

# Nurse Notes

Information on Student Vision Health

## Realeyes



## MARCH IS “SAVE YOUR VISION MONTH”

Eye health is linked to overall health, so during “Save Your Vision Month” we are asking for help in raising awareness about the importance of good vision.

### DISPLAY A “SAVE YOUR VISION MONTH” POSTER

The Realeyes Program provides “Save Your Vision Month” posters at no cost to Ohio Schools. The 2015 poster reminds students of the importance of seeing clearly. You may request posters by phone or email. Contact the Ohio Optometric Association (OOA) by phone at 1-800-874-9111 or email at [sos@ooa.org](mailto:sos@ooa.org).

### PROMOTE EYE SAFETY

- Encourage students to wear safety goggles when working with chemicals or using lawn tools.
- Tell students to wear sunglasses when outside, no matter the season.
- Have students wear proper eyewear when playing sports. Injuries are a risk we all take when participating in sports. 40,000 eye injuries occur in the US during sports activities each year, some of which lead to irreversible vision loss. However, 90% of these injuries are preventable with the proper use of eye protection. Visit [www.playhardgear.com](http://www.playhardgear.com) for information on receiving protective sports eyewear at no charge.
- Schedule an eye examine with an eye doctor. Seeing an eye doctor on a regular basis will help keep students on the path to healthy eyes.
- Have students take breaks from digital device use. Practice the 20/20/20 rule: every 20 minutes, take a 20 second break and look at something 20 feet away.
- Encourage students to eat their greens—five servings of fruits and vegetables each day, particularly the leafy green variety.

- Remind students to follow their eye doctor's recommendations for use and wear of contact lenses and the importance of keeping them clean.

### IEP EYE EXAMS

All students newly referred for an Individualized Education Program (IEP) are required to have their eyes examined by an eye doctor. Make sure newly referred students have scheduled exams. For assistance, contact the OOA by phone at 1-800-874-9111.

### RECEIVE VISION SUPPLIES

The Ohio Optometric Association provides vision related supplies (emergency eye kits, contact lens cases, brochures, eyeglass repair kits, IEP brochures, etc...) at no charge to Ohio schools upon request. Contact the OOA at 1-800-874-9111 or email [sos@ooa.org](mailto:sos@ooa.org).

### SCHEDULE A REALEYES PRESENTATION

Realeyes is a classroom education program led by a local optometrist available to every school in Ohio for grades PreK—8<sup>th</sup>. Offered at NO COST, Realeyes has been presented to over 800,000 students throughout the state. Request a presentation by filling out the form on the reverse.



OHIO OPTOMETRIC ASSOCIATION

800-874-9111 • [www.ooa.org](http://www.ooa.org) • [sos@ooa.org](mailto:sos@ooa.org)

Funded by a grant awarded by the Ohio Department of Health, Bureau of Child and Family Health Services, Save Our Sight Program.

# Realeyes Classroom Presentations



The Realeyes Classroom Initiative is a standardized program funded by a grant from the Ohio Department of Health Save Our Sight Fund that educates PreK–8th grade students about the importance of vision health and eye safety. Presented in Ohio classrooms by volunteer optometrists in their communities, Realeyes is offered at no charge to every classroom in Ohio.

To schedule a Realeyes Presentation, fill out the form below and fax to 614-781-6521, or email [sos@ooa.org](mailto:sos@ooa.org).



School: \_\_\_\_\_

School Address: \_\_\_\_\_

City/ZIP: \_\_\_\_\_ County: \_\_\_\_\_

School District: \_\_\_\_\_ Phone: \_\_\_\_\_

Primary Contact: \_\_\_\_\_ Position: \_\_\_\_\_

Email: \_\_\_\_\_

## Sammy Safe-Eyes (30 minutes)

**Pre-K** #/Classes \_\_\_\_\_ #/Students \_\_\_\_\_

**K** #/Classes \_\_\_\_\_ #/Students \_\_\_\_\_

## The Adventures of Rhet & Tina (45 minutes)

**1<sup>st</sup>** #/Classes \_\_\_\_\_ #/Students \_\_\_\_\_

**2<sup>nd</sup>** #/Classes \_\_\_\_\_ #/Students \_\_\_\_\_

## The Case of Vinny Vision (45 minutes)

**3<sup>rd</sup>** #/Classes \_\_\_\_\_ #/Students \_\_\_\_\_

**4<sup>th</sup>** #/Classes \_\_\_\_\_ #/Students \_\_\_\_\_

**5<sup>th</sup>** #/Classes \_\_\_\_\_ #/Students \_\_\_\_\_

## What's Your EYE-Q? (45 minutes)

**6<sup>th</sup>** #/Classes \_\_\_\_\_ #/Students \_\_\_\_\_

**7<sup>th</sup>** #/Classes \_\_\_\_\_ #/Students \_\_\_\_\_

**8<sup>th</sup>** #/Classes \_\_\_\_\_ #/Students \_\_\_\_\_

When does the school day begin? \_\_\_\_\_ When does the school day end? \_\_\_\_\_

Which months or time of year is best? \_\_\_\_\_

What time of day is best? \_\_\_\_\_ Which days of the week are best? \_\_\_\_\_

## FREE VISION SUPPLIES AVAILABLE

Through a grant from the Ohio Department of Health Save Our Fund, the Ohio Optometric Association offers vision supplies at no cost to schools. Contact us by phone or email to request an order form.

1-800-874-9111 • [sos@ooa.org](mailto:sos@ooa.org)

