



HP UPDATE 4U

November/December 2017

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

SLEEP FOR 9 HOURS TO RECHARGE

Students need at least **9 hours** of sleep each night. Sleep is needed for growth, learning, creativity and weight control. A well-rested student is better 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, going to bed at the same time every night, turning off electronics 30 minutes before bedtime and sleeping in a dark, quiet environment.



**November/December's Health Promotion message is
"More Sleep = A Smarter and Stronger You!"**

Below are links to **announcements, newsletter articles, copies of the poster and shareable social media content** for this Health Promotion message. Each school health room is provided 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>Kala Diamond, RN, BSN Kala.Diamond@fairfaxcounty.gov 703.704.6092</p> <p>Pyramids: Pyramids: South County, Edison, Lee, Mount Vernon, West Potomac, & Hayfield</p>	<p>Vacant Position</p> <p>Pyramids: Annandale, Stuart, Woodson, Lake Braddock, West Springfield, & Robinson</p> <p><i>Please contact Kala Diamond Kala.Diamond@fairfaxcounty.gov 703.704.6092</i></p>
<p>Arin Barker, RN, BSN Arin.Barker@fairfaxcounty.gov 703.481.4049</p> <p>Pyramids: Chantilly, Centreville, Fairfax, Oakton, South Lakes, & Westfield</p>	<p>Vacant Position</p> <p>Pyramids: Madison, Marshall, Falls Church, McLean, Langley, & Herndon</p> <p><i>Please contact Arin Barker Arin.Barker@fairfaxcounty.gov 703.481.4049</i></p>

Looking for more info: <http://www.cdc.gov/healthyschools/> and northernvirginiahealthykids.org/

