



# SCHOOL NURSE *Newsletter*

A **FLU VACCINE** CAN TAKE **FLU** FROM



Help kids fight flu by getting vaccinated! Flu can be more dangerous than the common cold for kids. Annual flu vaccination offers the best protection against flu and its potentially serious complications in kids. Encourage families to contact their family physician or call us at 716-753-4491 to schedule an appointment for a flu vaccine today!

## Handwashing

Proper hand hygiene is key to stopping the spread of diseases like respiratory viruses. You can help promote good hand hygiene habits by grabbing a few 11x17 posters to hang at your school. Just email us how many you'd like and we will mail them to you!



[Email Us](#)

## Respiratory Virus Guidance

The CDC's respiratory guidance remains the same for the 24-25 school year.

## Respiratory Virus Guidance Snapshot



### Core Prevention Strategies

Immunizations



Hygiene



Steps for Cleaner Air



Treatment



Stay Home and Prevent Spread\*



### Additional Prevention Strategies

Masks



Distancing



Tests



\*Stay home and away from others until,



and



Your symptoms are getting better

You are fever-free (without meds)

for 24 hrs



Then take added precaution for the next 5 days



Layering prevention strategies can be especially helpful when:

- ✓ Respiratory viruses are causing a lot of illness in your community
- ✓ You or those around you have risk factors for severe illness
- ✓ You or those around you were recently exposed, are sick, or are recovering

## School Vaccination Fraud Awareness

The New York State Department of Health protects and promotes health and well-being for all, including keeping children safe from vaccine-preventable diseases. Vaccine fraud is serious, and suspected fraud will be thoroughly investigated. Report all cases of suspected vaccine fraud to [stopvaxfraud@health.ny.gov](mailto:stopvaxfraud@health.ny.gov)



**FRAUD ALERT**  
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**FRAUD ALERT**



## Learn How to Spot a Fraudulent Record

Schools are on the frontlines in the defense against vaccine preventable diseases and have the responsibility to reject immunization records they believe to be fraudulent based on their knowledge and assessment of the facts. Click to learn more on how to recognize red flags on immunization records to stop fraud.

[Learn More](#)

## NYSIIS Updates

Do you have a student that needs their immunization record updated in NYSIIS? We can help! Just email us with the details and one of our public health nurses will update the system.

*We can help!*

[Email Us](#)

## Resources

Did you know that we have saved all of our resources that we've shared with you over this last year?

You can access them online on our school nurse resource page!

[Access Resources](#)



## School Wellness Policy

Does your district's Local School Wellness Policy need an update? Now is a great time to bring your school community together to create strong school environments that support students' growth, learning, and well-being.

- Identify a Local School Wellness Policy Coordinator for your district if it does not already have one.
- Invite school administration, students, parents, school nutrition staff, teachers, coaches, nurses, and community members to be a part of your district's wellness committee.
- Spread the word using Team Nutrition's Local School Wellness Policy Outreach Toolkit.

[Access Toolkit](#)

# Local School Wellness Policy Refresh!



*Thank You!*

November 25th is National Public Health Thank You Day. Thank you for the care you provide to children in Chautauqua County!

## Free Webinar

### Parent-Based Treatment for Child Anxiety and Related Disorders

Friday, November 8, 2024  
10:30 am – 12:00 pm



TTAC

NYC Early Childhood  
Mental Health  
Training and Technical Assistance Center

A Collaboration Between

NEW YORK  
CENTER FOR CHILD  
DEVELOPMENT



McSILVER INSTITUTE  
FOR POVERTY POLICY AND RESEARCH  
NEW YORK UNIVERSITY

**This webinar is for all of those working in the perinatal period as well as children birth to 5 and their families.**

This webinar focuses on the role of parental behaviors in childhood anxiety and related disorders. Highlighting the prevalence and comorbidity of these problems in children, the presentation underscores the importance of reducing family accommodation—a common parental response to a child’s anxiety that often exacerbates symptoms. SPACE (Supportive Parenting for Anxious Childhood Emotions) focuses on increasing parental support while decreasing accommodating behaviors, aiming to foster a child’s independence and confidence. The webinar will provide an introduction to the rationale, evidence-base, and key steps of SPACE treatment.

