

Welcome to the Safe, Drug Free and Healthy Students Webpage

Elkin City Schools is proud to be a safe and caring school system. Our schools are always involved in activities to inform students, parents and staff of ways to stay safe, drug/tobacco/alcohol free, and healthy and active.

Elkin City Schools supports programs that prevent violence in and around schools; prevent the illegal use of alcohol, tobacco, and drugs; involve parents and communities; and are coordinated with related federal, state, school and community efforts and resources to foster a safe and drug-free learning environment that supports student academic achievement.



Safe, Drug Free and Healthy Programs and Services

Drug Free Elkin- Middle school students can pledge to be drug free through the Drug Free Elkin Program. All middle and high school students who drive on campus and/or participate in school clubs or sports, are required to participate in the Drug Free Elkin Program and are subject to random drug screening.

Tobacco Free Elkin – Tobacco free coordinator involves students in activities, and Tobacco Free Elkin website and activities.

Positive Behavioral Intervention and Support (PBIS) - Proactive program implemented system-wide in all three schools which focuses on the use of a continuum of behavior supports that encourage expected behaviors and emphasizes the use of assessment information to guide intervention and management decisions.

Character Education - Students learn character traits through activities involving specific character education terms such as responsibility and leadership.

Red Ribbon Week – Involves activities in the classrooms during the week and culminates with a special event. Previous special events have included visits from Miss North Carolina and a parade.

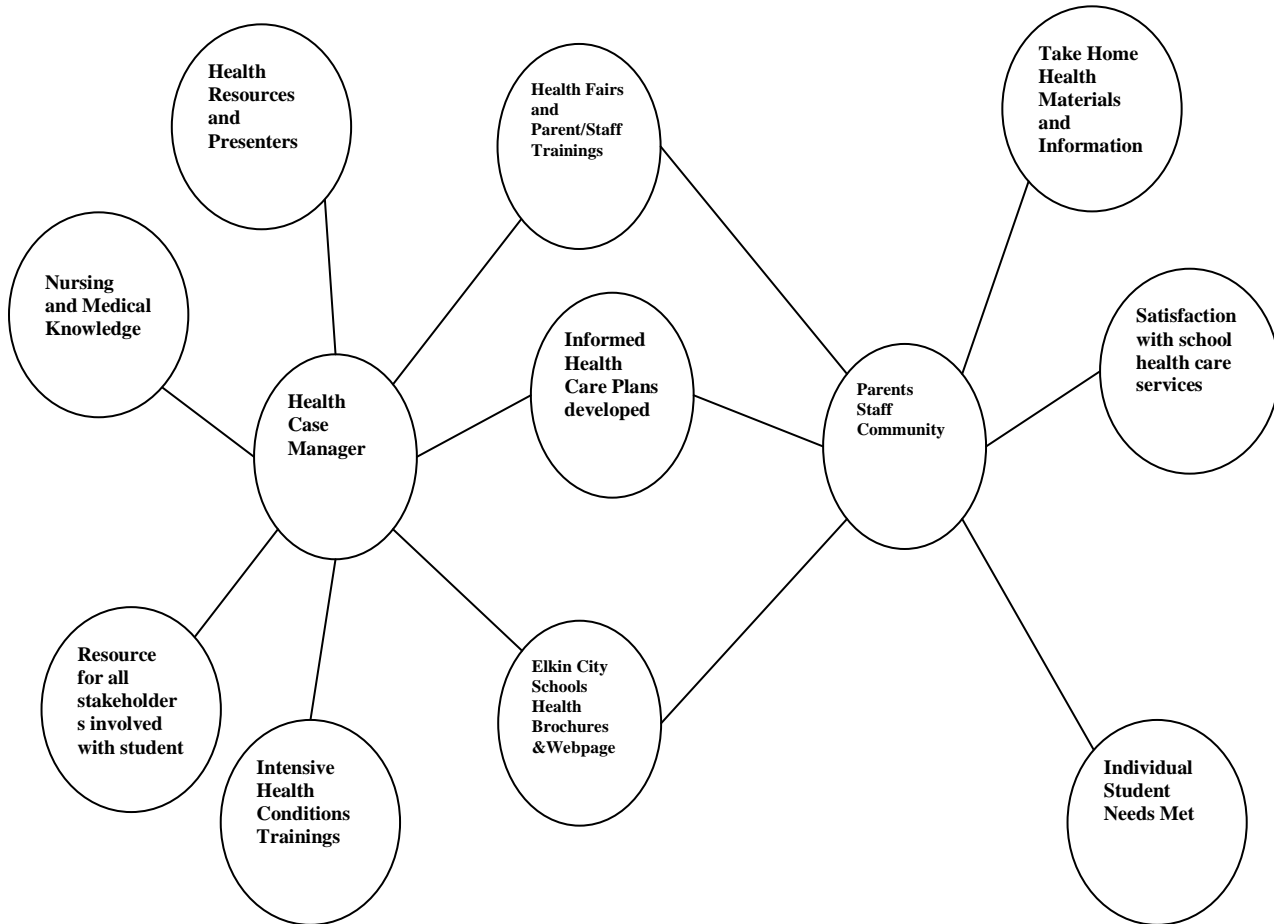
Healthy Knowledge for Healthy Kids - The goal of the Healthy Knowledge for Healthy Kids Project is to provide students, staff, parents and the community with a coordinated health resources information hub (see diagram below), including a knowledgeable health case manager, to provide up-to date information about healthy lifestyles, disabilities, and management of community health conditions, which will empower all stakeholders to make more informed health decisions for students and increase student participation in school activities.

