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# Catholic School Health Newsletter

A publication of the School Nurse  
Partnership through



## Family Information

### Dental Health for Children

Give Kids a Smile is a not-for-profit organization that provides underserved children with free comprehensive dental care that includes: exams, professional cleanings, fluoride treatments, sealants, restorations, oral surgery and x-rays. Clinics are held two times a year usually in October or November and February and they fill up quickly. Linked is the website for more information.

<http://www.givekidsasmile.org/PatientInfo/BiannualClinicEvent.aspx>

Print and complete the Health History and Consent for Treatment Form necessary to be considered for treatment.

### How much sleep does your child need every night?

3–5 years old need 11–13 hours

5–12 years old need 9–11 hours

Adolescents need at least 8.5–9.5 hours

Adults typically need 7–9 hours

Insufficient sleep is associated with a number of chronic diseases and conditions—such as diabetes, cardiovascular disease, obesity, and depression—which threaten our nation's health. Not getting enough sleep is associated with the onset of these diseases and also may complicate their management and outcome.

For more information see this CDC website  
<http://www.cdc.gov/Features/Sleep>

### Medicine at School?

What needs to be in place before any medication can be given at school.

Ideally, all medication should be given at home. However, some students need to have medication given during the school day. If a student requires prescribed or over the counter medication during the regular school hours, the following must be in place:

1. The doctor's direct order/consent signed and properly filed with the school. (The current prescription label from the pharmacy on the container may serve as a physician's order.)
2. Written consent of the parent for school personnel to administer the medication.
3. Medication must be in the original container.