

Middle School Health Starts Here

SCHOOL NURSE TOOLKIT

National HPV Vaccination Roundtable

INTRODUCTION

Thank you for all you do for middle school students and their families. This toolbox has handy resources to help you guide parents to better health for their children.

In this toolbox, you'll find:

- Materials to Share with Parents
- FAQs on Vaccination, Including HPV
- How to Share This Project
- Worksheet for Local Health Resources and Your Partners in School Health
- Mini Toolkit For School District's Public Information Officer

Visit our website with even more information – **MiddleSchoolHealth.org**

The Middle School Health Starts Here program was created by public, private, academic, and nonprofit organizations across the country that care a lot about the health of all kids. They have worked to pull the most important information for you and your child.

This toolbox has companion materials that were created just for parents to help them learn more about the unique needs of their middle school child's health.

In the Toolbox, you'll find:

- **Ready to Print PDFs** – Easy to understand documents with summary health information and handy handouts
- **Website** – Resource for parents that's smartphone and tablet ready
- **Brochure** – Print-ready brochures to promote the toolbox
- **Poster** – Print-ready poster to promote the toolbox
- **Social Images** – Designed to promote middle school health on Facebook, Twitter and Instagram
- **Middle School Communications** – Resources for the school nurse at the feeder elementary school to send to 5th grader's parents

This Toolbox Contains:

- Checklists
  - *Annual Visit Checklist*
  - *Healthy Year Checklist*
  - *School Readiness Checklist*
- Your Healthy Middle Schooler
- Vaccinations often recommended for school
- Tdap, HPV, Meningococcal, Influenza, Catch-up
- Oral Health
- Eyes and Ear Health
- Skin Care
- Sleep and Rest
- Physical Activity
- Nutrition
- Relationships
- Emotional Health
- Tobacco Awareness
- Substance Abuse Awareness - alcohol, marijuana, etc.
- Empower the Youth

Bright Futures Previsit Questionnaire
Early Adolescent Visits

For us to provide you with the best possible health care, we would like to get to know you better and know how things are going for you. Our discussions with you are private. We hope you will feel free to talk openly with us about yourself and your health. Information is not shared with other people without your permission unless we are concerned that someone is in danger. Thank you for your time.

What would you like to talk about today?

Do you have any concerns, questions, or problems that you would like to discuss today?

_____

_____

What changes or challenges have there been at home since last year?

_____

_____

Do you live with anyone who uses tobacco or spend time in any place where people smoke? ☐ No ☐ Yes

We are interested in answering your questions. Please check off the boxes for the topics you would like to discuss the most today.

Your Growing and Changing Body	☐ Teeth ☐ Appearance or body image ☐ How you feel about yourself ☐ Healthy eating ☐ Good ways to be active ☐ How your body is changing ☐ Your weight
School and Friends	☐ Your relationship with your family ☐ Your friends ☐ How you are doing in school ☐ Girlfriend or boyfriend ☐ Organizing your time to get things done
How You Are Feeling	☐ Dealing with stress ☐ Keeping under control ☐ Sexuality ☐ Feeling sad ☐ Feeling anxious ☐ Feeling irritable
Healthy Behavior Choices	☐ Smoking cigarettes ☐ Drinking alcohol ☐ Using drugs ☐ Pregnancy ☐ Sexually transmitted infections (STIs) ☐ Decisions about sex and drugs
Violence and Injuries	☐ Car safety ☐ Using a helmet or protective gear ☐ Keeping yourself safe in a risky situation ☐ Gun safety ☐ Bullying or trouble with other kids ☐ Not riding in a car with a drinking driver

Questions

Dyslipidemia	Do you smoke cigarettes?	☐ Yes	☐ No	☐ Unsure
Alcohol or Drug Use	Have you ever had an alcoholic drink?	☐ Yes	☐ No	☐ Unsure
	Have you ever used marijuana or any other drug to get high?	☐ Yes	☐ No	☐ Unsure
STIs	Have you ever had sex (including intercourse or oral sex)?	☐ Yes	☐ No	☐ Unsure
Anemia	Does your diet include iron-rich foods such as meat, eggs, iron-fortified cereals, or beans?	☐ No	☐ Yes	☐ Unsure
	Have you ever been diagnosed with iron deficiency anemia?	☐ Yes	☐ No	☐ Unsure

For Females Only

Anemia	Do you have excessive menstrual bleeding or other blood loss?	☐ Yes	☐ No	☐ Unsure
	Does your period last more than 5 days?	☐ Yes	☐ No	☐ Unsure

Growing and Developing

Check off all of the items that you feel are true for you.

- ☐ I engage in behavior that supports a healthy lifestyle, such as eating healthy foods, being active, and keeping myself safe.
- ☐ I feel I have at least one responsible adult in my life who cares about me and who I can go to if I need help.
- ☐ I feel like I have at least one friend or a group of friends with whom I am comfortable.
- ☐ I help others on my own or by working with a group in school, a faith-based organization, or the community.
- ☐ I am able to bounce back from life's disappointments.
- ☐ I have a sense of hopefulness and self-confidence.
- ☐ I have become more independent and made more of my own decisions as I have become older.
- ☐ I feel that I am particularly good at doing a certain thing like math, soccer, theater, cooking, or hunting. Describe:

_____

_____

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prevention and health promotion for infants, children, adolescents, and their families™

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Bright Futures Previsit Questionnaire
Older Child/Early Adolescent Visits—For Parents

For us to provide your child with the best possible health care, we would like to know how things are going.
Thank you.

What would you like to talk about today?

Do you have any concerns, questions, or problems that you would like to discuss today?

What changes or challenges have there been at home since last year?

Does your child have any special health care needs? ☐ No ☐ Yes, describe:

Does your child live with anyone who uses tobacco or spend time in any place where people smoke? ☐ No ☐ Yes, describe:

How many hours per day does your child watch TV, play video games, and use the computer (not for schoolwork)? _____

Questions About Your Child

Vision	Does your child complain that the blackboard has become difficult to see?	☐ Yes	☐ No	☐ Unsure
	Has your child ever failed a school vision screening test?	☐ Yes	☐ No	☐ Unsure
	Does your child hold books close to read?	☐ Yes	☐ No	☐ Unsure
	Does your child have trouble recognizing faces at a distance?	☐ Yes	☐ No	☐ Unsure
	Does your child tend to squint?	☐ Yes	☐ No	☐ Unsure
Hearing	Does your child have a problem hearing over the telephone?	☐ Yes	☐ No	☐ Unsure
	Does your child have trouble following the conversation when 2 or more people are talking at the same time?	☐ Yes	☐ No	☐ Unsure
	Does your child have trouble hearing with a noisy background?	☐ Yes	☐ No	☐ Unsure
	Does your child ask people to repeat themselves?	☐ Yes	☐ No	☐ Unsure
	Does your child misunderstand what others are saying and respond inappropriately?	☐ Yes	☐ No	☐ Unsure
Tuberculosis	Was your child born in a country at high risk for tuberculosis (countries other than the United States, Canada, Australia, New Zealand, or Western Europe)?	☐ Yes	☐ No	☐ Unsure
	Has your child traveled (had contact with resident populations) for longer than 1 week to a country at high risk for tuberculosis?	☐ Yes	☐ No	☐ Unsure
	Has a family member or contact had tuberculosis or a positive tuberculin skin test?	☐ Yes	☐ No	☐ Unsure
	Is your child infected with HIV?	☐ Yes	☐ No	☐ Unsure
Dyslipidemia	Does your child have parents or grandparents who have had a stroke or heart problem before age 55?	☐ Yes	☐ No	☐ Unsure
	Does your child have a parent with an elevated blood cholesterol (240 mg/dL or higher) or who is taking cholesterol medication?	☐ Yes	☐ No	☐ Unsure
Anemia	Does your child's diet include iron-rich foods such as meat, eggs, iron-fortified cereals, or beans?	☐ No	☐ Yes	☐ Unsure
	Has your child ever been diagnosed with iron deficiency anemia?	☐ Yes	☐ No	☐ Unsure

For Females Only

Anemia	Does your child have excessive menstrual bleeding or other blood loss?	☐ Yes	☐ No	☐ Unsure
	Does your child's period last more than 5 days?	☐ Yes	☐ No	☐ Unsure

Your Growing and Developing Child

Check off all of the items that you feel are true for your child.