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ELKIN CITY SCHOOLS COORDINATED HEALTH RESOURCES INFORMATION HUB



Parent Links

- American Diabetes Association
- American Heart Association
- American Lung Association
- Elkin City Schools Policies
- FitKids NC
- National Clearinghouse for Alcohol and Drug Information
- National Inhalant Prevention Coalition
- NC Healthy Schools
- Safe Surrender
- Tobacco Free Schools

School Health Information - English



SCHOOL HEALTH

This important information to keep students healthy and safe is provided in compliance with “Garrett’s Law” (senate Bill 444) which requires that all schools provide this information to parents/guardians.

INFLUENZA (The Flu)

Influenza (the Flu) is a viral infection that can cause illness ranging from mild to severe and to life-threatening complications. Symptoms of the flu include fever, headache, extreme tiredness, muscle aches, dry cough, sore throat and runny, stuffy nose. Children sometimes also have nausea, vomiting, or diarrhea. Flu is spread through respiratory droplets from a cough or sneeze, or from droplets on unwashed hands. Vaccine against Flu is available every year beginning in October through private physicians and at the Health Department. The vaccine is recommended for people at high risk for complications of the flu, (the elderly and those with chronic illnesses, including asthma) and people in close contact with them (this includes household contacts). When vaccine supplies are in good supply flu shots are also available for children and adults in the general public.

MENINGOCOCCAL MENINGITIS

Meningitis is an infection of the fluids and covering of the brain or spinal cord that can be caused by bacteria. While viral meningitis is fairly common, and people usually recover fully, bacterial meningitis is very rare, but much more serious. Meningitis is spread by close exchange of saliva and respiratory secretions through sharing of drinking glasses, cigarettes or kissing. Symptoms of bacterial meningitis include severe headache, high fever, nausea/vomiting and stiff neck. Symptoms can worsen very quickly. Children with any of these symptoms should be checked by a doctor right away. A vaccine against bacterial meningitis is available through private physicians and the Health Department, and is recommended for children in their early teens.

Community Acquired (CA-MRSA): METHICILLIN RESISTANT STAPHYLOCOCCUS AUREA

CA-MRSA, Methicillin Resistant Staphylococcus Aureus is an infection, caused by skin bacteria, that usually starts as a pimple or boil on the skin, and is very hard to clear up without very special antibiotics. CA-MRSA has become a growing problem among athletes who are involved in contact sports, (football, wrestling), and those using athletic equipment that is shared. Important tips about CA-MRSA for athletes and all those who use athletic equipment such as mats and weight rooms include: **Everyone** should wash hands frequently with soap and water. **All athletes** should shower thoroughly with soap immediately after work-out or practice. **Athletes should** wash all athletic clothing and towels after each use. **Do not share personal items.** **Carefully self check** all skin daily for rashes, pimples or boils that get worse instead of better. Report rashes, open sores, pimples and boils to the team trainer or the school nurse. If sores get worse, even after repeated washing with soap and water, the student should be checked by a doctor or health care provider. Avoid body contact with others or with shared equipment if rash or pustules are present. All skin sores should be covered with an adhesive bandage and clothing for athletics. Do not participate in contact sports until released by a doctor.

Human Papillomavirus (HPV)

HPV is a common virus that is spread from one person to another by close intimate contact. There are about 40 types of HPV that can infect both men and women, and can raise the risk of cervical cancer in women. The virus lives in the body and usually causes no symptoms, but some people may develop a visible growth or bump. Most people with HPV do not know they are infected which is why males and females can pass it on without realizing it. A new vaccine can now protect females (ages 9-26) from four major types of HPV. For more information about HPV vaccine, check with your physician or the local Health Department.

More information is available at: NC DHHS: www.immunizenc.org,

School Health Information - Spanish



La Salud En Las Escuelas

Esta importante información para mantener a los alumnos sanos y seguros es proveída en conformidad con la “Ley Garrett”, la cual requiere que todas las escuelas provean esta información a los padres/tutores.

