

# Students

Welcome to new School Year!

We hope you are safe and healthy during the school year but, if you have health care concerns or become sick or injured during the year, School Health Services Staff are available to assist you. The School Health Assistant is either a nurse (LPN or RN) or a certified nursing aide.

Periodically, we will post health information for students on this web site.

If you have a suggestion or would like us to address a specific issue, please see the Health Assistant in your school.

For information about our prescription medication policy and non-prescription medication policy ("over-the-counter medications), see the parent information section. Also, in the parent information section are forms to self-administer and carry certain medications. All these forms will require written parental permission. All forms may require completion by your health care provider.

## Smoking Cessation

Want to stop smoking? Your school nurse or health assistant can help. Review the smoking cessation slides for information ([Smoking Cessation Presentation](#) - PDF format ). Print and complete the smoking cessation assessment and bring it to your school nurse or health assistant for more information and support ([Smoking Cessation Assessment](#) - PDF format).

## Back Pack Safety Tips

1. Always use both shoulder straps to avoid any curving of your backbone.
2. Keep straps on backpack tight so that the weight of your backpack is kept close to your body.
3. Adjust the straps so that the backpack rides 2 inches above your waist. This prevents you from stooping over to carry your backpack and prevents you from leaning too far back. Both of these positions can cause muscle strain.
4. Organize your backpack so that the heavier items are in the middle and close to your back. Store small items in separate pockets of your backpack.
5. Stop often at your locker and leave off unnecessary books or items.
6. When lifting your backpack, face your backpack, which is on the floor, bend at the knees, keep your back straight and lift with the muscles of your legs.
7. Do back muscle strengthening exercises daily. See your health assistant for information.

8. Report any pain in your back, shoulders or neck to your parents, teacher or health assistant.
9. Exercise regularly, practice good eating habits and sleep on your side instead of your stomach. Sleeping on your stomach can cause back pain and muscle strain.
10. Clean out your backpack weekly. This assures you are not carrying around extra unnecessary items.
11. Carry no more than 10 – 15 % of your body weight in your backpack daily. For example, if you weigh 100 pounds, the most your backpack should weigh is between 10 and 15 pounds. Check this occasionally at home and in the health assistant's office so you become adjusted to how much your backpack should weigh.

### **Influenza Program**



The Tazewell County Health Department will be coming to each school to offer influenza vaccines to prevent influenza this coming fall for students and staff members. The vaccine will help prevent both the H1N1 (swine flu) and the seasonal flu ALL in one vaccine! Some information was in the school calendar. Please look for additional information regarding the planned date of the influenza clinic from your school nurse. You can download the consent forms, complete and return them at any time. Also, send a copy of your child's health insurance card along with the completed consent form to the attention of your child's school nurse. The health department will bill your insurance for the vaccine. Please DO NOT SEND any money.

### **Influenza Prevention**

Hand washing is one of the most important things you can do to stop the spread of the common virus like the flu. In order for you to be healthy and safe, always wash your hands before and after using the restroom, before eating or drinking and after you cough or blow your nose. You should use a dime-sized amount of soap, warm water and lots of friction (rubbing your hands together). Wash your hands for at least 10 – 15 seconds. If you sing "happy birthday" twice at a normal pace, you should be washing your hands long enough. Rinse thoroughly and dry. If you don't have soap readily available, hand sanitizers work well.

Check out the following coloring pages and be a Germ Stopper!

[Coloring page](#)

[TDAP: Important Information for Parents](#)

[HPV: Parents' Letter](#)

### **Fantastic Links**

GIRLS: Check out the following website for fun games, wallpaper, downloads, etc. and learn how to make your bones powerful! <http://www.girlshealth.gov/nutrition/bonehealth/eating-for-strong-bones.html>

Youth: Check out the following website "VERB" and learn how young people can be more physically active in cool and unique ways! <http://www.cdc.gov/youthcampaign/>

Calling ALL KIDS: Want to learn more about eating healthy? Go to the following website for information on 5A Day. Check out the fruit/vegetable of the month and get great recipes! <http://www.fruitsandveggiesmorematters.org/> and click on kids at the top!