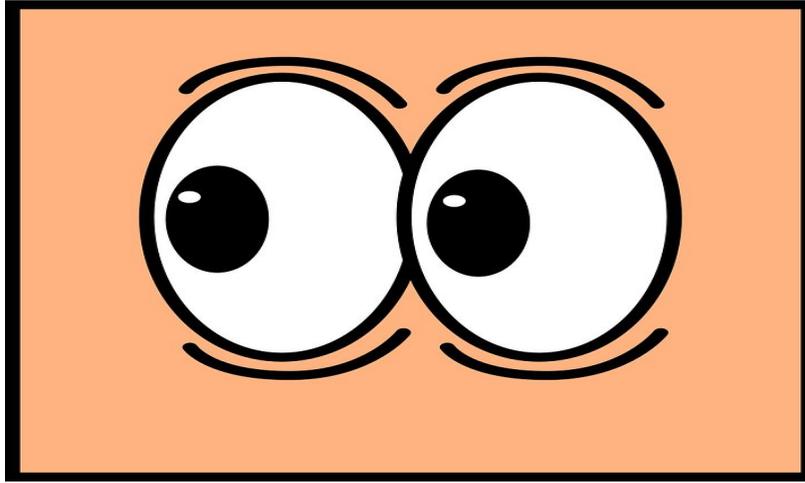


Healthy Eyes



FACT: 1 in 4 kids have vision problem

Yearly: Super important to have a yearly eye exam by an Eye Doctor. Eye Doctors are able to assess the health of the eyes and conduct accurate acuity tests. This test lets the eye Doctor know if your student needs glasses to help your student see which then increases their ability to learn. Our local Eye Doctor is Dr. Kyle Gwinner. He is located just west of the Pharmacy. Him and his staff do a great job with our students.

Food: Foods that help promote healthy eyes are spinach, carrots, blueberries, strawberries, walnuts, avocados, peppers, sweet potatoes, broccoli, and salmon. Increase these foods in your student's diet to help keep their eyes healthy. Drinking plenty of water allows your body to produce tears which keep your eyes moist and nourished.

Glasses: If your student is supposed to be wearing glasses, it is incredibly important that they wear their glasses. Glasses do no good sitting in their case. Encourage your student about the importance of wearing their glasses so they can see properly.

Protection: It is important to wear sunglasses to protect from sunlight. It is also important to protect your eyes while working with any sharp objects or liquids.

Do NOT SMOKE- smoking increases your risk for cataracts and sight-threatening diseases.

Rest: Allow your eyes to rest. You should rest your eyes once every 20 minutes for every 20 seconds you are on a cell phone, computer, or tablet. This will help prevent eye strain.

Did you know your student could have great eyesight but still struggle with reading and other hand eye coordination activities because their eyes don't work together well. Vision Therapy is a good resource for these students. Vision Therapy is like "Physical Therapy" for the eyes. It is weeks of training with different activities guided by an eye Doctor trained in these skills.

Lion's Club- if you see Lincoln or Barnard's Lion Club's members, please thank them! The Lion's Clubs have been a huge support for healthy vision efforts with our students! Dustin Florence is the President to the Lincoln Lion's Club and Joe Coover is the President for the Barnard Lion's Club.

Vision Screens at school will be completed in the month of September. PK, K, 1, 3,5th grades will be done as well as new students. You will receive a note from the school nurse when your student's vision screen is completed. This does NOT take the place of a yearly exam from an Eye Doctor, this is just a tool to be used to help identify eye acuity in your student. Please, notify myself if you have any questions or concerns with your student's eyesight.

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