TCPS HEALTH SERVICES

NOVEMBER 2026 NEWSLETTER

Monthly Awareness

Diabetes Awareness Month

In the US approx. 2.1 million people have Type 1 Diabetes:

- Diagnosed at any age, but peak age of diagnosis is 10 years old
- Type 1 is autoimmune, leading to destruction of pancreatic beta cells, and therefore insulin deficiency
- Genetic predisposition increases risk of Type 1 diabetes
- Environmental factors, such as exposure to viruses increase risk
- Studies suggest, season of birth can increase the risk
- Type 1 requires life-long insulin therapy

CDC Diabetes Info
NIH diabetes Ed
DMMP for Students
Diabetes Information for Parents

Epilepsy Awareness Month

- **1 in 10 people will have a seizure in their lifetime & 1 in 26 will develop epilepsy**

Understanding Epilepsy and Seizures
Seizure Action Plan for Students

Lung Cancer Awareness

- **Leading cause of cancer related deaths**
- **High risk should screen with CT Scan, and over age 50**

Reminders

- **VDH Dental Screenings** will begin at **GMS Nov. 9-12, and High Schools will be scheduled after**
- VDH dental program provides screenings, fluoride treatment, sealants, and referrals for any students with consent

Health Services continues to screen 6th-8th grade students for scoliosis

Scoliosis Information for Parents

AHA Information

The American Heart Association's November 2026 Newsletter offers health guidance, recipes, mental health tips, and more

AHA November Newsletter

Choking First Aid

Learn more about AHA's Choking Guidance below. View the videos on how to respond to Adult, Child and Infant choking

View AHA Videos

Important Dates

- **Nov. 9**: School Board Meeting at 6:30pm
- **Nov. 11**: Veterans Day
- **Nov. 19**: Great American Smokeout
- **Nov. 27-29**: Thanksgiving Break