- ☐ My child engages in behavior that supports a healthy lifestyle, such as eating healthy foods, being active, and keeping herself safe.
- ☐ My child has at least one responsible adult in his life who cares about him and to whom he can go to if he needs help.
- ☐ My child has at least one friend or a group of friends with whom she is comfortable.
- ☐ My child helps others individually or by working with a group in school, a faith-based organization, or the community.
- ☐ My child is able to bounce back from life's disappointments.
- ☐ My child has a sense of hopefulness and self-confidence.
- ☐ My child has become more independent and made more of his own decisions as he has become older.
- ☐ My child is particularly good at doing a certain thing like math, soccer, theater, cooking, or hunting. Describe:

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ACCOMPANIED BY/INFORMANT	PREFERRED LANGUAGE	DATE/TIME	Name

DRUG ALLERGIES	CURRENT MEDICATIONS	ID NUMBER

WEIGHT (%)	HEIGHT (%)	BMI (%)	BLOOD PRESSURE	BIRTH DATE	AGE
					☐ M ☐ F

Visit with: ☐ Teen alone ☐ Parent(s) alone ☐ Mother ☐ Father ☐ Teen with parents ☐ Other _____

History

☐ Previsit Questionnaire reviewed
☐ Teen has a dental home
☐ Teen has special health care needs

Concerns and questions ☐ None ☐ Addressed (see other side)

Follow-up on previous concerns ☐ None ☐ Addressed (see other side)

Interval history ☐ None ☐ Addressed (see other side)

Menarche: Age _____ Regularity _____

Menstrual problems _____

☐ Medication Record reviewed and updated

Social/Family History

See Initial History Questionnaire. ☐ No interval change

Changes since last visit _____

Teen lives with _____

Relationship with parents/siblings _____

Risk Assessment

If not reviewed in Supplemental Questionnaire (Use other side if risks identified.)

HOME
- Eats meals with family ☐ Yes ☐ No
- Has family member/adult to turn to for help ☐ Yes ☐ No
- Is permitted and is able to make independent decisions ☐ Yes ☐ No

EDUCATION
- Grade _____
- Performance ☐ NL _____
- Behavior/Attention ☐ NL _____
- Homework ☐ NL _____

EATING
- Eats regular meals including adequate fruits and vegetables ☐ Yes ☐ No
- Drinks non-sweetened liquids ☐ Yes ☐ No
- Calcium source ☐ Yes ☐ No
- Has concerns about body or appearance ☐ Yes ☐ No

ACTIVITIES
- Has friends ☐ Yes ☐ No
- At least 1 hour of physical activity/day ☐ Yes ☐ No
- Screen time (except for homework) less than 2 hours/day ☐ Yes ☐ No
- Has interests/participates in community activities/volunteers ☐ Yes ☐ No

DRUGS (Substance use/abuse)
- Uses tobacco/alcohol/drugs ☐ Yes ☐ No

SAFETY
- Home is free of violence ☐ Yes ☐ No
- Uses safety belts/safety equipment ☐ Yes ☐ No
- Has peer relationships free of violence ☐ Yes ☐ No

SEX
- Has had oral sex ☐ Yes ☐ No
- Has had sexual intercourse (vaginal, anal) ☐ Yes ☐ No

SUICIDALITY/MENTAL HEALTH
- Has ways to cope with stress ☐ Yes ☐ No
- Displays self-confidence ☐ Yes ☐ No
- Has problems with sleep ☐ Yes ☐ No
- Gets depressed, anxious, or irritable/has mood swings ☐ Yes ☐ No
- Has thought about hurting self or considered suicide ☐ Yes ☐ No

Physical Examination

☑=NL

Bright Futures Priority
- ☐ **SKIN**
- ☐ **BACK/SPINE**
- ☐ **BREASTS**
- ☐ **GENITALIA**
- **SEXUAL MATURITY RATING** _____

Additional Systems
- ☐ GENERAL APPEARANCE
- ☐ HEAD
- ☐ EYES
- ☐ EARS
- ☐ NOSE
- ☐ MOUTH AND THROAT
- ☐ NECK
- ☐ TEETH
- ☐ LUNGS
- ☐ HEART
- ☐ ABDOMEN
- ☐ EXTREMITIES
- ☐ NEUROLOGIC

Abnormal findings and comments _____

Assessment

☐ Well teen

Anticipatory Guidance

☐ Discussed and/or handout given

☐ PHYSICAL GROWTH AND DEVELOPMENT
- Brush/Floss teeth
- Regular dentist visits
- Body image
- Balanced diet
- Limit TV
- Physical activity

☐ SOCIAL AND ACADEMIC COMPETENCE
- Help with homework when needed
- Encourage reading/school
- Community involvement
- Family time
- Age-appropriate limits
- Friends

☐ EMOTIONAL WELL-BEING
- Decision-making
- Dealing with stress
- Mental health concerns
- Sexuality/Puberty

☐ RISK REDUCTION
- Tobacco, alcohol, drugs
- Prescription drugs
- Know friends and activities
- Sex

☐ VIOLENCE AND INJURY PREVENTION
- Seat belts, no ATV
- Guns
- Safe dating
- Conflict resolution
- Bullying
- Sport helmets
- Protective gear

Plan

Immunizations (See Vaccine Administration Record.)

Laboratory/Screening results: ☐ **Vision**

☐ Referral to _____

Follow-up/Next visit _____

☐ See other side

Print Name	Signature
PROVIDER 1	
PROVIDER 2	

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Psychosocial Risks
Confidential (To be completed confidentially for teens with identified risk)

Home

Relationship with parents/guardians _____

Violence in home _____

Teen's concerns _____

Autonomy _____

Counseling/Recommendations _____

Education

Teen's concerns _____

Social interactions _____

Conflicts _____

Counseling/Recommendations _____

Eating

Usual diet _____

Attempts to lose weight by dieting, laxatives, or self-induced vomiting _____

Regular meals (includes breakfast, limits fast food) _____

Counseling/Recommendations _____

Activities

Clubs/Extracurricular _____

Music/Art _____

Sports _____

Religious/Community _____

TV/Electronics _____ hours/day

Gangs _____

Counseling/Recommendations _____

CRAFFT used with permission from Knight JR, Sherritt L, Shrier LA, Harris SK, Chang G. Validity of the CRAFFT substance abuse screening test among adolescent clinic patients. *Arch Pediatr Adolesc Med.* 2002;156:607–614

HEEADSSS used with permission from Goldenring JM, Rosen DS. Getting into adolescent heads: an essential update. *Contemp Pediatr.* 2004;21:64–90

This American Academy of Pediatrics Visit Documentation Form is consistent with *Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents,* 3rd Edition.

