

AUGUST NEWSLETTER

WITH THE HEALTH TEAM

WELCOME BACK TO SCHOOL!

VOALA Health Requirements to Enroll

- Health Insurance
- Up to Date Immunization Record
- Physical Exam
- TB Test/Risk Factor Screening



The Health Requirement Timeline for VOALA students are as follows:

- Physical Exam is required within 30 days of enrollment.
- Dental Exam for HS student's is required within 90 days of enrollment

Please parents feel free to click on the link to acquire the medical forms at your most convenient time.

Early Head Start 0-30 months old Physical

Head Start 3-5-Year-old Physical

Dental Exam (all ages)

(If the health forms are not turn in on time your child runs the risk to be excluded from school.)



Heat-Risk! Weather

Per experts in weather, extreme heat describes temperatures that are much hotter than average.

When temperatures are very high, experts suggest:

1. Get plenty to drink
2. Stay cool indoors
3. Wear light clothing and sunscreen
4. Schedule outdoors activities carefully
5. Pace yourself from exercising in hot weather
6. Use a buddy system, check on your friends and family and have someone do the same for you!

Category	Risk of Heat-Related Impacts
Green 0	Little to no risk from expected heat.
Yellow 1	Minor - Primarily affects those who are extremely sensitive to heat and without cooling/hydration.
Orange 2	Moderate - Affects those who are sensitive to heat, especially those without cooling/hydration, and some health systems and industries.
Red 3	Major - Affects anyone without cooling/hydration as well as health systems and industries.
Magenta 4	Extreme - Rare and/or long-duration extreme heat with no overnight relief affecting anyone without cooling/hydration as well as health systems, industries, and infrastructure.

Be attentive to the high temperature guidelines in your local area. Also, reduce the risk of being impacted by high temperature spikes. Visit this website to stay informed.

NWS Heat Risk

Screens Down Tips

1. Use a visual timer

Preschoolers respond better to seeing time pass. A sand timer or a countdown clock makes transitions predictable instead of abrupt.

2. Give a "heads-up" warning

Try: "Five more minutes, then we're done." Sudden cutoffs almost always trigger meltdowns.

3. Offer a fun alternative activity

Kids won't give up something exciting unless the next thing feels exciting too. Think: play-dough, bubbles, crayons, or a favorite toy.

4. Create screen-free zones

Make certain places "no-screen areas" — like the kitchen table, car rides, or the bedroom — so the rule feels consistent, not personal.

5. Use screens as a tool, not a default

Instead of "Here, take the tablet," try offering it only for specific times: after breakfast, during quiet time, or while you cook.

California Poison Control Systems

Some social media challenges tell kids and teens to try risky things with alcohol, medicine, or food. These challenges can be very dangerous. They might ask kids/teens to use products in the wrong way, which can lead to poison exposure, hospital visits, or even death. If a post tells them to drink or eat something that isn't safe, advised them not to do it. It's not worth getting hurt for "likes or views".

Source of poisoning

- Alcohol/liquor
- Food
- Household products such as baking soda, cleaners, and soap
- Medicines
- Personal care products such as cosmetics, shampoo, and body wash



Please take time to click on the link and watch this insightful video CPCS has created for your family safety.

<https://youtu.be/oQGIIvR8fxU>

AUGUST NEWSLETTER

WITH THE HEALTH TEAM

WELCOME BACK TO SCHOOL!

Children's Eye Health and Safety Month

Across the country, as children and parents are gearing up for the back to school, remember that healthy vision is critical to academic and social success. As a child grows, an untreated eye disease or condition becomes more difficult to correct. These can worsen and lead to other serious problems as well as affect reading ability, focus, classroom behavior, and social adjustment in school.

<https://preventblindness.org/your-children-sight/>

UCLA Mobile Eye Clinic will be visiting our sites to conduct yearly vision screenings during the months of Aug and October for our 3-5 year students.



Children and Hot Car

Never leave a child alone in a car. A child's body temperature rises three to five times faster than an adult's. When a child is left in a vehicle, that child's temperature can rise quickly and the situation can quickly become dangerous. Heatstroke begins when the core body temperature reaches about 104 degrees. Death occurs at a core body temperature of 107 or above.

<https://www.nhtsa.gov/campaign/heatstroke>



Make it a habit: Look before you lock. Always check the back seat.

National Immunization Awareness Month



National Immunization Awareness Month (NIAM) is an annual observance held in August to highlight the importance of vaccination for people of all ages. Together, we can help raise awareness about the importance of vaccination and encourage people to talk to a healthcare provider they trust about staying up to date on their vaccinations.

Required Immunizations for VOALA

California is a **NO SHOT NO SCHOOL** State. ALL children needs to be up to date as possible on their immunizations to attend center base learning.

No Shots? No Records? No School.



Children will not be enrolled unless an immunization record is presented and immunizations are up-to-date.*

National Wellness Month

Every August, National Wellness Month encourages individuals to make self-care a priority, build healthy routines, and support their mental, physical, and emotional well-being. Whether you're focusing on hydration, movement, mindfulness, or simply slowing down, this month is your reminder to put yourself first.

<https://leadingage.org/leadingage-resources-for-national-wellness-month/>

