

## Vision Screenings

During the fall months, DCS Nurses will routinely perform vision screenings on students in 1st, 2nd, 4th, 6th, & 8th grades. If your child receives a referral from the school

nurse, please have your child evaluated by a doctor. Financial assistance is available; speak with your school nurse for more information or scan this QR code:



## September is National Childhood Obesity Awareness Month



From 2011-2014, the most current data from the Center for Disease Control, the obesity rate among children ages 2 - 19 years of age remains steady at 17% of the population - or 12.7 million children and adolescents. Obesity can have a negative impact on both physical and mental health.

Children are encouraged to eat a healthy diet and to be physically active for at least 1 hour every day. The goal is to be healthy! For more information, contact your school nurse or visit <https://www.cdc.gov/obesity/childhood/causes.html>



Scan this QR Code to use a BMI Calculator:

## Flu Vaccination

While school is just starting and we probably still feel like we're on the edge of summer, flu season is fast approaching. Area flu clinics usually start in the early fall months, around September or October. Keep your ears open for available times or speak with your family doctor, especially if you or your child has a chronic condition such as asthma or diabetes. For more information please scan this QR code:



## Hurricane Preparation

2017 NOAA Hurricane Outlook is - "Above Normal"

Three Steps To Personal Preparedness

1. Get a Kit (food, water, cash, medication, and other supplies to last 3 days)
2. Make a Plan (make an evacuation checklist and a list of emergency contacts)
3. Stay informed (Dare Co website, Emergency Mngt Hotline, or local radio)



For more information scan this QR code:

## Can Reading improve your mental health?

It's called "bibliotherapy" or the use of books under the guidance of a subject expert to address a therapeutic need. The term however dates back hundreds of years and supports the underlying belief that books can provide healing benefits to the ones reading them.

While librarians are not generally trained in bibliotherapy, they may be able to suggest books on issues such as bullying, depression, self-image, friendships, etc. for healthy students seeking to expand their knowledge and empathy. For clinical bibliotherapy, contact a medical professional. For more information please scan this QR code:



**Dare County's  
School Nurses  
Middle & High Schools**

**Cape Hatteras Secondary**  
Cid Causey  
252.995.5730 x3006

**First Flight High**  
Robyn Dozier  
252.449.7000 x2495

**First Flight Middle**  
Jen Black  
252.441.8888 x2206

**Manteo Middle School**  
Jodi Wyant  
252.473.5549 x1207

**Manteo High School**  
Jenn Gilbert  
252.473.5841 x1051

**School Health Supervisor**  
Jodi Wyant  
252.473.5549 x1207

**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.

# How well do you know your school nurses?

School nurses are registered nurses (RNs), the majority of whom have Bachelor's Degrees from 4-year accredited nursing programs. Dare County school nurses are graduates from UNC-Wilmington, East Carolina University, Old Dominion University, University of Pittsburgh, Penn State, University of Phoenix, Saint Joseph's College of Maine, and College of the Albemarle.

As a team, we have nursing experience in:

- Primary care/medical office
- Urgent care
- Intensive care (MICU/SICU/adult vascular surgery/Neonatal)
- Stepdown
- Telemetry
- Orthopedics
- Gynecological & Labor/Delivery
- Dialysis
- Home health
- Specialized pediatric intravenous infusions
- Emergency department
- Emergency medical technician
- Chronic disease case management
- Palliative care
- College level nursing educator
- Cardiac rehab
- Pediatric rehab
- Adult spinal cord rehab
- Surgical oncology
- Post-anesthesia care unit
- Hospital management
- Public health management
- Medical surgical nursing
- Communicable disease
- SIDS counselor
- Renal/pancreas transplant coordinator
- Operating room nurse

Collectively we have 183 years of nursing experience among 10 school nurses.

School nurses are available to provide nursing care for the students of Dare County and as a resource for staff and families; feel free to give your school nurse a call!



## County of Dare

### Department of Health & Human Services

P.O. Box 669 | Manteo, NC 27954

Health 252.475.5003 | Social Services 252.475.5500 | Veterans Services 252.475.5604 | [darenc.com/hhs](http://darenc.com/hhs)

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