



December 2015

HP Health Tips 4 Teens

An Awake YOU = A Smarter YOU!



December's Health Promotion message is: "An Awake YOU = A Smarter YOU!"

The goal of this month's Health Promotion materials is to raise student awareness about the benefits of getting at least 9 hours of sleep every night. Why? 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. Encourage your students to develop healthy sleep habits that will help them succeed. These include: developing a bedtime routine that gets them to bed at the same time every night, keeping their bedroom cool and quiet, and turning off electronic devices 30 minutes before bedtime.

Below you will find the link to morning announcement skits, newsletter articles, and copies of the poster for this month's Health Promotion message for your use. Each school health room is provided two copies of the monthly HP poster by your Public Health Nurse. If you would like to request additional copies to hang in the school, you may 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 link: www.fairfaxcounty.gov/hd/schoolhealth/toolkit.htm.

Health Promotion Specialist Contact Information

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

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

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For more information or to request information in an alternate format,
call the Fairfax County Health Department at 703-246-2411, TTY 711.

