



SCHOOL NURSE *Newsletter*

WELCOME
BACK TO SCHOOL

On behalf of everyone at the Chautauqua County Health Department, we would like to wish all of our school nurses a wonderful start to the new school year.

As the school year begins, we know your health offices will quickly become busy places—caring for students with everything from scraped knees and stomachaches to chronic health conditions, mental health concerns, emergencies, and everything in between. Your role extends far beyond first aid. You are caregivers, educators, advocates, problem-solvers, and trusted members of your school communities.

While you already do an incredible job, please remember that you are not alone. The Chautauqua County Health Department is here as your partner throughout the school year. Whether you have questions about communicable diseases, immunizations, exclusion guidance, reporting requirements, environmental health concerns, or simply need help finding resources, we are just a phone call or email away.

Here's to a healthy, successful, and rewarding 2026–2027 school year. We look forward to working with you!



School Immunizations

New York State school and daycare immunization requirements remain the same for the 2026–2027 school year.

For the complete vaccination schedule and more information on immunizations, visit the [NYSDOH's website](#).



Spotting a Fraudulent Record

The NYSDOH wants to help schools recognize red flags on immunization records to stop fraud. Schools are on the frontlines in the defense against vaccine preventable diseases and have the responsibility to reject immunization records they believe to be fraudulent based on their knowledge and assessment of the facts. [Learn more.](#)

We can help get students vaccinated!

Appointments available at our office in Mayville, or on our Mobile Health Unit.



716-753-4491



Mobile Health
Schedule

Access all of our past newsletters online on our [school nurse resource page!](#)



Dietary Guidelines for Americans

What's new in the 2025-2030 Dietary Guidelines for Americans?

Every five years, the U.S. Department of Agriculture (USDA) and Health and Human Services (HHS) update the Dietary Guidelines for Americans based on the latest nutrition research. While many of the recommendations remain the same, the 2025–2030 guidelines include a few notable updates that may influence nutrition education, school wellness initiatives, and conversations with families.

What's New?

Greater emphasis on protein



The updated guidelines encourage including protein throughout the day. A variety of protein sources, including lean meats, poultry, seafood, eggs, beans, lentils, nuts, seeds, and soy products, can all support a healthy eating pattern.

Focus on minimally processed foods



The guidelines encourage choosing foods that are as close to their natural state as possible and limiting highly processed foods that are often high in added sugars, sodium, and saturated fats.

A new visual approach

The familiar MyPlate graphic has been replaced with an updated food pyramid designed to emphasize nutrient-dense foods.



Reducing added sugars



Limiting added sugars continues to be a major recommendation. The updated guidelines place additional emphasis on reducing added sugar intake, particularly for children.

Updated dairy guidance



The guidelines now recognize that both low-fat and full-fat dairy products can fit into a healthy dietary pattern, while continuing to recommend keeping saturated fat intake within recommended limits.

Although some recommendations have shifted, the overall goal remains unchanged: encourage balanced, nutrient-dense eating patterns that support lifelong health. As trusted health professionals, school nurses can help families focus on practical, achievable habits that promote student health and well-being.

Read the new edition



Youth Housing Services

Chautauqua Opportunities, Inc. (COI) offers a variety of health, housing, and family support services for residents throughout Chautauqua County. Among these are the **Safe House of Chautauqua County** and the **Transitional Independent Living Program (TILP)**, which provide emergency shelter, crisis intervention, and supportive services for youth who are displaced, experiencing homelessness, or have run away from home.



The Safe House provides safe shelter to at-risk youth under the age of 18 on a voluntary basis.

- 12 bed facility operates 24 hours a day, 365 days a year
- Support groups, educational groups, and workshops are available
- Aftercare is offered for up to ninety days

Call 716-661-9446 for [more info](#)



TILP is an apartment-style living program for displaced youth between the ages of 16 and 21.

- Youth receive access to Life Skills groups and Independent Living Skills Services
- Program rules, regulations, and required activities provide a structured environment for youth that promotes success
- Aftercare support services are offered
- Housing available in both Jamestown & Dunkirk

Kinship Caregiver Support

A growing number of grandparents and other relatives are stepping into the role of raising children when parents are unable to provide care. This arrangement, known as **kinship care**, helps children remain connected to their families, schools, and communities during times of transition.



While caring for grandchildren or other relatives can be incredibly rewarding, it can also bring unexpected challenges. Kinship caregivers may find themselves navigating school enrollment, healthcare decisions, legal questions, financial concerns, and the day-to-day responsibilities of parenting—often with little preparation.

Support is Available!

The **Chautauqua County Office for the Aging Services** and **NY Connects** offer information, referrals, and assistance to grandparents and other kinship caregivers. Whether families need help finding community resources, understanding available benefits, connecting with support services, or simply knowing where to start, these programs can help guide them through the process.

CHQAging



Understanding "Forever Chemicals"

Forever Chemicals, also known as PFAS (per- and polyfluoroalkyl substances), are a large group of human-made chemicals used for decades to make products resistant to water, grease, stains, and heat.