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Drugs (Substance Use/Abuse)

Tobacco use _____

Alcohol _____

Drugs (street/prescription) _____

Steroids _____

CRAFFT (+2 indicates need for follow-up)

C – Have you ever ridden in a CAR driven by someone (including yourself) who was "high" or had been using alcohol or drugs? ☐ Yes ☐ No

R – Do you ever use alcohol or drugs to RELAX, feel better about yourself, or fit in? ☐ Yes ☐ No

A – Do you ever use alcohol or drugs while you are by yourself, ALONE? ☐ Yes ☐ No

F – Do you ever FORGET things you did while using alcohol or drugs? ☐ Yes ☐ No

F – Do your family or FRIENDS ever tell you that you should cut down on your drinking or drug use? ☐ Yes ☐ No

T – Have you gotten into TROUBLE while you were using alcohol or drugs? ☐ Yes ☐ No

Counseling/Recommendations _____

Safety

Bullying _____

Guns _____

Dating violence _____

Passenger safety _____

Sports/recreation safety _____

Counseling/Recommendations _____

Sex

Oral sex ☐ Yes ☐ No

Has had sexual intercourse (vaginal, anal) ☐ Yes ☐ No

Age of onset of sexual activity _____

Number of partners _____ Gender of partners ☐ Male ☐ Female

Sexual orientation _____

Condom use _____ Contraception _____

Previous pregnancy ☐ No ☐ Yes _____

Previous STI ☐ No ☐ Yes _____

Laboratory/Screening results

☐ Pregnancy test ☐ Pap smear

☐ Chlamydia/Gonorrhea, source _____ ☐ Syphilis ☐ HIV

STI screening laboratory results (specify) _____

Counseling/Recommendations _____

Suicidality/Mental Health

Depression ☐ No ☐ Yes—when? _____

Anxiety ☐ No ☐ Yes—when? _____

Suicide ideation ☐ No ☐ Yes—when? _____

Suicide attempts ☐ No ☐ Yes—when? _____

History of psychologic counseling ☐ No ☐ Yes—when? _____

Other mental health diagnosis _____

Counseling/Recommendations _____

Confidentiality discussed ☐ With teen ☐ With parent(s)

Bright Futures Patient Handout
Early Adolescent Visits

PHYSICAL GROWTH AND DEVELOPMENT

Your Growing and Changing Body

- Brush your teeth twice a day and floss once a day.
- Visit the dentist twice a year.
- Wear your mouth guard when playing sports.
- Eat 3 healthy meals a day.
- Eating breakfast is very important.
- Consider choosing water instead of soda.
- Limit high-fat foods and drinks such as candy, chips, and soft drinks.
- Try to eat healthy foods.
  - 5 fruits and vegetables a day
  - 3 cups of low-fat milk, yogurt, or cheese
- Eat with your family often.
- Aim for 1 hour of moderately vigorous physical activity every day.
- Try to limit watching TV, playing video games, or playing on the computer to 2 hours a day (outside of homework time).
- Be proud of yourself when you do something good.

RISK REDUCTION

Healthy Behavior Choices

- Find fun, safe things to do.
- Talk to your parents about alcohol and drug use.
- Support friends who choose not to use tobacco, alcohol, drugs, steroids, or diet pills.
- Talk about relationships, sex, and values with your parents.
- Talk about puberty and sexual pressures with someone you trust.
- Follow your family's rules.

EMOTIONAL WELL-BEING

How You Are Feeling

- Figure out healthy ways to deal with stress.
- Spend time with your family.
- Always talk through problems and never use violence.
- Look for ways to help out at home.
- It's important for you to have accurate information about sexuality, your physical development, and your sexual feelings. Please consider asking me if you have any questions.

SOCIAL AND ACADEMIC COMPETENCE

School and Friends

- Try your best to be responsible for your schoolwork.
- If you need help organizing your time, ask your parents or teachers.
- Read often.
- Find activities you are really interested in, such as sports or theater.
- Find activities that help others.
- Spend time with your family and help at home.
- Stay connected with your parents.

VIOLENCE AND INJURY PREVENTION

Violence and Injuries

- Always wear your seatbelt.
- Do not ride ATVs.
- Wear protective gear including helmets for playing sports, biking, skating, and skateboarding.
- Make sure you know how to get help if you are feeling unsafe.
- Never have a gun in the home. If necessary, store it unloaded and locked with the ammunition locked separately from the gun.
- Figure out nonviolent ways to handle anger or fear. Fighting and carrying weapons can be dangerous. You can talk to me about how to avoid these situations.
- Healthy dating relationships are built on respect, concern, and doing things both of you like to do.

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Bright Futures Parent Handout
Early Adolescent Visits

Here are some suggestions from Bright Futures experts that may be of value to your family.

PHYSICAL GROWTH AND DEVELOPMENT

Your Growing and Changing Child

- Talk with your child about how her body is changing with puberty.
- Encourage your child to brush his teeth twice a day and floss once a day.
- Help your child get to the dentist twice a year.
- Serve healthy food and eat together as a family often.
- Encourage your child to get 1 hour of vigorous physical activity every day.
- Help your child limit screen time (TV, video games, or computer) to 2 hours a day, not including homework time.
- Praise your child when she does something well, not just when she looks good.

RISK REDUCTION

Healthy Behavior Choices

- Help your child find fun, safe things to do.
- Make sure your child knows how you feel about alcohol and drug use.
- Consider a plan to make sure your child or his friends cannot get alcohol or prescription drugs in your home.
- Talk about relationships, sex, and values.
- Encourage your child not to have sex.
- If you are uncomfortable talking about puberty or sexual pressures with your child, please ask me or others you trust for reliable information that can help you.
- Use clear and consistent rules and discipline with your child.
- Be a role model for healthy behavior choices.

EMOTIONAL WELL-BEING

Feeling Happy

- Encourage your child to think through problems herself with your support.
- Help your child figure out healthy ways to deal with stress.
- Spend time with your child.
- Know your child's friends and their parents, where your child is, and what he is doing at all times.
- Show your child how to use talk to share feelings and handle disputes.
- If you are concerned that your child is sad, depressed, nervous, irritable, hopeless, or angry, talk with me.

SOCIAL AND ACADEMIC COMPETENCE

School and Friends

- Check in with your child's teacher about her grades on tests and attend back-to-school events and parent-teacher conferences if possible.
- Talk with your child as she takes over responsibility for schoolwork.
- Help your child with organizing time, if he needs it.
- Encourage reading.
- Help your child find activities she is really interested in, besides schoolwork.
- Help your child find and try activities that help others.
- Give your child the chance to make more of his own decisions as he grows older.

VIOLENCE AND INJURY PREVENTION

Violence and Injuries

- Make sure everyone always wears a seat belt in the car.
- Do not allow your child to ride ATVs.
- Make sure your child knows how to get help if he is feeling unsafe.
- Remove guns from your home. If you must keep a gun in your home, make sure it is unloaded and locked with ammunition locked in a separate place.
- Help your child figure out nonviolent ways to handle anger or fear.

