



School Health News

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DISTRICT STAFF COMPLETE HEALTH FAIR

Once again this year on the Tuesday before school starts, our district insurance carrier Medical Mutual, came to school for a staff health fair. The health fair practitioners obtained a variety of medical information on all participating staff. Blood pressure readings, height and weight screenings, and health checks were completed using only a few small drops of blood. We were able to have results for our blood sugar, cholesterol, (both good and bad), and triglycerides to measure our health and wellness. Staff were able to update their Health Risk Assessment online on the Medical Mutual website, following completion of their screenings. As always, Medical Mutual reps including our personal favorite Jennifer Avery was there to pass out freebies and answer questions staff may have about our current plan. In addition, we had vendors set up for additional health and wellness information and handouts. Thanks to all the staff who participated this year and please remember if you have not updated your HRA, please do so as soon as possible. Thanks to Med Mutual for another successful health fair.

2 hour early release for staff

development-Wednesday 10/06

2010-2011 Flu Shots

I am currently working with Medical Mutual as well as the local Health Department in an effort to schedule our 2010-2011 flu shots in the near future. As an added bonus this year, a dose of H1N1 vaccine is included in with the regular seasonal vaccination. We are still working out the logistics, dates, times, costs, and housekeeping issues, so hopefully we will have some definite information soon to share with everyone. Keep watching your email as well as the health newsletter for more info.

County School Nurses Meet

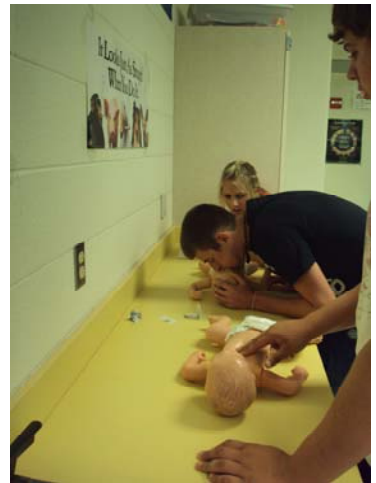
County School Nurses from Pike and Ross Counties met earlier this week. Topics discussed included head lice policies, updating technology for school nurses, upcoming educational seminars and changes to recent Ohio laws which impact school nurses. Kathy Wakefield CNP of the Ross County Health Department was the guest speaker and discussed last years H1N1 vaccination campaign and provided the nurses with updated information on bed bugs. There is actually a "bed bug task force" in Ohio, as they are rapidly spreading from state to state. The nurses meet monthly throughout the school year to network and share resources. As an added surprise, Kathy presented the nurses with appreciation gifts for our help in setting up many of the H1N1 clinics last year. Duffel bags with medical assessment equipment was presented to each nurse for their efforts! Thanks to Kathy and the RCHD for supporting school nursing!

EMT CLASS BEGINS

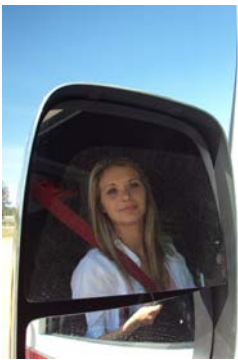
Twenty two seniors are enrolled in this years EMT class. The class has completed CPR certification and everyone is proficient in Adult, Child, and Infant CPR. In addition, use of the AED for heart attack victims was also part of their training. Another key component of being an EMT is being able to drive the squad to the emergency. So thanks to our friends at the Scioto Twp Fire Department, our students got some hands-on driving practice as they learned to maneuver both the squad and fire engine through a maze of orange cones. In cooperation with Ohio University Chillicothe's Southeast Ohio EMS Academy, any student who completes the class requirements will be able to take the National Registry of EMT's exam in May at the end of class and their senior year. When they pass, they will be certified as an EMT-Basic, just as many of our current life savers are in our community! Good luck this year to our seniors!



Scioto Twp Fire Fighter/EMT-Basic and UHS grad Steven Zupi shows new EMT class members the inside of the emergency squad during class orientation.



(L) EMT-P Scotty Lagard helps Cody prepare to drive; @ Maddie uses the mirrors to back the fire truck. (L) EMT-B Tiffany makes sure Adam is buckled in.



EMT students practice their CPR skills during class; and make new friends with "Resusci Annie" during the class. ->



Nurse's Notes

Senate Bill 210 which went into effect earlier this year requires schools to provide additional health and wellness information for students. As part of this bill, schools are required to measure height and weight to calculate BMI (Body Mass Index) on students in Grades K, 3, 5, and 9. This is confidential information and students are screened individually in a private area. Grade level results, not individual results are then sent to the Ohio Dept of Health in June. This screening will be in October and permission slips will be coming home in the next week.