



FOR THE HEALTH OF IT

Fall 2025

a quarterly publication from your School Health team

WHAT IS A CONCUSSION?

Football, specifically the NFL, is the most-watched sport in America. As football season gears up to take over our screen time, we also start hearing more about concussions or traumatic brain injuries (TBI). What exactly is a concussion? It is a brain injury that interferes with the way that your brain normally works and is not something we can see from the outside. It's important to know that concussions can happen even with seemingly innocent bumps and bruises, not just major NFL hits. If you noticed your child displaying any signs of a concussion - get help immediately. The link in the title will provide more detailed information.

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.

HEALTHIER FAST-FOOD?

Getting back into the routine of school days can be brutal on the adults who are trying to shuttle kids, help with math homework, and figure out what to feed growing children. Sometimes the only thing you can do to keep it all together is to swing through a drive-thru for an easy fast-food meal. No judgement zone! So, let's figure out ways that you can "build a better fast-food meal" by controlling portion sizes and adding lower calorie drinks and sides. For tips on how to make healthier fast-food choices, follow the link in the title.

READING & HEALTH

Reading just 20 minutes a day has been shown to offer mental and physical benefits to our bodies. MRI technology has shown how reading stimulates brain activity that contributes to improved memory and cognitive functioning. Reading has even been shown to lower blood pressure, improve sleep, and reduce stress. Dare County is privileged to have libraries in Manteo, Kill Devil Hills, and Hatteras in addition to online resources and books! Stop by your closest library and get signed up to improve your health through reading! In addition to the link in the title, follow [THIS](#) link for Reading Milestones for each age group.

BONDING TIME

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 ways to open conversation and spend time with your child. Here are some fun days to celebrate time with your student:

September

12

NATIONAL DAY OF ENCOURAGEMENT

Leave a note of encouragement in your child's lunch or notebook & teach them to encourage their friends and teammates.

20

NATIONAL PEPPERONI PIZZA DAY

Find a recipe for pepperoni pizza and have a fun evening in the kitchen with your family cooking a dinner everyone is sure to like.

22

NATIONAL FAMILY DAY

Family is unique to everyone. Take time to be with your family today, enjoying what makes you special.

28

NATIONAL GOOD NEIGHBOR DAY

Like Mr. Rogers taught us growing up, a good neighbor can make all the difference in the world. How can you be a good neighbor today?

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

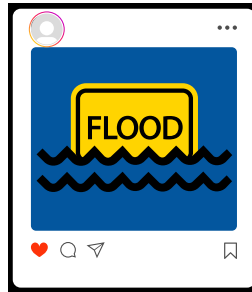
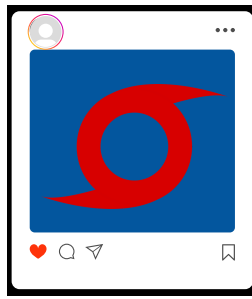
252.480.8880 x1806

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.



BEFORE AN EMERGENCY

We often think of summer as the time for heavy surf and red flags. But did you know that hurricane season in North Carolina extends from June 1st through November 30th every year, with the most activity between August and October?

Dare County Emergency Management has vital resources on preparing your home, pets, and families before disaster strikes. Visit the website linked in the title to learn how to receive emergency alerts and how to create a plan. It might save your life!

SEPTEMBER IS SUICIDE PREVENTION MONTH

Sadly, suicide is one of the leading causes of death in the United States. The National Alliance on Mental Illness (NAMI) encourages us to "Join the Conversation" about suicide awareness and prevention. You can do this by accessing resources on their website that help you know the warning signs and risk factors of suicide - things like social isolation, substance misuse, and history of traumatic experiences. These and other resources can be found using the link in the title.

THERE IS HELP.



If you or someone you know is struggling or in crisis, help is available. Call or text 988 or chat 988lifeline.org to reach the 988 Suicide & Crisis Lifeline where a trained crisis counselor will offer support 24/7/365.

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