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This project is created by the National HPV Vaccination Roundtable, a coalition of public health organizations from across the country. Their purpose is to prevent cancer through increasing awareness of HPV vaccination and dispelling myths about the vaccine.

For the first time, parents and students can work together, making a difference, actually closing the door on cancer!

1. HPV vaccination is recommended for BOTH boys and girls at ages 11 or 12 years, but can be started as early as age 9.
2. The HPV vaccine series should be completed before the 13th birthday to be most effective.
3. HPV vaccines have been on the market for over 10 years and there have been over 200 million doses of HPV administered worldwide.
4. HPV is extremely common and almost everyone will be infected in his or her lifetime. There is no way to know if an infection will lead to cancer.
5. Every year, over 30,700 women and men are affected by a cancer caused by HPV— that is a new case every 20 minutes.
6. Every year in the United States, over 2 million women have invasive testing and biopsies to look for precancer or cancer of the cervix caused by HPV infection. HPV vaccination of preteens can slash those numbers dramatically.
7. Each HPV vaccine—Gardasil® 9, Gardasil®, and Cervarix®—went through years of extensive safety testing before they were licensed by the U.S. Food and Drug Administration (FDA), and are continually monitored for safety.
8. Like any vaccine or medicine, HPV vaccines can cause side effects. The most common side effects are mild, usually pain, redness, or swelling in the arm where the shot was given, as well as dizziness, fainting, nausea, and headache. Adolescents with a severe allergy to yeast should not receive Gardasil® 9, or Gardasil®.
9. Some adolescents faint from getting shots. Patients should remain seated for 15 minutes after receiving any shot to prevent injury from falls that could occur from fainting.
10. Too few boys and girls in the United States get the HPV vaccine and thus miss the protection it could provide. When the HPV vaccine series is completed, it can prevent cancer – literally.

SOURCE: http://www.cdc.gov/hpv/index.html



Get more information online:

HPV FAQ for Parents →

What Parents should know about the HPV Vaccine →

Additonal Online Resources:

- **HPV Basics →**
- **HPV In-depth →**
- **Fact Sheet →**
- **HPV Vaccine Safety - Questions and Answers →**
- **CDC Medscape Commentary: Safety Data on the HPV Vaccine—Reassure Your Patients, Reports to VAERS Following HPV Vaccination →**
- **MMWR - Human Papillomavirus Vaccination Coverage Among Adolescents, 2007–2013, and Postlicensure Vaccine Safety Monitoring, 2006–2014 — United States →**
- **HPV Vaccine Information Statements**

We know you're busy. It's tough to juggle everything you do to care for the health of your students. Look at this campaign as a helper, not an addition to your "to-do list." By providing your parents with this toolbox, you are equipping them with the health tips they need to care for their middle school child. It's a win-win.

Here are some easy ways to make the most of this toolbox.

Strike Up a Conversation

The easiest way to disseminate this information is when you are talking to a parent. Here are some easy ways to initiate a conversation:

- Did you know that your 11 year-old has some special health needs now that they are in middle school? Here is a handy resource just for your tween child.
- Yes, that [parental concern] is common for middle school children. Here is a handy resource to help you navigate your tween's health changes.

Include In What You Are ALREADY Doing

Bring the *Middle School Health Starts Here* toolbox to school and community events you are already involved with such as:

- School Registration
- Open House Event
- Child Health Check-Ins and Meetings
- Sick Child Pick-up
- IEP & 504 Meetings
- 5th Grade Graduation for Rising Middle Schoolers
- Anytime that you think a parent could benefit from this information

SHARE THE PROJECT

Plan a Student Health Night

Many school nurses across the country have had great success in hosting a special night for parents and children to learn more about health. Create an education series or single-night event, and invite local health providers – pediatricians, dentists, ophthalmologists, etc. – to set up a table and share information. Make sure to include the information from the *Middle School Health Starts Here* toolbox.

Work with Health Classes

Check in with the teachers that teach health and physical fitness classes, work the health resources into your curriculum, or see if you can include information in the 5th grade "Growth and Development" classes.

Include in School Communications

Work with your school district's Public Information Officer or Communications/Marketing office to include health messages in their communications to parents. We've included a special Mini Toolkit with materials just for your PIO, Comms Team and District Administration.

Take Advantage of Health Observances

Plan an event or remind your Public Information Officer or Communications/Marketing office to include special communications to promote messages from the Middle School Starts Here toolbox. Check out the "Health Observance Posts" in the Mini Communications Toolkit to find dates and observances.

COMMUNITY RESOURCES FOR PARENT

As a school nurse, you are an incredible bridge, connecting parents and children to the resources they need to thrive. Whether it is a child with a new diagnosis or a family who just moved to the area, school nurses are often a trusted resource for information.

Complete the contact worksheet in this packet, and copy it for parents who need additional help to jump-start their child's health.



HEALTH RESOURCES WORKSHEET

Connections to Help Navigate Your Tween's Health

These are health providers and organizations to help you find additional care for your child's health. The information in this document may change without notice. Always follow your health provider's advice.

Pediatrician	
American Academy of Pediatrics - Find a Doctor https://www.healthychildren.org →	
Local Office - Name	
Phone	
Website	

Family Physician	
American Academy of Family Physicians - Find a Doctor http://www.aafp.org →	
Local Office - Name	
Phone	
Website	

County Health Department	
Name	
Phone	
Website	
Address	

Dentist	
American Dental Association – Find a Dentist http://www.mouthhealthy.org →	
Local Office - Name	
Phone	
Website	

Behavioral and Cognitive Therapies Connections	
National Center for Learning Disabilities http://www.ncld.org →	
Local Office - Name	
Phone	
Website	

HEALTH RESOURCES WORKSHEET

Learning Disabilities Connections

National Center for Learning Disabilities http://www.ncld.org →

Local Office - Name	
Phone	
Website	

Autism Connections

Autism Speaks https://www.autismspeaks.org →

Local Office - Name	
Phone	
Website	

Cancer Connections

American Cancer Society http://www.cancer.org →

Local Office - Name	
Phone	
Website	

Cerebral Palsy Connections

United Cerebral Palsy http://ucp.org →

Local Office - Name	
Phone	
Website	

Down Syndrome Connections

National Downs Syndrome Society http://www.ndss.org →

Local Office - Name	
Phone	
Website	

Dyslexia Connections

Dyslexia Foundation http://dyslexiafoundation.org →

Local Office - Name	
Phone	
Website	

HEALTH RESOURCES WORKSHEET

Epilepsy Connections

Epilepsy Foundation http://www.epilepsy.com →

Local Office - Name	
Phone	
Website	

Mental Health Connections

Child Mind Institute http://childmind.org →

Local Office - Name	
Phone	
Website	

Sexual Health Connections

Association of Reproductive Health Professionals (ARHP) http://www.arhp.org →

American Congress on Obstetrics and Gynecologists http://www.acog.org →

American Sexual Health Association http://www.ashasexualhealth.org →

Local Office - Name	
Phone	
Website	

Additional Resources

Name	
Phone	
Website	
Address	
Name	
Phone	
Website	
Address	
Name	
Phone	
Website	
Address	

MINI TOOLKIT FOR SCHOOL DISTRICT'S PUBLIC INFORMATION OFFICER

Share this information with your Public Information Officer or Communications/ Marketing office to include special communications to promote messages from the Middle School Starts Here toolbox.



