

Cicely Tyson Community School Of Performing And Fine Arts
Medical Department

September 2018 Newsletter

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**Welcome Back Students, Parents
and Staff. We hope you had a
great summer!!**

CDC recommends that people get a flu vaccine by the end of October, if possible. However, getting vaccinated later can still be beneficial. CDC recommends ongoing flu vaccination as long as influenza viruses are circulating, even into January or later.

To ensure a healthy and safe school year it is vital that we understand the importance of hand washing and other good hygiene habits to prevent the spread of infectious diseases. Washing hands with soap and water is the best way to reduce the number of microbes on them in most situations.

OTHER IMPORTANT INFORMATION

A doctor's note is required clearing students to return to school if he/she has a skin rash, open wound, conjunctivitis (pink Eye), strep throat or other contagious conditions.

Medical clearance is required from a doctor for all injuries requiring special accommodations such as gym/dance exclusion and elevator use. All injured students should be accompanied by a parent/guardian and must be cleared by the school nurse before reporting to class.

Updated immunization are required for all 6th grade student who are 11 years or older. A physical is required for all 8th and 11th grade students.

September Is National Suicide Prevention Month

Suicide is the 10th leading cause of death in the United States and the 11th cause in New Jersey. It is a serious public health problem that can have lasting harmful effects on individuals, families and communities. While its causes are complex and determined by multiple factors, the goal of suicide prevention is to reduce factors that increase risk and increase factors that promote resilience. Ideally, prevention addresses all levels of individual, relationship, community, and societal influences. Effective prevention strategies are needed to promote awareness of suicide. The CDC reports that suicide rates are up 30 percent since 1999 and only half of the people who died from suicide had diagnosed mental health conditions. Some warning signs are:

Excessive sadness or moodiness: Long-lasting sadness, mood swings, and unexpected rage.

Hopelessness: Feeling a deep sense of hopelessness about the future, with little expectation that circumstances can improve.
Sleep problems.

Sudden calmness: Suddenly becoming calm after a period of depression or moodiness

Withdrawal: Choosing to be alone and avoiding friends or social activities also are possible symptoms of depression which is a leading cause of suicide.

Changes in personality and/or appearance: A person who is considering suicide might exhibit a change in attitude or behavior, such as speaking or moving with unusual speed or slowness. The person might suddenly become less concerned about his or her personal appearance.

Dangerous or self-harmful behavior: Potentially dangerous behavior, such as reckless driving, engaging in unsafe sex and increased use of drugs and/or alcohol

Recent trauma or life crisis: A major life crisis might trigger a suicide attempt. Crises include the death of a loved one or pet, divorce or break-up of a relationship, diagnosis of a major illness, loss of a job, or serious financial problems.

Making preparations: Often, a person considering suicide will begin to put his or her personal business in order. This might include visiting friends and family members, giving away personal possessions, making a will, and cleaning up his or her room or home. Some people will write a note before committing suicide. Some will buy a firearm or other means like poison.

Threatening suicide: From 50% to 75% of those considering suicide will give someone a warning sign. Every threat of suicide should be taken seriously.

TAKE ACTION if you need help or know someone who does.

Contact the National Suicide Prevention Lifeline

- Call 1-800-273-TALK (1-800-273-8255)
- Use the [online Lifeline Crisis Chat](#).

Both are free and confidential. You'll be connected to a skilled, trained counselor in your area.

For more information, visit the [National Suicide Prevention Lifeline](#).