[Learn More](#)

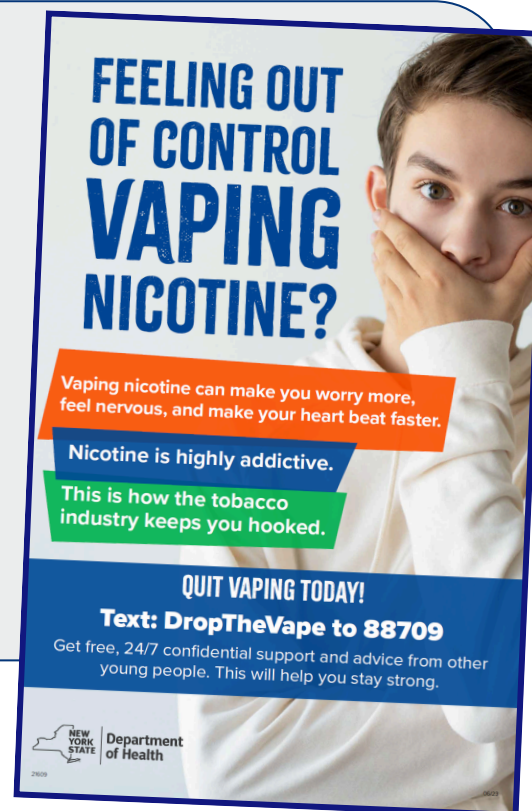
## Free Vaping Posters

The NYSDOH has developed posters, palm cards, and rack cards for middle schools and high schools/young adults. Posters are available in English and Spanish and are to promote *This is Quitting* and the New York State Smokers' Quitline.

*This is Quitting* is a free, anonymous text message cessation service designed specifically for young people 13-24. *This is Quitting*, is evidence-based, and was developed by *Truth Initiative* with input from young people who want to quit vaping. The messages show the benefits and challenges of quitting, to help young people feel motivated, inspired, and supported throughout their quitting process. To date, the initiative has helped more than 600,000 young people nationally on their journey to quit vaping.

Young people can join *This is Quitting* by texting “DropTheVape” to 88709.

- Information about e-cigarettes can be found [here](#).
- The New York State Smokers' Quitsite can be found [here](#).
- **Drop the Vape Materials can be ordered [here](#).**



## Chautauqua Tapestry's 2025 Back to School Toolkit!

This Back to School Toolkit is full of great resources you and other school staff are going to want to check out!

- Mental health resources
- Coloring pages
- Teen zone
- Parent resources and
- Teacher resources

**Students** can discover the latest study hacks, trendy organizational tools, and fun wellness activities.

**Adults** will find tips on how to support their students, manage time, and stay engaged in the learning process.

**Educators** can explore innovative teaching strategies, classroom resources, and creative curriculum ideas.

[Learn More](#)



## Health Tip

Living a healthy lifestyle offers many benefits ~ including a boost to your immunity! Strive to eat well, be physically active, get enough sleep and quit bad habits. Taking care of yourself will help your immune system take care of you!

[Learn More](#)



## PLEASE SHARE THIS MONTH'S PARENT RESOURCES:



Keep Our Community Safe and **Use a Sharps Container.**

1

[Download & Share](#)

2

**CARBON MONOXIDE & FIRE SAFETY**

[Download & Share](#)

3

**QUICK TIPS** *for parents*

This issue contains info on flu vaccination, how to give and receive free winter coats in the area, and other ways to give back this holiday season!

[Download & Share](#)

## Free Winter Coats



Families can get free winter coats if there is a need. Stop by your local Catholic Charities or Salvation Army.

### Salvation Army locations:

- 83 S Main St, Jamestown
- 704 Central Ave., Dunkirk

### Catholic Charities locations:

- 42 Duhnam Ave., Jamestown
- 326 Central Ave., Dunkirk

**Do you have a new or gently used winter coat to donate?** Donations can be dropped off at any of the above locations.

## CLICK TO SUBMIT TOPICS

Please tell us what topics or emerging issues you would like to see covered in future newsletters.

*We are excited to continue our work with you! Please contact us with questions or ideas on how we can effectively assist you in your very important role serving our community as a school nurse.*



[LHDSchoolSupport@chqgov.com](mailto:LHDSchoolSupport@chqgov.com)



716-753-4491