Hello Public Information Officer or Communications/Marketing office staff!

The school nurses in your district are working with other school nurses across the county to keep our middle school students safe and healthy. This mini toolkit has handy resources to help your school and/or district make the most of the Middle School Health Starts Here program.

In this you'll find:

- Sample letter/email to parents about the program
- eNewsletter blurb and images
- Social media posts and images
- Sample press release about the program – don't forget to take advantage of the Back to School section in your local paper!
- FAQs about the program and HPV vaccination
- Communications materials to rising 5th Graders' parents to catch them up before summer

This toolkit has a website with even more information – visit **MiddleSchoolHealth.org** to learn more!

The Middle School Health Starts Here program was created by public, private, academic, and nonprofit organizations across the country that care a lot about the health of all kids. They have worked to collect the most important information for you and your kid.

Sample Letter/Email to Parents about the Program

Dear Parents,

Our school district has joined other schools across the county to keep our students safe, healthy and ready to learn. Your school nurses have a toolbox of health tips to keep your 11- and 12- year olds healthy all year long with the Middle School Health Starts Here program!

You've made it past the terrible twos and sped past the first day of kindergarten. Now you and your child are starting a new journey! There's more to learn, more fun and more changes. It's going to be awesome – and weird at times – but you've got this!

The Middle School Health Starts Here program can help you navigate the changes at this time in your kid's life. Tween health for 11-12 year-old children brings a new stage of health questions. We're here to help.

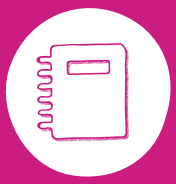
In the guide, you'll find:

- Stories from parents and health providers that have survived middle school – just like you will!
- Checklists to use with your health provider to get a complete check of your child's health
- Health information to keep you up to date on your tween's health needs
- Ways for your child to learn about their own health

Our school nurses have a print version of the guide and you can visit this website with even more information – **MiddleSchoolHealth.org**.

The Middle School Health Starts Here program was created by public, private, academic, and nonprofit organizations across the country that care a lot about health of all kids. They have worked to collect the most important information for you and your child.

- National Association of School Nurses (NASN)
- Centers for Disease Control and Prevention (CDC)
- American Cancer Society (ACS)
- Association of Reproductive Health Professionals (ARHP)
- Cancer Prevention and Control Research Network (CPCRN)
- Head & Neck Cancer Alliance (HNCA)
- Health Net Federal Services (HealthNet)
- National Area Health Education Centers Organization (AHEC)
- National Association of Pediatric Nurse Practitioners (NAPNAP)
- American Association of Nurse Practitioners (AANP)
- National Hispanic Medical Association (NHMA)



If you ever have questions about your child's health, make sure to ask your health provider, nurse or doctor. This guide is helpful, but never a replacement for the health advice of a professional that knows your child.

eNewsletter Blurb

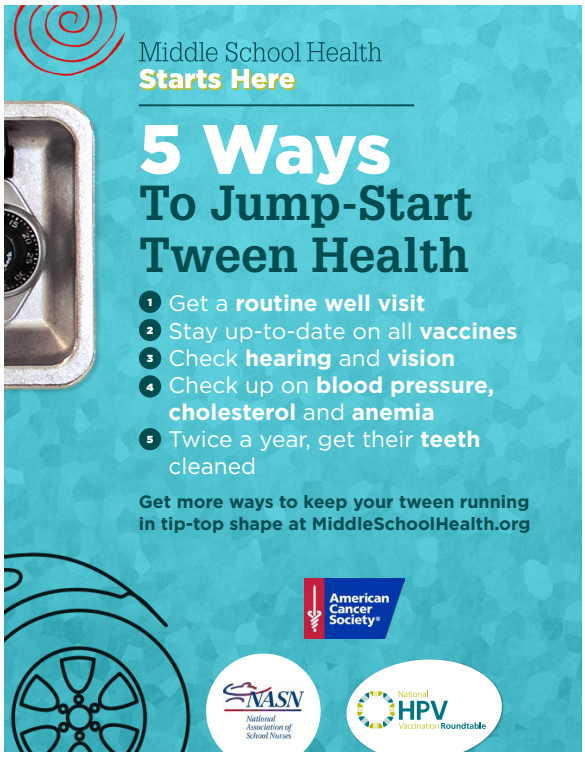
TITLE:

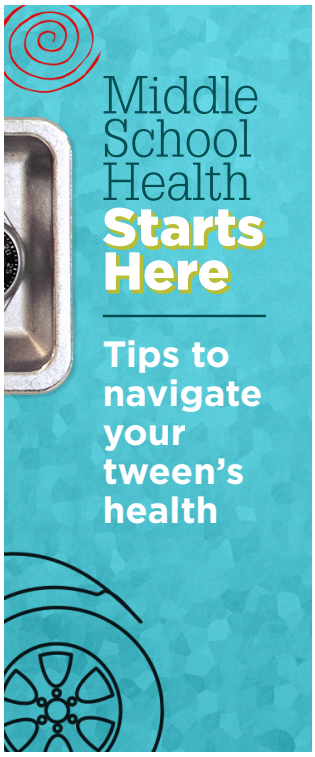
Middle School Health Starts Here Comes to (School or District Name)

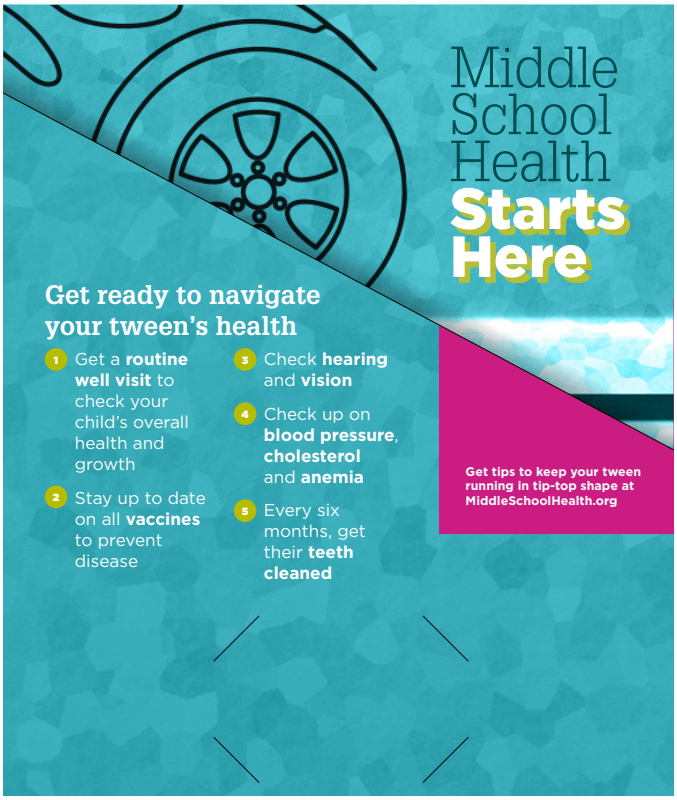
BODY:

Our school district is working to help middle schoolers become and remain as healthy as possible. The Middle School Health Starts Here program can help parents navigate the changes of this special age and time in your child's life. Tween health for 11-12 year-old children brings a new stage of health questions. The Middle School Health Starts Here program can help answer your questions about the twists and turns to becoming a teen. Visit the Middle School Health Starts Here website for more information – **MiddleSchoolHealth.org**.

