



October 2015

Healthy Students, Healthy Schools, Healthy Communities

FAIRFAX COUNTY HEALTH DEPARTMENT  
SCHOOL HEALTH SERVICES HEALTH PROMOTION

# HP UPDATE 4U

An online resource for Fairfax County Health Department's School Health Program and Fairfax County Public 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

<p>Vacant Position</p> <p>Pyramids: Annandale, Stuart &amp; Woodson</p> <p>Please contact any of the Health Promotion Specialists for the schools in these pyramids.</p>	<p>Lila Hahn MPH, BSN, RN Public Health Nurse</p> <p>Lila.Hahn@fairfaxcounty.gov 703.338.7327</p> <p>Pyramids: Lake Braddock, West Springfield &amp; Robinson</p>
<p>Kelly Ingalls, MSN, RN, NCSN Public Health Nurse</p> <p>Kelly.Ingalls@fairfaxcounty.gov 703.237.6025</p> <p>Pyramids: Madison, Marshall &amp; Falls Church</p>	<p>Nancy Schulman, M.Ed, BSN, RN Public Health Nurse</p> <p>Nancy.Schulman@fairfaxcounty.gov 703.237.6024</p> <p>Pyramids: McLean, Langley &amp; Herndon</p>
<p>Ann Congdon, MSN, RN Public Health Nurse</p> <p>Ann.Congdon@fairfaxcounty.gov 703.481.4049</p> <p>Pyramids: Oakton, South Lakes &amp; Westfield</p>	<p>Amanda Price, MPH, BSN, RN Public Health Nurse</p> <p>Amanda.Price@fairfaxcounty.gov 703.326.6540</p> <p>Pyramids: Chantilly, Centreville &amp; Fairfax</p>
<p>Kala Diamond, BSN, RN Public Health Nurse</p> <p>Kala.Diamond@fairfaxcounty.gov 703.704.6092</p> <p>Pyramids: Mount Vernon, West Potomac &amp; Hayfield</p>	<p>Kristin Murphy, MSN, RN Public Health Nurse</p> <p>Kristin.Murphy@fairfaxcounty.gov 703.704.6117</p> <p>Pyramids: Lee, Edison &amp; South County</p>

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.

<http://edsourcesource.org/wp-content/uploads/HealthAndAcademicBenefits.pdf>



### Still Want More Info?

- <http://kidshealth.org/kid/nutrition/food/breakfast.html>
  - <http://www.ihsph.edu/offices-and-services/student-affairs/documents/Breakfast>
  - <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>
  - <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](http://www.fairfaxcounty.gov/hd/schoolhealth/toolkit.htm)

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