

Chittenden Monthly School Health Newsletter

September 2026



The Chittenden Monthly School Health Newsletter is intended to align with the components of the [CDC Whole School, Whole Community, Whole Child \(WSCC\) model](#), providing resources and professional development opportunities for school staff on topics of nutrition, physical activity, physical education, health services, and social and emotional well-being.

Announcements

Greetings from your Vermont Department of Health, Burlington District Office! We look forward to the 2026/2027 school year and are committed to providing you with the most up-to-date, evidence-based resources and learning opportunities to improve the health and well-being of students and staff.

2025 Youth Risk Behavior Survey (YRBS)

The [2025 Vermont Youth Risk Behavior Survey Statewide Report](#) is a national school-based program that monitors health risk behaviors including tobacco use, inadequate physical activity, and behaviors that lead to injuries and violence. Use the YRBS data to begin a conversation with teens about personal choices they make or about the health of their communities.

Health Education

Vaping and Nicotine Awareness

The Vermont Department of Health's Vaping and Nicotine Awareness campaign, [Unhyped](#), offers educational materials including Addressing Vaping and Nicotine Use in Vermont Schools. Access the [educator toolkit](#) to learn what health educators and classroom teachers can do to provide nicotine addiction and youth vape product education.

Youth Vaping Results

The Public Health Response to Research conducted a project that supports VDH's mission to address e-cigarette use. Vaping products were collected from Vermont schools to understand what youth vaping looks like in Vermont; their Youth Vaping Results video can be found [here](#).

Sleep and Health

Sleep is as important to a child's development and well-being as nutrition and physical activity. The amount and quality of sleep can affect mood, behavior, and learning abilities. The recommended hours of sleep per day are 9 to 12 hours for 6- to 12-year-olds and 8 to 10 hours for 13- to 18-year-olds. The [Vermont Statewide 2025 Youth Risk and Behavior Survey \(YRBS\)](#) results show that 49% of high school students surveyed slept only 6 to 7 hours per night, and 32% slept 8 to 9 hours per night. To help improve a student's sleep schedule, schools can incorporate a Sleep Hygiene curriculum, such as those provided by the [American Academy of Sleep Medicine](#) and Let's Sleep's [Sleep 101](#).

Bike Safety Tips

Cycling is one of the most popular forms of recreation and is an excellent way to stay active. Promoting healthy physical activity also includes encouraging consistent helmet use, which is essential for preventing brain injuries and fatalities. Visit VDH's [Cyclists and Pedestrians](#) webpage for information on Safe Routes and Safe Streets and to access the new printable [E-Bike Safety Tips](#) to share with your students, staff, and families.

Health Services

Asthma and Proper Inhaler Technique

UVM Health and Vermont Language Justice Project have partnered to create [educational videos](#) that teach families about Asthma and how to properly use an inhaler with a spacer. The videos are available in English, Spanish, Somali, French, and many more languages.

Vaccines

Immunization requirements for schools help protect kids, families, and communities from serious disease. Visit VDH's [Recommended Vaccines for Children and Teens](#) webpage for information on the vaccine schedule and how to navigate health information on social media. When educating families, you may find the educational video "[Why is getting vaccinated important?](#)" to be a useful tool, available in multiple languages. [Vaccinate Your Family](#) also provides a back-to-school toolkit with information that you can share with families.

National Association of School Nurses (NASN) Scholarship Opportunities

The NASN scholarship opportunities support NASN members in advancing their education, professional development, and school nursing practice. Visit [NASN](#) to learn more. Applications are due October 15.

Environmental Health Nurse Fellowship Applications Open

Applications are now open for the 2027 [Environmental Health Nurse Fellowship from](#) the Alliance of Nurses for Healthy Environments (ANHE). This year-long program offers mentorship, leadership development, continuing education, a \$1,000 project stipend, and opportunities to partner with communities to address environmental health challenges. [Learn more and apply](#) by September 4.

Chronic Absenteeism

National Attendance Awareness Month

September is National Attendance Awareness Month and a critical time for students to set up good habits that lead to regular attendance. Chronic absence is missing 10% of school, or about 2 days per month, and counts all absences: excused, unexcused, and suspensions. Visit Vermont Agency of Education's webpage on [Chronic Absenteeism & Attendance Management](#) to learn more about ways to support regular attendance in your school.