Images


Middle School Health
Starts Here
5 Ways
To Jump-Start
Tween Health
1 Get a routine well visit
2 Stay up-to-date on all vaccines
3 Check hearing and vision
4 Check up on blood pressure, cholesterol and anemia
5 Twice a year, get their teeth cleaned
Get more ways to keep your tween running in tip-top shape at MiddleSchoolHealth.org
American Cancer Society
NASN
National Association of School Nurses
National HPV Vaccination Roundtable


Middle School Health
Starts Here
Tips to navigate your tween's health


Middle School Health
Starts Here
Get ready to navigate your tween's health
1 Get a routine well visit to check your child's overall health and growth
2 Stay up to date on all vaccines to prevent disease
3 Check hearing and vision
4 Check up on blood pressure, cholesterol and anemia
5 Every six months, get their teeth cleaned
Get tips to keep your tween running in tip-top shape at MiddleSchoolHealth.org

Sample Press Release on the Program

HEADLINE: National Pilot Program to Tune Up Middle Schooler's Health Comes to (School Name)

CITY – (School Name) has joined select schools from across the county to jump start middle schooler's health. (School Name) is one of a select number of sites invited to participate in a pilot program created by the American Cancer Society, Centers for Disease Control and the National Association of School Nurses.

The *Middle School Health Starts Here* program can help parents navigate the changes of health and development for 11 to 12 year-old children. The website – **MiddleSchoolHealth.org** – and printed materials have been complied by national health experts to deliver accurate, succinct information for parents.

"Middle school offers an opportunity for parents to do a thorough check up on their child's health," said SOURCE. "The goal of this program is to provide the resources our parents need and want, whether it's vaccines, body care, a basic health tune up or avoiding the danger zones of life in middle school."

The Middle School Health Starts Here program was created by public, private, academic, and nonprofit organizations across the country that care a lot about the health of all kids. They have worked to collect the most important information for parents and children in middle school:

- National Association of School Nurses (NASN)
- Centers for Disease Control and Prevention (CDC)
- Health Net Federal Services (HealthNet)
- Association of Reproductive Health Professionals (ARHP)
- American Academy of Nurse Practitioners (AANP)
- Head & Neck Cancer Alliance (HNCA)
- National Hispanic Medical Association (NHMA)
- Cancer Prevention and Control Research Network (CPCRN)
- National Association of Pediatric Nurse Practitioners (NAPNAP)
- National Area Health Education Centers Organization (AHEC)
- American Cancer Society (ACS)

Visit the Middle School Health Starts Here website for more information – **MiddleSchoolHealth.org**.

Social Media Posts

Posts to Launch the Program

Use these posts on Facebook, and modify for Twitter, to launch the program at your school.

- Middle School Health Starts Here! Our school has been selected to be part of a national pilot project to kick start middle school health. Get ready to navigate your tween's health – **MiddleSchoolHealth.org**.
- Jump-start your tween's health - get a routine well visit to check your child's overall health and growth. Keep your kid in tip-top shape at **MiddleSchoolHealth.org**.
- Jump-start your tween's health - Check up on blood pressure, cholesterol and anemia. Keep your kid in tip-top shape at **MiddleSchoolHealth.org**.
- Jump-start your tween's health - Check hearing and vision. Keep your kid in tip-top shape at **MiddleSchoolHealth.org**.
- Jump start your tween's health - Stay up to date on all vaccines to prevent diseases. Keep your kid in tip-top shape at **MiddleSchoolHealth.org**.
- Jump start your tween's health - Every six months, get their teeth cleaned. Keep your kid in tip-top shape at **MiddleSchoolHealth.org**.

Health Observance Posts

To promote middle school health all year long, use these posts on Facebook and modify for Twitter.

JANUARY

Approx. last week of January - **National Drug and Alcohol Facts Week**

POST: DYK: One in nine adolescents used alcohol— that also means that most teens, 8 in 9, did not use alcohol. Get more tips to jump-start your tween's health at **MiddleSchoolHealth.org**.

More resources - https://teens.drugabuse.gov/national-drug-alcohol-facts-week

FEBRUARY

American Heart Month

POST: Jump-start a heart healthy lifestyle. Exercising at least 30 to 60 minutes on most days is good for your ticker. Get more tips to navigate your tween's health at **MiddleSchoolHealth.org**.

More resources - https://www.goredforwomen.org

National Children's Dental Health Month

POST: 2min2x – Brush 2 minutes, twice a day for a healthy smile! Get more tips to navigate your tween's health at **MiddleSchoolHealth.org**.

More resources: http://www.ada.org/en/public-programs/national-childrens-dental-health-month

MARCH

National Nutrition Month®

POSTS:

- Middle schoolers need fuel to power their brains. Make sure your kid gets three cups of low fat or nonfat milk (or equivalent low fat or nonfat dairy products) daily. Get more tips to navigate your tween's health at **MiddleSchoolHealth.org**.
- Eat the rainbow! Aim to fuel your kid with five servings of fruits and vegetables per day. Get more tips to navigate your tween's health at **MiddleSchoolHealth.org**.
- Sugar and fat are poor fuel for middle school kids. Balanced foods are better fuel for growing bodies. Get more tips to navigate your tween's health at **MiddleSchoolHealth.org**.
- H2Oh-yeah! Water is the best beverage for growing bodies. To keep your tween in top shape, limit juice to no more than 8 ounces per day. Get more tips to navigate your tween's health at **MiddleSchoolHealth.org**.

More resources - http://www.eatright.org/resource/food/resources/national-nutrition-month/national-nutrition-month

National Sleep Awareness Week® - Second week of March

POST: Zzzzzzzz. Tweens still need 10–11 hours of sleep per night. Lack of sleep can make it hard to pay attention at school. Get more tips to navigate your tween's health at **MiddleSchoolHealth.org**.

More resources: https://sleepfoundation.org/

APRIL

World Immunization Week - Last week of April

POST:

- Disease is only a plane ride away! Polio, measles and mumps are active diseases around the world. Protecting your child from disease is as easy as keeping their vaccines up to date. Get more tips to navigate your tween's health at **MiddleSchoolHealth.org**.
- DYK: When the HPV vaccine series is completed, it can prevent cancer – literally. Get more tips to navigate your tween's health at **MiddleSchoolHealth.org**.
- The HPV vaccine is now recommended for BOTH boys and girls starting as young as 9 years old. Most health care providers start recommending it at 11 and 12 years old, and completed by their 13th birthday. Get more tips to navigate your tween's health at **MiddleSchoolHealth.org**.
- Research shows that the HPV vaccines are safe. The benefits of HPV vaccination far outweigh any potential risk of side effects. Get more tips to navigate your tween's health at **MiddleSchoolHealth.org**.
- DYK: The HPV vaccine has been on the market for more than 10 years and is not associated with any serious side effects. Now that's good news! Get more tips to navigate your tween's health at **MiddleSchoolHealth.org**.

More resources: https://healthfinder.gov/NHO/nho.aspx?year=2016#639

World Meningitis Day – April 24

POST: Many parents don't know the warning signs of meningitis. Symptoms can be similar to those of the common flu (fever, vomiting, headache, stiff neck, sensitivity to light, and drowsiness or altered consciousness) and can develop in just hours. Many types of meningitis are vaccine-preventable. Ask your doctor if your child is up to date. Get more tips to navigate your tween's health at **MiddleSchoolHealth.org**.

