

Health Services Newsletter



Tazewell Co Public Schools - October 2026

Health Services Staff

[Health Services Website](#)



TCPS Website

276-988-5511

SCA Month

October is National Sudden Cardiac Arrest Month.....Be Prepared!

Sudden Cardiac Arrest is a leading cause of death in the United States, taking the lives of more than 356,000 people each year, including more than 23,000 youth under age 18.

Survival depends on someone nearby calling 911, starting CPR and using an AED.

Call – Push – Shock – Video

AHA Newsletters



[Explore Heart Healthy Tips
for Families](#)



[Explore Heart Healthy Tips
for Teachers and Staff](#)

Energy Drink Crisis

Guidance for Young Athletes

[Read the Sports Advisory Committee's Statement on Energy Drinks for Athletes](#)

Caffeine Deaths are Rare but possible

[Blue Ridge Poison Control Newsletter](#)
Hotline: 800-222-1222

Energy Drinks and Caffeine

[View the Educational PowerPoint](#)

Compare Caffeine Content

[Compare the caffeine content of the most popular energy drinks](#)

12-18 yrs. of age – 100mg daily

Breast Cancer Month

1 in 8 Women will be diagnosed with Breast Cancer in her lifetime

1 in 5 Women will be lost this hour due to breast cancer

Early Detection is Key:

[Practice Breast Self-Exams](#)

[Schedule Annual Mammograms](#)



Vision & Hearing

Mandated Vision & Hearing Screenings on all KG, 3rd, 7th, and 10th graders

Oct. 13 – RMS, RES, CBES

Oct. 14 – RHS, TMS, TIS

Oct. 15 – AVES, GMS, DPS, GHS

Oct. 16 – THS, TPS, GIS

Dental Screens

VDH will conduct Dental Screenings for students who provide parental consent

Oct. 5-9 – RMS

Oct. 26-29 – TMS

Flu Vaccines

Oct. 15 – THS, CO, CBES

Oct. 19 – TIS, TPS, TMS

Oct. 20 – RMS, RES, RHS

Oct. 22 – GHS, GMS, AVES

Oct. 23 – GIS, DPS, TCCTC