at school. It can be as simple as helping them practice calm breathing and meditation. Click the title for more helpful tips.



ALL ABOUT DCS SCHOOL HEALTH QUESTION AND RESOURCES

Have you ever wondered where you can find the DCS Medication Consent Form, Sports Physical Form, and Frequently Asked Questions?



The Dare County School Health Program webpage offers a wide range of information, resources and important school health forms that are all available conveniently online. Check it out online!

CHILD SEAT SAFETY

A child safety seat is important. It acts as a protective barrier specifically designed for their smaller size and developing bodies. It reduces the risk of serious injury or death to a child in a car accident, especially when used correctly according to age and weight guidelines. Use this website link in the title to help determine what seat is best for your child.

HEALTHY TEETH 101

It's never too early for kids to begin learning how to practice good dental hygiene habits.

Consistency is key to forming a habit of regular teeth brushing, flossing, and visiting a dentist on a regular basis. Your child is much more likely to have strong, healthy teeth throughout their life with good oral hygiene now. Click the link in the title for more information.



MAY 7 IS CHILDREN'S MENTAL HEALTH AWARENESS DAY

Children's mental health is an important part of their overall health. This includes their emotional, psychological, and social well-being. Mental Health affects how we think, feel, and behave. There are ways to help support your child, cope with challenges together, and get them help when they need it. Follow the link in the title for more information.



For digital copies of this and other Dare County School Health Newsletters, scan the QR code with your smart phone's camera.

Dare County's School Nurses

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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.

**CONGRATULATIONS TO
MANTEO MIDDLE & FIRST FLIGHT ELEMENTARY
FOR HAVING THE HIGHEST PERCENTAGE OF STAFF
PARTICIPATE IN OUR MARCH WELLNESS CHALLENGE!**

HOW TO HANDLE A SUNBURN

Sunburns can happen within 15 minutes of unprotected sun exposure. Preventing a sunburn by using sun protective clothing, applying 30 SPF thirty minutes before sun exposure, wearing a hat and sunglasses, and seeking shade is always best. Follow these steps if your child accidentally does get a sunburn:

- Get out of the sun. Stay covered if you must go out.
- Cool off - apply cool (not cold) water or compresses.
- Stay hydrated - give extra fluids.
- Help them get comfortable with over the counter pain relief and moisturizer.

MEDICINE SAFETY CHECKLIST: HOW CAN I KEEP MEDICINE SAFE AT HOME ?

Keeping our children safe is one of our top priorities as a parent. Did you know that medicines are the leading cause of child poisoning? Keeping medications and other harmful substances out of children's reach is an important part of keeping our children safe. For important medication safety tips, visit the link in the title.



ANOTHER YEARLY CHECK UP?

The American Academy of Pediatrics (AAP) recommends well-child visits for babies and young children at specific ages, including within 3-5 days after birth, and then at regular intervals for the first 30 months. Yearly visits start at age 3 and are encouraged through age 21.

Why are yearly checkups for children important?

1. Track their growth and development
2. Identify potential health concerns early
3. Ensure they receive necessary vaccinations
4. Provide an opportunity to discuss concerns
5. Build a trusting relationship with their medical provider.

Thank you to Nurse Anna (FFES) for the information in our Spring 2025 newsletter.



County of Dare

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