

Health Screening Performed at Schools

January was a very busy month for the Coordinated School Health Program and I was unable to get out a newsletter. I apologize because so many of you have given me and my family such nice compliments about the previous newsletters. I am still working out the kinks of this being a start up program, so bear with me and hopefully this will not happen again. Health screening being performed at the schools is one reason for such a busy schedule. These screenings are mandated by the state for grades K, 2, 4, 6, 8, and one grade in high school. In Clay County, we chose to screen the 9th grade due to the fact they are enrolled in Lifetime Wellness. All students were screened for vision, hearing, blood pressure, height, and weight, while 6th grade was also screened for scoliosis; all screenings were completed with strict adherence to the confidentiality of each child and adolescent screened. Students were allowed to opt out by parent consent or if they chose not to at the screening time. The screenings were free to the students and do not qualify as an examination. Parents are still encouraged to schedule annual medical check ups. The purpose of the screenings are to determine if your child has a health risk that 1) needs medical attention and/or 2) might affect his/her classroom work. That is one of the goals of the Coordinated School Health Program, to identify areas that may hinder a student's ability to learn. A student who can not see or hear well may miss that important date for a test and fail to study, or perhaps due to the same condition they misunderstand the directions and do not complete an assignment correctly. When these things add up, the student may not perform up to their ability or they may become discouraged and quit trying to succeed. These problems can arise at anytime, even with regular scheduled check ups. Also, being a former kid myself, kids do not always follow the directions about how to maintain their health, whether it is brushing their teeth, wearing their glasses, or perhaps taking their blood pressure medicine. If there is a need for further evaluation by a physician, a referral letter will be mailed home addressing each area of need. The purpose of the referral is to make the parents aware of potential health problems that may affect their child's learning. So please understand that we are sending the referrals with the best interest of your child in mind.

American Heart Month

February is American Heart Month and with the heart being one of the two most important organs we need for life (the brain being the other); we need to pay attention to all those things that can affect the heart. Healthy nutrition, daily physical activity, and eliminating tobacco use can reduce your risk of heart disease, heart attacks, and strokes. Check out the website, www.americanheart.org, for tips and information about heart attacks, strokes, and diabetes. All of these conditions can cause or have an affect on the other, so try and follow your doctor's recommendations about high blood pressure, cholesterol, and your sugar levels.

From the Nurses' Desk

Nurse Teia – Cold and flu season is upon us and you may be asking yourself, “When should I keep my child at home from school?” Here are some tips we suggest to use to help you decide if they should stay at home. 1) Fever greater than 100.0 2) Vomiting 3) Diarrhea 4) Body aches with fever 5) Sore throat with fever

Nurse Amanda – High school students need to make sure they are up to date on their vaccinations, it is very important to have yearly exams to stay current on all vaccinations and maintain their health. Most colleges and vocational schools require certain vaccinations before admittance, so seniors especially need to be current. So contact your doctor or local health department for a check-up.

Nurse Tiona – This is Children's Dental Month, so remember to schedule bi-annual dental exams and maintain a regular schedule for the best prevention of dental problems. To keep our children and community healthy during the cold and flu season, remember to use good hand washing practices.

Next Month

With all the talk about nutrition and exercise, I thought the six nutrients should be addressed to help everyone

understand the role that they play in our daily diet and our efforts to stay fit. So keep an eye out for information about carbohydrates, fats, proteins, vitamins, minerals, and water. Until then, keep up the efforts for a healthier you.