



Alliance for A Healthier Generation- Supporting School Health Services

Alliance for a Healthier Generation has recognized **ALL Schools** within our district as “America’s Healthiest Schools” in recognition of our School Health Services. This is a prestigious award and achievement for being recognized nation-wide for schools



that implement best practices to address chronic health conditions, routinely conduct health screenings, and provide a pathway for students with health concerns to receive additional support from the school or community-based providers through other services/programs. We are honored to receive this national recognition for our dedication in supporting the health and well-being of students and staff, as we remain steadfast in our commitment to fostering school environments where student health is a priority.

America’s Healthiest Schools remains one of the country’s longest-running, nationwide recognition programs honoring schools for achievements in supporting whole child health equity for students, teachers, and staff. Exciting news on Announcement Day, **September 26 2023**. Look for more exciting news!!!



ALLERGIES, COLD, FLU AND COVID-19 Most common symptoms for each

SYMPTOMS	Allergies	Cold	Flu	COVID-19
Body aches		✓	✓	sometimes
Chills		rarely	✓	sometimes
Dry cough	✓	✓	✓	✓
Fatigue	sometimes	✓	✓	✓
Fever		rarely	✓	✓
Headache	✓	rarely	✓	sometimes
Itchy eyes	✓			
Loss of taste/smell	sometimes	rarely	sometimes	✓
Nasal congestion	✓	✓	✓	rarely
Nausea/vomiting/diarrhea		sometimes	sometimes	sometimes
Runny nose	✓	✓	✓	rarely
Sneezing	✓	✓	✓	sometimes
Sore throat	sometimes	✓	✓	sometimes
Shortness of breath	sometimes	rarely	✓	✓

MUSC Mobile Vaccine Van



MUSC Hollings Cancer Community Health Van will provide HPV, Tdap and Meningitis immunizations to Cherokee County School District middle school students who are VFC- eligible (insured by Medicaid or are uninsured). Parental consent is required. Walk-ins are also accepted with parental consent.

See Schedule below:

October 3:

Blacksburg Middle School (Grades 6-8) 9:00 -10:00

Ewing Middle School (Grades 6-8) 12:15-1:15

October 4:

Gaffney Middle School (Grades 6-8) 9:00-10:00

Required School Vaccines/Changes for 2023-24

You have the **power to protect** against vaccine-preventable diseases.

SCAN ME

National Immunization Awareness Month



Free Medical Clinic

Monday, October 2nd
&
Tuesday, October 3rd
9:00am - 4:00pm

First Baptist Church
121 W Cherokee St.
Blacksburg, SC 29702

For All: Free blood pressure, Blood Sugar, & Body Mass Index Screening

Free food for all
For those who are uninsured:
Full Scope Primary Care

Call the free medical clinic 864.514.3141 for an appointment and mention Blacksburg location
Walk-ins welcome



It's OK to get help

How Can My Child Get In-School Mental Health Services?

- Parents can request and obtain a Mental Health Referral form from the teacher, nurse or guidance counselor
- Students may be referred either by a parent, teacher, nurse, guidance or child's physician
- Parental consent is required to begin mental health services

Contact the school if you think your child needs mental health counseling or if you have questions about these services.

HEALTH SCREENINGS



School health screenings are often the best way to detect problems that interfere with students' education. The hearing and vision screenings are important because difficulties with these senses are often subtle, and neither parents, teachers nor children may even recognize that a problem exists. Screenings do not take the place of regular professional examinations. If your child does not pass their health screenings, you will receive notification from the nurse, which will inform you of the screening results, along with other helpful resources.

The **BUZZ** on ENERGY DRINKS

Up to **50%** of adolescents report consuming energy drinks



If you're looking for a quick pick-me-up, alternatives to energy drinks include:

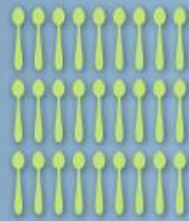
- Plain or unsweetened flavored water. Dehydration is often a reason for low energy.
- Unsweetened tea. A number of tea flavors are available in naturally caffeinated varieties that can be enjoyed hot or cold.
- Hot or iced coffee.
- 100% fruit or vegetable juice. There are many types of juices and juice combinations. Find one that you enjoy!
- Whole fruit. Sometimes a snack can give you as much of a boost as a drink.

The average daily intake of added sugars is 17 teaspoons for children and young adults aged 2 to 19 years.

What is in an energy drink?

A beverage that may contain large amounts of:

- Caffeine
- Added sugars
- Other stimulants such as guarana, taurine, and l-carnitine



Energy drinks can contain large amounts of sugar, sometimes as much as **27 teaspoons** in one can.



Dangers include:

- Dehydration
- Irregular heartbeat & heart failure
- Anxiety
- Insomnia

Source-CDC

Contact us at **864-206-2249**

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