

FAIRFAX COUNTY HEALTH DEPARTMENT SCHOOL HEALTH SERVICES HEALTH PROMOTION

HP UPDATE 4U

An online resource for Fairfax County Health Department's Schools

GET ON THE ENERGY TRAIN

Kids should start their day with a healthy breakfast. Breakfast is the most important meal of the day, so it's important that each student eats a healthy breakfast every morning. Children who eat breakfast have more energy and are more alert to do better in school. Encourage your students to eat a breakfast that consists of fiber and protein to stay full longer so they are not distracted by hunger and perform well throughout the day. Remember—breakfast is important and can aid in your students' success at school.



October Health Promotion message is:

"Get On the Energy Train:
A Healthy Breakfast = A Smarter You!"

This month the goal of the Health Promotion materials is to raise student awareness about the benefits of eating a healthy breakfast every morning.

Below you will find links to the morning announcements, newsletter articles, and copies of the poster for this month's Health Promotion message ready for your use. Each school health room is provided three copies of the monthly HP poster by your Public Health Nurse. If you would like to request additional copies to hang in the school, please contact your Public Health Nurse or Health Promotion Specialist. Please note that the supply is limited, but you are always welcome to print from the attached copies.



Newsletter Articles

October Newsletter Articles



Posters

October Poster (11x17)

October Poster (8.5x11)



Morning Announcement Scripts

October Short Morning Announcement

October Short #2 Morning Announcement

October Morning Announcement Two-Student
Dialogue

Helpful Guidelines For Using Posters

- Display only one poster at a time.
 Otherwise the message gets lost among the many messages.
- Check with administration to determine best place to display.
- Laminate and save for next school year.

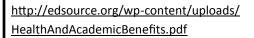


Health Promotion has developed entertaining and interactive Kindergarten lessons to supplement and add student learning for Hand washing, Dental health, Healthy Nutrition, Five Senses, and Physical Activity. Please contact your School PHN if interested in any of the lessons.

Health Promotion Specialist Contact Information

Vacant Position	Lila Hahn MPH, BSN, RN
Durancida, Arrasa dala Chuart O Masadasa	Public Health Nurse
Pyramids: Annandale, Stuart & Woodson	Lila.Hahn@fairfaxcounty.gov
Diagra contact any of the Health Dremation Checial	703.338.7327
Please contact any of the Health Promotion Specialists for the schools in these pyramids.	
	Pyramids: Lake Braddock, West Springfield &
	Robinson
Kelly Ingalls, MSN, RN, NCSN	Nancy Schulman, M.Ed, BSN, RN
Public Health Nurse	Public Health Nurse
Kelly.Ingalls@fairfaxcounty.gov	Nancy.Schulman@fairfaxcounty.gov
703.237.6025	703.237.6024
Pyramids: Madison, Marshall & Falls Church	Pyramids: McLean, Langley & Herndon
Ann Congdon, MSN, RN	Amanda Price, MPH, BSN, RN
Public Health Nurse	Public Health Nurse
Ann.Congdon@fairfaxcounty.gov	Amanda.Price@fairfaxcounty.gov
703.481.4049	703.326.6540
	D :1 C :11 C : 11 O F : 1
Pyramids: Oakton, South Lakes & Westfield	Pyramids: Chantilly, Centreville & Fairfax
Kala Diamond, BSN, RN Public Health Nurse	Kristin Murphy, MSN, RN Public Health Nurse
T ublic ficaltif Nulse	1 abile realth warse
Kala.Diamond@fairfaxcounty.gov	Kristin.Murphy@fairfaxcounty.gov
703.704.6092	703.704.6117
Duramids: Mount Vornon, Wast Potomas & Haufield	Dyramids: Loo Edison & South County
Pyramids: Mount Vernon, West Potomac & Hayfield	Pyramids: Lee, Edison & South County

Hunger is a distraction. Eating a healthy breakfast helps students to control their hunger so that they are able to concentrate and do well in school. It has been proven that if you decrease hunger, you also decrease stomach-related illness that may keep a student out the classroom and unable to learn. Students also tend to make healthier choices if they eat breakfast so it's important that they eat a healthy breakfast every day.





Still Want More Info?

http://kidshealth.org/kid/nutrition/food/breakfast.html

http://www.jhsph.edu/offices-and-services/student-affairs/ documents/Breakfast

 $\underline{\text{http://www.eatright.org/resource/food/planning-and-prep/snack-and-meal-ideas/power-up-with-breakfast}}$

http://www.eatright.org/resource/food/nutrition/eat-right-at-school/when-packing-the-school-lunches-dont-forget-breakfast

 $\frac{http://childnutrition.ncpublicschools.gov/programs/sbp/breakfast-is-brain-fuel-toolkit/promotional/bbf-promo-09.pdf}{}$

http://healthyeating.sfgate.com/healthy-breakfast-helps-8182.html









www.fairfaxcounty.gov/hd/schoolhealth/toolkit.htm

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