



HP UPDATE 4U

February 2017

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

BRUSH 2 MINUTES MORNING/NIGHT

Tooth decay is the most common chronic childhood disease and it is totally preventable. Virginia recently earned a C+ in the Oral Health Report card due to 47% of third graders experiencing some tooth decay. Did you know that more than 51 million school hours are lost each year in the United States due to dental related illness? Poor oral health, including early tooth loss, gum disease, pain and infection can affect a child's speech development, school performance and lower his or her self-esteem. February's Health Promotion message is:

"Get On the Energy Train:

Brushing 2 minutes, morning & night = A Healthier You!"

This month, the goal of the Health Promotion materials is to raise student awareness about the importance of daily oral hygiene. Ask your school nurse about the Dental Classes for Kindergartners!



Below is a link to **morning announcements, newsletter articles copies of the poster and shareable social media content** for this month's Health Promotion message that are ready for use. 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. Health Promotion Specialists' contact information below:

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<p>Kelly Ingalls, MSN, RN, NCSN Public Health Nurse</p> <p>Kelly.Ingalls@fairfaxcounty.gov 703.237.6025</p> <p>Pyramids: Madison, Marshall & Falls Church</p>	<p>Ana Despaigne-Avellanet, MSN, RN Public Health Nurse</p> <p>Ana.DespaigneAvellanet@fairfaxcounty.gov 703.237.6024</p> <p>Pyramids: McLean, Langley & Herndon</p>
<p>Arin Barker, BSN, RN Public Health Nurse</p> <p>Arin.Barker@fairfaxcounty.gov 703.481.4049</p> <p>Pyramids: Oakton, South Lakes & Westfield</p>	<p>Vacant Position</p> <p>Please contact any of the Health Promotion Specialists for the schools in these pyramids.</p> <p>Pyramids: Chantilly, Centreville & Fairfax</p>
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