



FOR THE HEALTH

Winter 2025/2026
Secondary Schools

OF IT

a quarterly publication from your School Health team



REMINDER IMMUNIZATIONS RISING 7TH & 12TH GRADERS

In order to protect our students and communities, those currently in 6th and 11th grades should 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.

MELT THE FROST, LIFT YOUR MOOD

Stay active this winter season. Whether by regular physical exercise or getting out and trying something new, staying active is a huge mood booster for the cold, dark months ahead. We are fortunate to live in a place with numerous opportunities to explore the great outdoors. Take advantage of the low tourist numbers and plan a family outing to stretch your legs, get some fresh air, and ward off those winter blues...

Take a brisk walk on one of our many beautiful trails
Look for shells or seaglass while enjoying the beach
Visit one of the many monuments, museums, or lighthouses
Attend of the fun holiday events in the area

🔗 titles of articles are linked throughout the newsletter

SPREAD A LITTLE CHEER

Research shows giving back not only benefits others, but can be a huge mental health boost for your teen as well. Studies have shown that teens who volunteer, have a more positive outlook on life, which combats against anxiety and depression, are in better physical health, and oftentimes have less behavioral problems. Volunteering also leads to teens feeling a sense of community and responsibility and can lead to positive connections for their future.

Outer Banks Season of Giving

There are many opportunities right here on the Outer Banks to give back to your community! Click the link above for several different charities coordinated through Dare County.

CRUISE SMART, NOT SORRY

With their convenience, speed, and popularity, E-bikes are starting to become more of a modern day means of transportation for students and parents alike. While this new way of cruising the beach can be fun and efficient, the high speeds of these new bikes can pose a new hazard of safety risks. It is important to take the necessary precautions to keep riders safe on the road. Students should always wear protective gear, regularly maintain their bike, understand and follow traffic rules, and ensure only one rider is on the bike at a time.

NC HELMET LAW

Did you know that all persons under the age of 16 are required BY LAW to wear a properly fastened helmet when operating a bicycle.

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
252.473.5841 x1051

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



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

DOSE OF INDEPENDENCE

As your student continues to grow, they will test out their limit of independence.

While a healthy dose of independence teaches them how to be competent, responsible adults- too much independence could lead to risk taking behavior and poor decision making. Find a healthy balance with open communication, setting boundaries, and positive feedback. No one knows your teen like you do. Work with them to set expectations, talk through challenges, and practice decision-making skills that will guide them through tough moments.

MY HEALTHY FUTURES:

Dare County School Nurses have been working alongside Dare County Schools to offer support and education to Middle and High school students who are found vaping at school. Through a toolkit developed by Stanford Medicine's Reach lab, students are empowered with knowledge, insight and access to resources for quitting. During these lessons, students will learn the harms of e-cigarettes and other tobacco products, recognize the reasons and costs associated with using them, develop healthy ways to cope with stress, and access resources that support quitting.

National Quitline 1-800-QUIT-NOW (800-784-8669)

Stanford reach lab Tips on Quitting:

Quit resources:

<https://smokefree.gov/>

SmokefreeTXT

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 (FFMS) and Nurse Heather (MES)
for the information in our Winter 2025/2026 newsletter.*