

# Brooke Elementary School

## Nurse's Notes



February 2010

From Kerry Mihalcik, R.N., C.S.N

School dental screenings are scheduled for March 19th.



If you

have an overdue private physical or dental form please send it in as soon as

### HAPPY HEART MONTH



**Newsletter** information this month is all about American Heart Month and National Children's

Dental Health Month.

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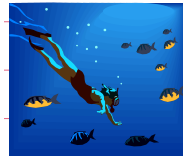
FREE children's dental care for children of Chester and Montgomery Counties without dental insurance can be obtained by calling **1-877-765-0477**. This is the Health Care Access



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Please remember The Clinic in Phoenixville for quality medical care to those with inadequate insurance. 610-935-1134

Health Care Access also assists in vision and prescription for all ages  
1-877-765-0477



### WELLNESS WEDNESDAYS

Broadcasts during February will concentrate on heart

health and dental health facts. Did you know we can all have **HEART POWER? It's as easy as 1-2-3.**

1. Eat healthy foods,
2. move around enough and
3. live tobacco free.

Serve at least 5 servings of fruits and vegetables per day. Have at least 3 servings of low fat dairy per day. Take the stairs, walk the dog, or yourself - Exercise/move at least 30 minutes per day.

And, it's never too late to quit smoking. It can contribute to diseases like asthma and emphysema, heart attack and stroke. Encourage someone to quit today.

### CLOTHING

The Nurses office is in need of clothing. If you are going thru your closets and want to donate some clothes, please feel free to drop them off at Brooke's Health Suite any time. We are in need of sweat pants and or jeans for boys and girls sizes 8-14. Thank You for your continued support.



### Jump Rope For Heart

Students in 2nd, 3rd, and 4th grade will be participating in Jump Rope For Heart during week of February 16th – 22nd. The students will participate in this event when they come to physical education class. All money raised will go to the American Heart Association.

### Some heart healthy facts:

- Learn about what you eat—read nutrition labels
- Exercise as a family—bike ride, walk, jump rope
- Balance the number of calories you eat with the number of calories burned.

Visit another fun web site about eating your fruits and vegetables to stay healthy: [www.5ADay.org](http://www.5ADay.org), or [www.3ADay.org](http://www.3ADay.org) about getting at least 3 servings of milk a day for strong bones and teeth

