



SCHOOL NURSE *Newsletter*

 DECEMBER 2023

It is our goal, as your local Health Department to provide updated, relevant and purposeful technical assistance related to the health needs of your student body. Below are some popular topics you've asked about!



Head Lice



We have created a flyer that schools can send home with students to help families dealing with head lice. We hope this tool will be useful to faculty and families. Taking care of headlice can be a financial burden for families, especially around the holidays. Catholic Charities is able to help with purchasing items to get rid of lice in homes. Families can contact them directly by calling the phone number listed in the flyer.

[Download flyer](#)

NYSIIS Updates

Do you have a student that needs their immunization record updated in NYSIIS? We can help!

We can help!

Just email us with the details and one of our public health nurses will update the system.

[Email Us](#)

Free Winter Coats

Jamestown

Salvation Army:

Parents of school age kids can get free winter coats if there is a need.

Call: 716-664-4108



Catholic Charities:

Call for availability

Dunkirk: 716-366-3533

Jamestown: 716-484-9188

Nutrition & Wellness

BUILD A POWER FUELED BREAKFAST

[Click for a handout that can be shared with teachers about helping children pick a power fueled breakfast!](#)

CLICK TO SUBMIT TOPICS

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



MENTAL HEALTH *Matters*

Mental health conditions typically begin during childhood, adolescence or young adulthood. Research shows that 1 in 6 youth/adolescents will experience a mental health condition at any given time. Additionally, 50% of all lifetime mental health conditions begin before the age of 14. Mental health symptoms in young children are often behavioral because they're still learning how to identify and talk about thoughts and emotions. Symptoms in children may include the following:

- Changes in school performance
- Excessive worry or anxiety, for instance fighting to avoid bed or school
- Hyperactive behavior
- Frequent nightmares
- Frequent disobedience or aggression
- Frequent temper tantrums



RESOURCES: The National Alliance for Mental Illness (NAMI) has compiled essential information and resources intended to help young people get the mental health support they need.

[For Kids](#)

[For Teens](#)

Locally, contact the Chautauqua County Crisis Line at 1-800-724-0461 and learn about more resources from the Chautauqua County Department of Mental Hygiene, Tapestry, and Suicide Prevention Alliance:

[Local Teen Resources](#)

[In-Class Offering:](#)



NAMI Ending the Silence is a free, evidence-based, 50-minute session designed for middle and high school students. Your students will learn about mental health conditions through a brief presentation, short videos, and personal testimony from a young adult who describes their journey to recovery. Click the video for more info.

Your Health Matters

The holidays can be a stressful time. Don't forget to take time for yourself to manage stress. Give yourself a break if you feel stressed out, overwhelmed, and out of control. Here are some tips .

The Most Wonderful Difficult Time of The Year

[Learn More](#)



Providing you with resources to help prevent unhealthy behaviors, promote wellness, and protect the health of our youth.

Substance Abuse

Children and adolescents who grow up in households with drug misuse and substance use disorders may experience a myriad of adverse consequences, including:

- anxiety about the safety of a family member using drugs (*including staying home and missing school*)
- limited financial resources to meet basic school needs
- difficulties in building friendships
- home stress negatively affecting academic performance
- increased risk of mental health problems and drug use
- accidental opioid poisoning
- family dissolution that results from parents' incarceration, foster care placement, or loss of parent to an opioid overdose
- child neglect or deficits in parent-child attachment due to parental drug use

A federal government website, [The National Center on Substance Abuse and Child Welfare](#), offers a wide range of resources.

Teen AWESOME Youth Resources



Local resources:

School staff concerned about students and their families can contact Prevention Works (716-664-3608 or 716-366-4623). In addition to prevention education, Prevention Works offers early intervention services for at-risk students. They also work with families.

All other inquiries, please contact Steve Kilburn at Combat Addition CHQ.



[Email Steve Kilburn](#)

Vaping Resources for Parents

Studies have shown that the most influential person in a young person's life is their parents/guardians. For most young people nicotine is the first addictive substance that they are exposed to, and vaping is their #1 way of getting nicotine. Talking to young people about substances should not be one 60-minute conversation, but 60 one-minute conversations. For resources on how to have a conversation about vaping visit [TalkingItOver.org](#). Stay tuned next month when we will provide you with a parent resource sheet to share!



Prevent. Promote. Protect.

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.



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716-753-4491