



Newtown School Health Services

# November Newsletter

November 27, 2019

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## Flu Season

We are starting to see the first few cases of influenza, along with all of the cold viruses that are common at this time of year. If you missed the flu clinics that the nursing department sponsored at Newtown Middle School, don't worry - flu vaccines are available **everywhere!** Get yours and protect not just yourself but your family and friends and all of the vulnerable young children and elderly in your life! Get your flu shot as soon as possible for the best protection—Thanksgiving break is the perfect time!

### Where to Get a Flu Shot

**Walgreens:** 49 S. Main Street, Newtown—walk in

**Stop & Shop Pharmacy:** 228 S. Main Street, Newtown—walk in

**CVS Minute Clinic:** 22 Depot Hill Road, Southbury—walk in

**Pomperaug Health District:** 77 N. Main St., Suite 205 Southbury—every Monday 3-5:30PM ([Click on this link for additional information](#))

## Love Your Lungs—Don't Smoke! Don't Vape!

November has long been “Quit Smoking” month. Now it needs to expand to “Quit Smoking, Quit Vaping” month. Vaping has been seen by some as a harmless activity, but it is now very clear that vaping can cause serious lung injuries to users. One of the greatest deterrents to vaping (also smoking, drinking, drug use) is

parental attitude. If parents and siblings communicate, through actions and words, that they think vaping is dangerous, those students will be much less likely to try it. So, bring up the subject of vaping at the dinner table. Make sure your kids know how you feel about it! There is more information in the school

health offices for anyone who is trying to quit.



## Sixth and Ninth Grade Required Physicals

All Newtown students in the sixth and ninth grade are required by the State of Connecticut to have a physical exam by the end of the school year. Physicals completed any time after August 26, 2018, can be accepted. The student's immunizations must also be up to date. For full information on Immunization requirements please click on the following link:



[2019/20 CT Department of Education Immunization Requirements](#)

## Use of Fragrances—Request for Consideration



Strong smells are frequent triggers for migraines, allergies and asthma. A reminder recently went out to school staff to make sure everyone avoids exposing others to strong fragrances, air fresheners, diffusers, etc. We would like to remind students as well to please avoid strong smelling substances that could make others uncomfortable in the school environment. Thanks for your help!

## Spot Vision Screening

Vision is critical to learning for children. Catching problems early and correcting them helps ensure that poor vision isn't an obstacle to learning. Early intervention can also mean preventing permanent loss of vision. Newtown school nurses have recently finished screening our elementary students and 5<sup>th</sup> graders using the "SPOT Vision Screening" system, with support from the Newtown Lion's Club and the VNA. SPOT screening is a faster and more accurate method of

screening vision than the old method of using wall charts. SPOT screening accurately screens for Myopia (near sightedness), Hyperopia (farsightedness), Astigmatism (blurred vision), Anisometropia (unequal refractive power), Strabismus (eye misalignment) and Anisocoria (unequal pupil size). Results of screening were sent home with students indicating either that their vision is within normal limits" or that the student needs a full eye

exam. If you have any questions about the vision screening process, please contact your school nurse.

