



FOR THE HEALTH OF IT

Fall 2026

a quarterly publication from your School Health team

THE RISE OF AI

With the ease of artificial intelligence, it's easy to see why some parents are turning to AI tools, such as ChatGPT, for medical advice. While AI can be a helpful starting point for general information, it should never replace advice from your child's healthcare provider. Check out [this article](#) from the Children's Hospital of Orange County to see when you should and shouldn't use AI when it comes to your child's healthcare. AI is also becoming a regular part of students' lives at school and at home. [This Children's Health article](#) offers helpful guidance on how children may be using AI, along with tips for discussing responsible use and understanding both its benefits and potential risks.

TELEHEALTH

Dare County School Nurses are excited to announce a new program that has been piloted this fall in secondary schools. Dare County Health and Human Services, Dare County Schools, and Surf Pediatrics are partnering together to launch a School Based Urgent Care Telehealth Program for students in grades 6–12. This pilot program provides students who have enrolled, convenient access to urgent medical care for common illnesses and minor health concerns while remaining at school whenever possible. With assistance from the school nurse, students can connect with a licensed healthcare provider from Surf Pediatrics through a secure virtual visit. Together, we're making healthcare more accessible for Dare County students and their parents right at school.

IN A SUPPER SLUMP?

One of the most common questions parents hear is, "What's for dinner?" As the school year gets busy with homework, sports, and other activities, finding time to prepare healthy meals can be a challenge. Whether you're in a meal-planning rut or simply short on time, the recipes in the link above offer quick, nutritious ideas for breakfast, lunch, dinner, and snacks to help keep your family fueled all school year long.



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

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.



WHEN SHOULD MY CHILD RETURN TO SCHOOL AFTER AN ILLNESS?

To help keep our school community healthy, students should return to school only after they have met the following guidelines:

- Fever-free (temperature below 100°F) for at least 24 hours without the use of fever-reducing medication.
- No vomiting or diarrhea for at least 24 hours.
- If prescribed antibiotics for a contagious illness, they should have taken the medication for at least 24 hours before returning to school

When in doubt, consult your child's healthcare provider or contact your school nurse with any questions. Working together, we can help keep our students healthy, safe, and ready to learn!

PREPARED FOR SCHOOL?



Do you have all the required paperwork for your student this school year? Emergency Action Plans and medication paperwork have to be completed each school year. If you have not yet submitted your student's paperwork, please turn that in to their school nurse as soon as possible.

Click the link above to visit the School Health page on the DCS website. Here you will find all required paperwork, current and past newsletters, FAQs, and other helpful information.

SCHOOL NURSE SPOTLIGHT!

Congratulations to our own, Anna Miller, Nurse at First Flight Elementary School. Anna was named employee of the quarter for Dare County Health Department in June 2026 as well as Employee of the Month for Dare County for the month of August 2026.



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