LA GRIPE ESTACIONAL / AVIAR (LA INFLUENZA O FLU)

La gripe (el flu) es una infección viral que puede causar tanto un malestar leve como una enfermedad severa y puede crear complicaciones que atentan contra la vida. Los síntomas del flu incluyen fiebre, dolor de cabeza, fatiga extrema, dolores musculares, tos seca, garganta inflamada y moqueo o congestión nasal. A veces los niños pueden tener náuseas, vómito o diarrea. El flu se propaga por medio de gotitas respiratorias de tos o de estornudo, así como también por gotitas de sudor en manos sucias. La vacuna contra la influenza está disponible cada año a partir del mes de octubre, no solo en consultorios privados de médicos, sino también en las oficinas del Departamento de Salud. La vacuna se recomienda para personas de alto riesgo de tener complicaciones con la gripe (los ancianos y aquellos con enfermedades crónicas, incluyendo el asma) y las para personas quienes están en contacto con ellos. (Esto incluye los contactos en el hogar). Cuando el suministro de vacunas contra la gripe es suficiente, éstas también están disponibles para niños, adultos y el público en general.

MENINGITIS BACTERIANA

Meningitis es una infección de los fluidos y membranas del cerebro o de la espina dorsal que puede ser causada por una bacteria. Mientras la meningitis viral es bastante común y generalmente la gente se recupera completamente; la meningitis bacterial por el contrario es muy rara y mucho más seria. La meningitis se contagia por medio de un intercambio cercano de saliva y secreciones respiratorias a través de recipientes para beber, colillas de cigarrillos o al besar. Los síntomas de la meningitis bacteriana incluyen dolores de cabeza severos, fiebre alta, náusea/vómito y rigidez del cuello. Los síntomas pueden empeorarse muy rápidamente. Niños con dichos síntomas deben ser vistos por un médico inmediatamente. La vacuna contra la meningitis bacteriana está disponible en consultorios médicos privados y en las oficinas del Departamento de Salud. Esta vacuna se recomienda para los niños en temprana adolescencia.

CA-MRSA ADQUIRIDO EN LA COMUNIDAD: INFECCIÓN POR ESTAFILOCOCO DORADO (AUREUS) RESISTENTE A LA METICILINA

CA-MRSA, es una Infección por estafilococo dorado (Aureus) resistente a la meticilina; causada por una bacteria de la piel, la cual usualmente comienza como un forúnculo o grano en la piel que es muy difícil de secar sin la ayuda de antibióticos especiales. CA-MRSA se

ha convertido en un problema creciente entre atletas, quienes participan en deportes de contacto físico (fútbol americano, lucha libre) y aquellos que comparten equipos y materiales atléticos. Consejos importantes sobre la CA-MRSA para los atletas y aquellos quienes comparten los equipos tales como colchonetas y pesas incluyen lo siguiente: **Todos** deben lavarse las manos frecuentemente con agua y jabón. **Todos los atletas** deben bañarse bien con jabón inmediatamente después de la práctica o del ejercicio físico. **Los atletas deben** lavar los uniformes y las toallas después de cada uso. **No se deben compartir artículos personales. Se debe chequear cuidadosamente** a diario toda la piel para vigilar las erupciones, salpullidos, granos o furúnculos que empeoran en vez de mejorarse. Se deben reportar todos los salpullidos, llagas, granos y furúnculos al entrenador del equipo o a la enfermera de la escuela. Si las llagas empeoran, aun después de lavarse con agua y jabón, el estudiante debe ser examinado por un médico o un proveedor de servicios de salud. Se debe evitar el contacto físico con otras personas o compartir el equipo atlético, si se tiene salpullido o ampollas que supuren. Todas las llagas deben estar cubiertas con vendas quirúrgicas y con ropa al hacer ejercicio. No se debe participar en deportes de contacto físico hasta que se obtenga permiso del doctor.

VIRUS PAPILOMA HUMANO (HPV)

HPV es un virus común que se transmite de persona a persona por medio de contacto físico íntimo. Hay cerca de 40 clases de HPV que pueden infectar a hombres y a mujeres y pueden elevar el riesgo de cáncer cervical en las mujeres. El virus vive en el cuerpo y usualmente no produce síntomas, pero algunas personas pueden desarrollar un abultamiento debajo de la piel. La mayoría de la gente con HPV no sabe que está infectada, razón por la cual hombres y mujeres pueden contagiarse sin saberlo. Una nueva vacuna protege ahora a mujeres de 9 a 26 años, en contra de los 4 mayores tipos de HPV. Para mayor información sobre la vacuna contra el HPV, contacte a su médico o al departamento de salud local.

Mas información se puede obtener en: NC DHHS: www.immunizenc.org,