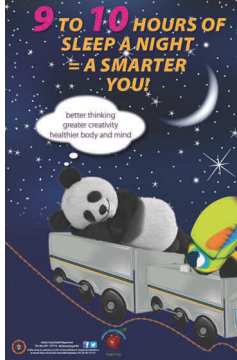




December 2015

HP UPDATE 4U

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



SLEEP FOR 9, SO YOU CAN SHINE

Students need at least 9 hours of sleep. Sleep is needed for growth, learning, creativity, and weight control. A well-rested student is also able to deal with life's curve balls as sleep improves mood and coping. Help your students learn healthy sleep habits such as: developing a bedtime routine and going to bed at the same time every night, turning off electronic devices 30 minutes before bedtime, and keeping them out of the bedroom. December's Health Promotion message is:

**“Stay on the Energy Train:
9 to 10 Hours of Sleep a Night = A Healthier You!”**

Below is a link to **morning announcements, newsletter articles, and copies of the poster** for this month's Health Promotion message. Each school health room is provided three copies of the monthly poster by your Public Health Nurse (PHN). If you would like additional copies to hang in the school, please contact a Public Health Nurse.

Link: <http://www.fairfaxcounty.gov/hd/schoolhealth/toolkit.htm>

School Public Health Nurses are available to participate in health and wellness events at your school and can provide entertaining and interactive classroom lessons for Hand Washing, Dental Health, Nutrition, Five Senses, and Physical Activity. Please contact a School PHN if interested. Below is contact information for the Health Promotion Specialists.

<p>Vacant Position Pyramids: Annandale, Stuart & Woodson Please contact any of the Health Promotion Specialists for the schools in these pyramids.</p>	<p>Lila Hahn MPH, BSN, RN Public Health Nurse Lila.Hahn@fairfaxcounty.gov 703.388.1327 Pyramids: Lake Braddock, West Springfield & Robinson</p>
<p>Kelly Ingalls, MSN, RN, NCSN Public Health Nurse Kelly.Ingalls@fairfaxcounty.gov 703.237.6025 Pyramids: Madison, Marshall & Falls Church</p>	<p>Nancy Schulman, M.Ed, BSN, RN Public Health Nurse Nancy.Schulman@fairfaxcounty.gov 703.237.6024 Pyramids: McLean, Langley & Herndon</p>
<p>Ann Congdon, MSN, RN Public Health Nurse Ann.Congdon@fairfaxcounty.gov 703.481.4049 Pyramids: Oakton, South Lakes & Westfield</p>	<p>Amanda Price, MPH, BSN, RN Public Health Nurse Amanda.Price@fairfaxcounty.gov 703.326.6540 Pyramids: Chantilly, Centreville & Fairfax</p>
<p>Kala Diamond, BSN, RN Public Health Nurse Kala.Diamond@fairfaxcounty.gov 703.704.6092 Pyramids: Mount Vernon, West Potomac & Hayfield</p>	<p>Kristin Murphy, MSN, RN Public Health Nurse Kristin.Murphy@fairfaxcounty.gov 703.704.6117 Pyramids: Lee, Edison & South County</p>

