



# SCHOOL HEALTH SERVICES



## Healthy Facts

According to the Centers for Disease Control and Prevention (CDC), healthy students are better learners. Both schools and parents play an important role in promoting health and wellness which sets the foundation for a healthy adult life. Providing a healthy diet, encouraging exercise, and setting a bed time which allows for plenty of rest, are all steps that parents can take to set their student up for academic success as a new school year begins. Additionally, the 5-2-1-0 message promotes four very important behaviors.



- 5** OR MORE SERVINGS OF FRUITS AND VEGETABLES A DAY
- 2** HOURS OR LESS OF SCREEN TIME
- 1** HOUR OR MORE OF PHYSICAL ACTIVITY A DAY
- 0** SWEETENED BEVERAGES A DAY

## Health Tip

Be active as a family. Takes walks and bike ride together as part of your daily routine.

If you would like to receive the School Health Services quarterly newsletter, please send email to: [Cheryl.Reilly-Wong@flhealth.gov](mailto:Cheryl.Reilly-Wong@flhealth.gov) or call the Florida Department of Health in [Okeechobee](http://Okeechobee) at 863-462-5773.

## Clinic Services

The School Health Services program provides services for all students in Okeechobee County Schools and is the direct result of collaborative efforts between the Okeechobee School District and the Florida Department of Health in Okeechobee. Each school's clinic is staffed by a health paraprofessional that is available throughout the school day. Additionally, a Registered Nurse or Licensed Practical Nurse is assigned to each school by the Florida Department of Health. Some of the services offered by the School Health Services program include:

Health Screenings (Vision-Hearing-Scoliosis-BMI)

Medication Administration

Basic First Aid

Referrals

Case Management

Communicable Disease Surveillance

Health Education