

YOUR HEALTH MATTERS

Wayne County Community Health & Wellness News



Back to School Issue

A Note from the Nurse's Office:

Required Physical Exams:

New York State law requires that all students in grades PreK or K, 1, 3, 5, 7, 9, and 11 have a physical examination and recommends that a complete dental examination be completed. Additionally, new entrants to the district, students wishing to participate in interscholastic sports, and students desiring work permits must have an annual physical examination. According to the New York State Education Law, physicals must be completed within one year from when the student enters school in September. This means that all physicals will need to be completed after September 4, 2023 in order to be used for the 2024-2025 school year. For athletes, physicals must be completed within one year of the start of the season.

We encourage you to use your personal health care provider for all required health exams as they are most familiar with the medical history of your child and are to provide treatment and continuity of care. If you need help to find a private physician or require financial assistance please contact the school nurse who can provide you with contacts for insurance coverage.

Please note, it may take up to six weeks to schedule exams during the busy summer and fall months. Please plan ahead.

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Wayne County Community Schools



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Public Health
 Prevent. Promote. Protect.
 Wayne County, NY



SAVE TIME. SAVE MONEY. EAT HEALTHY.



The Wayne County
Partnership



WAYNE COUNTY
 Community Schools



Wheat Berry Salad



Ingredients

- 1 cup dry **wheat berries** (about 7 ounces)
- 1 ¼ cups diced **carrot**
- 1 ¼ cups diced **red bell pepper** (about 2 small peppers)
- 1 cup diced **celery**
- ½ cup sliced **green onion**
- ¼ cup minced fresh **parsley**
- ½ cup **rice vinegar**
- 2 Tablespoons **water**
- 1 ½ teaspoons **vegetable oil**
- ½ teaspoon **garlic powder**
- ¼ teaspoon **salt**

Makes: 6 Cups
Prep time: 20 minutes
Cooking time: 60 minutes



Directions

1. Wash hands with soap and water.
2. Rinse or scrub fresh vegetables under running water before preparing.
3. Place dry wheat berries in a large saucepan and add water to cover by 3 inches. Bring to a boil, then reduce heat to a simmer. Cover and continue to simmer for 1 hour, or until the wheat berries are tender but still chewy. Drain the cooked wheat berries and rinse with cold water. Place in a large mixing bowl.
4. Add the carrot, celery, bell pepper, onion and parsley to the wheat berries in the mixing bowl.
5. In a separate bowl, stir together the rice vinegar, water, vegetable oil, garlic powder and salt. Pour dressing over the salad and mix until salad is well coated.
6. Refrigerate leftovers within 2 hours.



<https://foodhero.org/healthy-recipes/kid-approved>



Tuna Pasta Salad



<https://www.fns.usda.gov/tn/recipes-healthy-kids-cookbook-homes>

Ingredients

- 2 cups **macaroni**, uncooked
- 2 cans (5 ounces each) **tuna** or salmon (water-packed)
- ½ cup chopped **zucchini** (about ½ small zucchini)
- ¼ cup sliced **carrots** (about 1 carrot)
- ½ cup diced **onion**
- ¼ cup **mayonnaise** or salad dressing

Makes: 6 cups
Prep time: 5 minutes
Cooking time: 10 minutes

Directions

1. Wash hands with soap and water.
2. Rinse or scrub fresh vegetables under running water before preparing.
3. Cook macaroni according to package directions. Drain the cooking liquid and cool.
4. Drain tuna or salmon.
5. Mix all ingredients together in a bowl. Chill until ready to serve.
6. Refrigerate leftovers within 2 hours.