More resources: http://www.comomeningitis.org/

MAY

Better Hearing and Speech Month

POST: Do you have fewer conversations with your kids than you'd like because of technology distractions? If you answered yes, you are a typical parent in the digital age. Safeguard your child's hearing and vision by monitoring their smartphone and tablet usage. Get more tips to navigate your tween's health at **MiddleSchoolHealth.org**.

More resources: http://www.asha.org/bhsm/

Melanoma/Skin Cancer Detection and Prevention Month®

POST: Help your tween create a life-long habit of skin protection. When you are going to be outside, even on cloudy days, apply sunscreen to all skin that will not be covered by clothing. Reapply approximately every two hours, or after swimming or sweating. Get more tips to navigate your tween's health at **MiddleSchoolHealth.org**.

More resources: https://www.aad.org/public/spot-skin-cancer?redirect

JUNE

National Safety Month

POST: Safety never takes a holiday. Take extra care this summer to prevent unnecessary injury. Get more tips to navigate your tween's health at **MiddleSchoolHealth.org**.

More resources: http://www.nsc.org/act/events/Pages/national-safety-month.aspx

National Lightning Safety Awareness Week - Third Week of June

POST: DYK: There is no safe place outside when thunderstorms are in the area! When thunder roars, go indoors: a substantial building with electricity or plumbing, or an enclosed, metal-topped vehicle with windows up. Get more tips to navigate your tween's health at **MiddleSchoolHealth.org**.

More resources - http://www.lightningsafety.noaa.gov/

JULY

Juvenile Arthritis Awareness Month

POST: DYK: Juvenile arthritis affects nearly 300,000 children in the United States. The various types of juvenile arthritis share many common symptoms, like pain, joint swelling, redness and warmth. Get more tips to navigate your tween's health at **MiddleSchoolHealth.org**.

More resources: http://www.arthritis.org/about-arthritis/types/juvenile-arthritis/

AUGUST

Children's Eye Health and Safety Month

POST: 43% of sports-related eye injuries are to children ages 14 and younger. Ensure your child has the right eye protection for the sport. Get more tips to navigate your tween's health at **MiddleSchoolHealth.org**.

More resources: http://www.preventblindness.org/

National Immunization Awareness Month

POSTS:

- Say "Shoo!" to the flu. Get the flu shot annually to help avoid this nasty illness. Get more tips to navigate your tween's health at **MiddleSchoolHealth.org**.
- The Tdap vaccine is one mighty shot! When your tween gets the Tdap booster at 11 or 12 years old, they are protected against three illnesses! Get more tips to navigate your tween's health at **MiddleSchoolHealth.org**.
- Holy awesome health, Batman! One Meningococcal ACWY shot at age 11 or 12 will help protect against four strains of meningococcal bacteria, which causes infections of the lining of the brain and spinal cord. Get more tips to navigate your tween's health at **MiddleSchoolHealth.org**.
- Prevent cancer – literally! Both boys and girls need to complete the HPV vaccine series to be fully protected from strains of the human papillomavirus that is known to cause cancer. Get more tips to navigate your tween's health at **MiddleSchoolHealth.org**.
- DYK: When the HPV vaccine series is completed, it can prevent cancer – literally. Get more tips to navigate your tween's health at **MiddleSchoolHealth.org**.
- The HPV vaccine is now recommended for BOTH boys and girls starting as young as 9 years old. Most health care providers start recommending it at 11 and 12 years old. Get more tips to navigate your tween's health at **MiddleSchoolHealth.org**.
- Research shows that the HPV vaccines are safe. The benefits of HPV vaccination far outweigh any potential risk of side effects. Get more tips to navigate your tween's health at **MiddleSchoolHealth.org**.
- DYK: The HPV vaccine has been on the market for more than 10 years and is not associated with any serious side effects. Now that's good news! Get more tips to navigate your tween's health at **MiddleSchoolHealth.org**.

More resources: http://www.cdc.gov/vaccines/events/niam.html

SEPTEMBER

Childhood Cancer Awareness Month

POST: Every day, 43 children are diagnosed with cancer. This month take a moment to think about the courage of parents and students who battle, and often conquer, this foe. Get more tips to navigate your tween's health at **MiddleSchoolHealth.org**.

More resources: http://curesearch.org/Be-a-Digital-Advocate

National Childhood Obesity Awareness Month

POST: Moving at least 60 minutes a day + eating healthy foods fights childhood obesity. It takes the whole family moving together to keep growing bodies healthy. Get more tips to navigate your tween's health at **MiddleSchoolHealth.org**.

More resources: http://www.letsmove.gov/

OCTOBER

National Dental Hygiene Month

Are your family's choppers up for the Daily 4 challenge? Brush 2x per day for 2 minutes each time, floss, rinse with mouth wash and chew sugar-free gum. Get more tips to navigate your tween's health at **MiddleSchoolHealth.org**.

More resources - http://www.adha.org/national-dental-hygiene-month

Mental Illness Awareness Week - First Week of the Month

R U Okay? Just over half (50.6%) of children aged 8-15 received mental health services in the previous year. Don't be afraid to seek help for your child or yourself. Get more tips to navigate your tween's health at **MiddleSchoolHealth.org**.

More resources: http://www.nami.org

NOVEMBER

American Diabetes Month

Diabetes affects nearly 30 million children and adults in the U.S. today—nearly 10% of the population. Eating right with every bite can help your family keep weight off and prevent type 2 diabetes. Get more tips to navigate your tween's health at **MiddleSchoolHealth.org**.

More resources: http://www.diabetes.org/in-my-community/american-diabetes-month.html

Great American Smoke-out – November 19

Teen smoking is more common among teens whose parents smoke. If you smoke, quit. The earlier you stop smoking, the less likely your teen is to become a smoker. Get more tips to navigate your tween's health at **MiddleSchoolHealth.org**.

More resources: http://www.cancer.org/healthy/stayawayfromtobacco/greatamericansmokeout/

DECEMBER

National Influenza Vaccination Week - First Week of December

DYK: You may spread the flu virus 1 day BEFORE symptoms develop and up to 5 - 7 days AFTER becoming sick. Don't spread the flu at all by getting the flu vaccine for everyone in your family (over 6 months old) every year. Get more tips to navigate your tween's health at **MiddleSchoolHealth.org**.

More resources: http://www.cdc.gov/flu/nivw/

National Handwashing Awareness Week - First Week of the Month

Help us "spread the word not the germs" on how "Handwashing is the new vaccine"* against ALL respiratory and many gastro-intestinal infections! Wash your hands often and sneeze into your elbow to stop germs from spreading! Get more tips to navigate your tween's health at **MiddleSchoolHealth.org**.

More resources - http://www.henrythehand.org/

Here are some answers to frequently asked questions about the Middle School Health Starts Here program.

Who created this program?

The Middle School Health Starts Here program was created by the National HPV Vaccination Roundtable. The Middle School Health Starts Here program was created by public, private, academic, and nonprofit organizations across the country that care a lot about the health of all kids.