PFAS are called "forever chemicals" because they break down very slowly in the environment. As a result, they can be found in soil, water, air, and, over time, may build up in the human body. Researchers continue to study their health effects, and some studies have linked certain PFAS to an increased risk of health concerns.



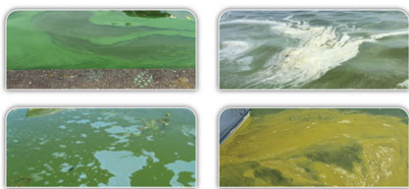
While it is not possible to avoid PFAS completely, there are simple steps families can take to reduce exposure, such as:

- following local drinking water guidance
- limiting the use of products labeled as stain- or grease-resistant when practical
- choosing fresh or home-prepared foods more often instead of those packaged in grease-resistant wrappers

» LEARN MORE

Did you know?

Harmful algal blooms can occur in late summer and early fall. If the water is strongly colored, has a paint-like appearance, or has floating mats or scums, avoid contact.



MOBILE HEALTH

Mobile Health Clinics available through October! Check out our calendar for locations and dates of upcoming walk-in clinics held throughout the county.



View our Mobile Clinic calendar [HERE](#)

2025 ANNUAL REPORT

Now Available!

2025 BY THE NUMBERS



735

IMMUNIZATIONS ADMINISTERED

Helping protect our community against vaccine-preventable diseases.



563

WELCOME HOME BABY VISITS

Supporting new families with education, resources, and care during this important time.



1,173

FOOD SERVICE INSPECTIONS

Working to keep restaurants and food establishments safe for our community.



215

PUBLIC WATER SYSTEMS MONITORED

Protecting safe drinking water throughout Chautauqua County.



28

MOBILE HEALTH CLINICS

Bringing health services directly to our communities, serving over 200 residents at 28 locations.



BUILDING A STRONGER FUTURE

In 2025, we launched our new Planning & Policy Division to strengthen data-driven decision-making and community partnerships so we can continue improving health outcomes for years to come.



CHAUTAUQUA COUNTY
HEALTH
DEPARTMENT
Prevent. Promote. Protect.



READ THE FULL 2025 ANNUAL REPORT!

chautauquacountyny.gov/public-health/2025-annual-report

Good vision is essential for learning, reading, participating in class, and building confidence. Some vision problems develop gradually, and children may not realize they are not seeing clearly.



6 WAYS TO BE PROACTIVE ABOUT CHILDREN'S EYE HEALTH

**SCHEDULE
REGULAR
VISION
SCREENINGS
AND EYE EXAMS**



**WATCH FOR
SIGNS OF
VISION
PROBLEMS**



**PRACTICE
HEALTHY
SCREEN HABITS**



**SUPPORT EYE
HEALTH
THROUGH
NUTRITION**



**PROTECT
GROWING EYES
DURING SPORTS
AND
RECREATIONAL
ACTIVITIES**



**ENCOURAGE
OUTDOOR
PLAY**



SIGNS A CHILD MAY NEED AN EYE EXAM

- | | |
|--|---|
|  Squinting |  Trouble reading or losing place |
|  Holding books or devices very close |  Tilting head or closing one eye |
|  Headaches |  Complaints of blurry vision |
|  Rubbing eyes often | |

[More vision and eye health](#)

CLICK TO SUBMIT TOPICS

Please tell us what topics or emerging issues you would like to see covered in future newsletters.

Health Update: What You Should Know About New World Screwworm

You may have seen recent news stories about New World screwworm, a parasite that has been detected in livestock in Texas. While the reports have raised questions and concerns, public health and animal health officials emphasize that the **risk to the general public is currently considered very low.**

Despite its name, the New World screwworm is not actually a worm. It is the larval stage (maggot) of the screwworm fly. Adult flies lay their eggs in open wounds of warm-blooded animals. After hatching, the larvae feed on living tissue, which can cause serious infections if left untreated.



Who Is Most at Risk?

New World screwworm primarily affects livestock, wildlife, and occasionally pets. Human cases are rare and are typically associated with untreated open wounds. When identified early, infestations can be treated effectively.

Pet Safety Tips

Families can help protect their pets by:

- Checking pets regularly for cuts, scrapes, or other open wounds
- Keeping wounds clean and covered as directed by a veterinarian
- Watching for wounds that are painful, slow to heal, foul-smelling, or bleeding
- Seeking veterinary care promptly if maggots or unusual movement are seen in a wound or body opening



PLEASE SHARE THE:

QUICK TIPS for parents

In this issue, parents will receive information on children's eye health, kinship caregiver support, and our Quick Tips for a Healthy School Year.

[Download and Share](#)



We are excited to continue our work with you! Please contact us with questions or ideas on how we can effectively assist you in your very important role serving our community as a school nurse.



LHDSchoolSupport@chqgov.com



[716-753-4491](tel:716-753-4491)