

KCHS NEWSLETTER

AUGUST 2025

KCHS.ORG



KEARNEY COUNTY
HEALTH SERVICES
Exceptional Family-Centered Care |



AS YOUR FAMILY PREPARES FOR A NEW SCHOOL YEAR, WE'RE HERE TO HELP MAKE IT A HEALTHY ONE. FROM CHECKUPS AND IMMUNIZATIONS TO MANAGING SPORTS INJURIES, MENTAL HEALTH OR SEASONAL ILLNESSES, KCHS IS HERE FOR WHATEVER THE YEAR MAY BRING. HERE ARE SOME TIPS TO SUPPORT YOUR CHILD'S WELL-BEING ALL YEAR LONG.

PRIORITIZE SLEEP

Recommended Sleep:
Ages 6-12: 9-12 Hours
Teens: 8-10 Hours

TIP: START MOVING BEDTIME UP BY 15-30 MINUTES A WEEK BEFORE SCHOOL STARTS

WHY IT MATTERS: SLEEP SUPPORTS MEMORY, MOOD, ATTENTION AND IMMUNE HEALTH

KEEP GERMS AT BAY

- Frequent Handwashing
- Cover Coughs & Sneezes
- Don't share drinks, food, utensils, lip balm or hats
- Keep lunchboxes, backpacks, water bottles and coats clean.

TIP: TEACH KIDS TO WASH FOR AT LEAST 20 SECONDS-SING THE ABC SONG!

WHY IT MATTERS: HELPS REDUCE SICK DAYS, KEEPING KIDS LEARNING

SUPPORT MENTAL HEALTH

- Ease into routines
- Check in with loved ones regularly
- Practice coping skills
- Create tech-free time to help with connection and emotional regulation

TIP: WATCH FOR RED FLAGS LIKE WITHDRAWAL, MOOD SWINGS, TROUBLE SLEEPING OR CHANGES IN APPETITE.

WHY IT MATTERS: SUPPORTING YOUR CHILD'S EMOTIONAL WELL-BEING SETS THE FOUNDATION FOR SUCCESS IN THE CLASSROOM, STRONG RELATIONSHIPS AND LIFELING RESILIENCE.

HEALTH CHECKS

- Schedule Annual Wellness Visits
- Keep Immunizations Current
- Don't skip vision & dental exams
- Watch for changes in sleep, behavior, energy levels or appetite

TIP: HAVE QUESTIONS READY FOR YOUR HEALTHCARE PROVIDER!

WHY IT MATTERS: PREVENTATIVE CARE HELPS CATCH SMALL ISSUES BEFORE THEY BECOME BIG ONES

School &
Sports
Physicals

ENTERING KINDERGARTEN
OR ENTERING 7TH GRADE

TRANSFERRING FROM OUT OF
STATE (RECOMMENDED)

PRIOR TO PARTICIPATION IN
SUPERVISED ATHLETIC EVENTS

308-832-3400
TO SCHEDULE

308-832-3400 TO SCHEDULE



LINDSAY KRULL
PT, DPT

VALARIE GROLLMES
PTA

ROSS OBERG
PT, DPT, ATC

MARY LUTKEMEIER
PT, MPT

KCHS Rehabilitation & Physical Therapy

As students head back to school and fall sports ramp up, injuries can become part of the season. At KCHS, our expert Rehabilitation Team is here to help students and patients of all ages bounce back stronger.

Using therapeutic exercises, manual techniques, advanced modalities (like heat, ultrasound, and electrical stimulation), and top-of-the-line rehab equipment, we work closely with you to restore mobility, strength, and independence. We also provide individualized home exercise plans to keep your recovery on track between sessions.

Our rehab team is here to support a healthy, active school year for the whole family.

BACK TO SCHOOL DRIVING SAFETY

SLOW DOWN IN SCHOOL ZONES
WATCH FOR CROSSING GUARDS AND CROSSWALKS

ALWAYS STOP FOR SCHOOL BUSES. NEVER PASS A BUS WITH FLASHING RED LIGHTS OR AN EXTENDED STOP ARM

EXPECT THE UNEXPECTED-CHILDREN MAY DART BETWEEN CARS OR CROSS STREETS WITHOUT LOOKING
ALWAYS DOUBLE CHECK WHEN BACKING OUT, STAY OFF YOUR PHONE AND AVOID RUSHING



www.kchs.org



308.832.3400



727 East First Street, Minden