

# Health Office

## NEWSLETTER

### Summer

#### Have an AWESOME & SAFE summer!

We did it! We have made it through the school year! Summer however, brings challenges of it's own -- sunburns, bug bites, and dehydration -- just to name a few! So I wanted to send you off with a couple reminders:

- Make sure to use a sunscreen with at least 30 SPF
- DEET and oil of lemon eucalyptus are two different substances that CDC recommends for mosquito repellent
- When using sunscreen & mosquito repellent together, use sunscreen FIRST then apply the bug spray
- ALWAYS wear a helmet to protect your noggin when riding a bike
- REMEMBER to keep your kids hydrated! Popsicles are an easy way to promote hydration while keeping cool!



#### Looking forward to health requirements for next school year...

Pre-school: MUST have updated well-child visit form  
Kindergarten-6th grade: see next page

7th grade: Needs Tdap immunization going into 7th grade

See next page for other requirements

#### Lost Tooth Club

This year I started a Lost Tooth Club! Everyone that lost a tooth at school got their name on the board! We had a total of **150** teeth lost this year! The record was a 5th grader (Tristan, see below) with **6** lost teeth this year!





# IOWA

## Student Health Screening Requirements

### 3rd Grade

#### Vision Screening

- No earlier than 1 year prior and no later than 6 months after enrollment
- Can be provided by ophthalmologist or optometrist or pediatrician's or family practice physician's office, a free clinic, a child care center, a local public health department, a public or accredited nonpublic school, or a community-based organization or by an advanced registered nurse practitioner or physician assistant
- Submitted electronically through IRIS or hard copy (no required form)

### 9th Grade

#### Dental Screening

- No earlier than 1 year prior to enrollment and no later than 4 months after enrollment
- Must be provided by licensed dentist or dental hygienist
- Must use IDPH Certificate of Dental Screening

Parents and schools are critical in ensuring students are healthy and ready to learn. In Iowa, there are four health screening programs regulated by the state and implemented by the schools: immunization, dental, vision and blood lead.



### Kindergarten

#### Dental Screening

- No earlier than age 3 and no later than 4 months after enrollment
- Can be provided by a licensed dentist, dental hygienist, physician, physician assistant, registered nurse or ARNP
- Must use IDPH Certificate of Dental Screening

#### Vision Screening

- No earlier than 1 year prior and no later than 6 months after enrollment
- Can be done by an ophthalmologist or pediatrician's or family physician or any professional licensed to perform this test.
- Submitted electronically through IRIS or hard copy (no required form).

#### Lead Screening

At least one Blood Lead Test should occur prior to six years of age

- Must use IDPH spreadsheet to submit list of kindergartens
- Don't need to collect results of blood lead testing
- IDPH matches the school list with their data and inform schools of children who need a blood lead test
- Schools inform parents
- Parents have their children tested