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Where can I get food for my family this summer?



www.waynepartnership.org/food



WAYNE COUNTY FOOD PANTRIES



Foodlink
NOURISHING LIVES

Foodlink and the Wayne County Partnership bring you the following 2024 food distribution events:

July

- 2 (Tues.) Savannah Fire Department, 1770 NYS Route 89, Savannah
- 15 (Mon.) Red Creek Jr/Sr High School, 6624 South Street, Red Creek
- 16 (Tues.) BOCES Conference Center, 131 Drumlin Court, Newark (Vienna Street-side)
- 24 (Wed.)* Cross Creek Church, 3700 NYS Route 31, Palmyra **4:00 PM***
- 30 (Tues.) Shady Brook Plaza / Martin Builders, 4460 NYS Route 414, Rose

August

- 9 (Fri.) Walworth Town Complex, 3600 Lorraine Drive, Walworth
- 19 (Mon.) Red Creek Jr/Sr High School, 6624 South Street, Red Creek
- 21 (Wed.) BOCES Conference Center, 131 Drumlin Court, Newark (Vienna Street-side)
- 28 (Wed.)* Cross Creek Church, 3700 NYS Route 31, Palmyra **4:00 PM***
- 30 (Fri.) Clyde Fire Department, 15 Ford Street, Clyde

September

- 6 (Fri.) Williamson Town Park, 3773 Eddy Road, Williamson
- 10 (Tues.) Shady Brook Plaza / Martin Builders, 4460 NYS Route 414, Rose
- 13 (Fri.) Huron Town Barns, 10880 Lummsville Road, Huron
- 17 (Tues.) BOCES Conference Center, 131 Drumlin Court, Newark (Vienna Street-side)
- 28 (Wed.)* Cross Creek Church, 3700 NYS Route 31, Palmyra **4:00 PM***

** Distributions in Marion and Palmyra are not Partnership events. Rules may be different. Please contact event hosts for details.*

Free and open to all Wayne County Residents.
Pre-registration not required.

9:30 AM until food gone.

PLEASE DO NOT ARRIVE AT THE SITE BEFORE 9:00 AM

Back To School Vaccines



Wayne County Public Health offers immunization clinics on the 3rd Wednesday of each month for uninsured and underinsured individuals. Appointments are required! Call 315-946-5749 to schedule.



Vaccines	Pre-Kindergarten (Day Care, Head Start, Nursery or Pre-K)	Kindergarten and Grades 1, 2, 3, 4 and 5	Grades 6, 7, 8, 9, 10 and 11	Grade 12
Diphtheria and Tetanus toxoid-containing vaccine and Pertussis vaccine (DTaP/DTP/Tdap/Td) ²	4 doses	5 doses or 4 doses if the 4th dose was received at 4 years or older or 3 doses if 7 years or older and the series was started at 1 year or older	3 doses	
Tetanus and Diphtheria toxoid-containing vaccine and Pertussis vaccine adolescent booster (Tdap) ³		Not applicable	1 dose	
Polio vaccine (IPV/OPV) ⁴	3 doses	4 doses or 3 doses if the 3rd dose was received at 4 years or older		
Measles, Mumps and Rubella vaccine (MMR) ⁵	1 dose	2 doses		
Hepatitis B vaccine ⁶	3 doses	3 doses or 2 doses of adult hepatitis B vaccine (Recombivax) for children who received the doses at least 4 months apart between the ages of 11 through 15 years		
Varicella (Chickenpox) vaccine ⁷	1 dose	2 doses		
Meningococcal conjugate vaccine (MenACWY) ⁸		Not applicable	Grades 7, 8, 9, 10 and 11: 1 dose	2 doses or 1 dose if the dose was received at 16 years or older
Haemophilus influenzae type b conjugate vaccine (Hib) ⁹	1 to 4 doses	Not applicable		
Pneumococcal Conjugate vaccine (PCV) ¹⁰	1 to 4 doses	Not applicable		

<https://www.health.ny.gov/publications/2370.pdf>



A healthcare provider order is required for both prescription and non-prescription (over-the-counter) medications.

A healthcare provider order is valid for 12 months. A healthcare provider order must include the following information: 1. Date 2. Student name and date of birth 3. Medication name 4. Medication dosage 5. Medication administration route 6. Time and frequency the medication is to be administered 7. The conditions under which the medication is to be administered 8. If applicable, attestation that the student has demonstrated they can self-administer the medication effectively, and the medication may be needed rapidly, requiring the student to carry it with them at all times. 9. The healthcare provider's name, title, and signature. 10. Healthcare provider's telephone number and address 11. Diagnosis. An adult must bring all medication to the school nurse in the original packaging/pharmacy-labeled bottle.

