

HEALTH SERVICES NEWSLETTER

December 2025

Noteworthy Health Information

We continue to see an increase in concerning symptoms in our secondary ed. students, such as weakness, fainting, elevated blood pressures and heart rates, anxiety, and irritability, just to name a few.....Could too much caffeine and popular energy drinks be the cause?

- According to CDC, 30%-50% of students report they consume energy drinks
- Some dangers include; irregular heart rate and heart failure, anxiety, insomnia, dehydration, plus more
- Ages 12-18 should not consume more than 100mg of caffeine per day; however most energy drinks contain 200mg in 1 drink

How School Nurses can help

National Federation of State High School Assoc. Statement

Power Point Resource

CDC Infographic

American Academy of Pediatrics Info

Winter Viral Illness Guide:

- Influenza (Flu)
- Rhinovirus (Common Cold)
- Norovirus (Stomach Flu)
- Covid-19
- RSV
- Acute Bronchitis (chest cold)
- Pneumonia (1/3 is viral)

Upcoming Events

- VDH Dental Screenings Dec. 8, at RMS
- Board Meeting, Dec. 8, at 6:30pm
- Health Services Meeting: Dec. 18
- Winter Break for staff: Dec. 22-Jan. 2

Health Awareness

- Promote Proper Hand Hygiene

MERRY CHRISTMAS FROM TCPS
HEALTH SERVICES!