They have worked to pull the most important information for parents and children in middle school:

- National Association of School Nurses (NASN)
- Centers for Disease Control and Prevention (CDC)
- American Academy of Nurse Practitioners (AANP)
- American Cancer Society (ACS)
- Association of Reproductive Health Professionals (ARHP)
- Cancer Prevention and Control Research Network (CPCRN)
- Head & Neck Cancer Alliance (HNCA)
- Health Net Federal Services (Health Net)
- National Area Health Education Centers Organization (AHEC)
- National Association of Pediatric Nurse Practitioners (NAPNAP)
- National Hispanic Medical Association (NHMA)

Visit the Middle School Health Starts Here website for more information – **MiddleSchoolHealth.org**.

FAQS ABOUT THIS PROGRAM AND THE HPV VACCINE

Why was this program created?

Middle School Health Starts Here's purpose is to address the issues which impact the health and safety of middle schoolers. This transition time is difficult for both the parents and the students. There are a lot of social, emotional and physical changes taking place. It can be overwhelming for everybody involved. This toolkit provides research and evidence-based information to help parents and to dispel myths. While the Roundtable is focused on increasing awareness of HPV vaccination and dispel myths about the vaccine, the program was created to address all health issues of middle schoolers. School nurses are often seen as a valuable resource for parents, who have questions about all aspects of tween health. This program was created to support school nurses as they answer those questions.

Who paid for this program?

Funding for this guide was made possible (in part) by the Centers for Disease Control and Prevention Cooperative Agreement number 5H23IP000931-01. The content in this toolkit does not necessarily reflect the official policies of the Department of Health and Human Services, nor does the mention of trade names, commercial practices, or organizations imply endorsement by the U.S. Government.

Why is HPV vaccination included?

HPV vaccination is recommended for 11 to 12 year olds. When talking about tween health, it makes sense to include HPV vaccination. Here are 10 facts about HPV and the vaccine.

1. HPV vaccination is recommended for BOTH boys and girls at ages 11 or 12 years, but can be started as early as age 9.
2. The HPV vaccine series should be completed before the 13th birthday to be most effective.
3. HPV vaccines have been on the market for over 10 years and there have been over 200 million doses of HPV administered worldwide.
4. HPV is extremely common and almost everyone will be infected in his or her lifetime. There is no way to know if an infection will lead to cancer.
5. Every year, over 30,700 women and men are affected by a cancer caused by HPV— that is a new case every 20 minutes.

FAQS ABOUT THIS PROGRAM AND THE HPV VACCINE

6. Every year in the United States, over 2 million women have invasive testing and biopsies to look for precancer or cancer of the cervix caused by HPV infection.HPV vaccination of preteens can slash those numbers dramatically.
7. Each HPV vaccine—Gardasil® 9, Gardasil®, and Cervarix®—went through years of extensive safety testing before they were licensed by the U.S. Food and Drug Administration (FDA), and are continually monitored for safety.
8. Like any vaccine or medicine, HPV vaccines can cause side effects. The most common side effects are mild, usually pain, redness, or swelling in the arm where the shot was given, as well as dizziness, fainting, nausea, and headache. Adolescents with a severe allergy to yeast should not receive Gardasil® 9, or Gardasil®.
9. Some adolescents faint from getting shots. Patients should remain seated for 15 minutes after receiving any shot to prevent injury from falls that could occur from fainting.
10. Too few boys and girls in the United States get the HPV vaccine and thus miss the protection it could provide. When the HPV vaccine series is completed, it can prevent cancer – literally.

SOURCE: http://www.cdc.gov/hpv/index.html

ADDITONAL ONLINE RESOURCES:

- Fact Sheet: What Parents Should Know About HPV Vaccine Safety and Effectiveness
  http://www.cdc.gov/vaccines/who/teens/vaccines/vaccine-safety.pdf
- HPV Vaccine Safety - Questions and Answers
  http://www.cdc.gov/vaccinesafety/Vaccines/HPV/hpv_faqs.html
- CDC Medscape Commentary: Safety Data on the HPV Vaccine—Reassure Your Patients, Reports to VAERS Following HPV Vaccination
  http://www.medscape.com/viewarticle/722555
- MMWR - Human Papillomavirus Vaccination Coverage Among Adolescents, 2007–2013, and Postlicensure Vaccine Safety Monitoring, 2006–2014 — United States
  http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6329a3.htm
- HPV Vaccine Information Statements
  http://www.cdc.gov/vaccines/hcp/vis/index.html

RISING 5TH GRADER DIGITAL COMMUNICATIONS

Sample email, eNews and social media materials for distribution to 5th grader's parents in the spring semester/quarter.

SAMPLE EMAIL

Dear Parents,

Our school district has joined other schools across the county to keep our students safe, healthy and ready to learn. Our school nurse (NAME) has a toolbox of health tips to keep our rising middle schoolers healthy all year long.

The Middle School Health Starts Here program can help you navigate the changes of this time in your kid's life. Tween health brings a new stage of health questions. We're here to help.

In the guide, you'll find:

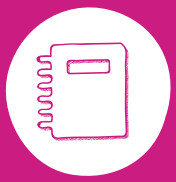
- Checklists to use with your health provider to get a complete check of your child's health.
- Health information to keep you up to date on your tween's health needs.
- Ways for your child to learn about their own health.

Our school nurse has a print version of the guide, and you can visit this website with even more information – **MiddleSchoolHealth.org**.

RISING 5TH GRADER DIGITAL COMMUNICATIONS

The Middle School Health Starts Here program was created by public, private, academic, and nonprofit organizations across the country that care a lot about the health of all kids. They have worked to collect the most important information for you and your child.

- National Association of School Nurses (NASN)
- Centers for Disease Control and Prevention (CDC)
- American Academy of Nurse Practitioners (AANP)
- American Cancer Society (ACS)
- Association of Reproductive Health Professionals (ARHP)
- Cancer Prevention and Control Research Network (CPCRN)
- Head & Neck Cancer Alliance (HNCA)
- Health Net Federal Services (HealthNet)
- National Area Health Education Centers Organization (AHEC)
- National Association of Pediatric Nurse Practitioners (NAPNAP)
- National Hispanic Medical Association (NHMA)



If you ever have questions about your child's health, make sure to ask your health provider, nurse or doctor. This guide is helpful, but never a replacement for health advice of a professional that knows your child.

eNewsletter Blurb

TITLE:

Middle School Health Starts Here Comes to (School or District Name)

BODY:

Our school district is working to help rising middle schoolers become as healthy as possible. The Middle School Health Starts Here program can help parents navigate the changes of this special age and time in your child's life. Tween health for 11-12 year-old children brings a new stage of health questions. The Middle School Health Starts Here program can help answer your questions about the twists and turns to becoming a teen. Visit the Middle School Health Starts Here website for more information – **MiddleSchoolHealth.org**.

Posts to Share on Social Media

Use these posts on Facebook, and modify for Twitter, to launch the program at your school.

- Middle School Health Starts Here! Our school district has been selected to be part of a national pilot project to kick-start middle school health. Get ready to navigate your tween's health – **MiddleSchoolHealth.org**.
- Got a rising middle schooler? Jump start your soon to be tween's health - get a routine well visit to check your child's overall health and growth. Keep your kid in tip-top shape at **MiddleSchoolHealth.org**.
- Jump-start your tween's health - Check up on blood pressure, cholesterol and anemia. Keep your kid in tip-top shape at **MiddleSchoolHealth.org**.
- Got a rising middle schooler? Jump start your soon to be tween's health - Check hearing and vision. Keep your kid in tip-top shape at **MiddleSchoolHealth.org**.