



Kathleen A. Donovan
County Executive

Bergen County Health Promotion Resource Center

The Health Resource Letter

January/February 2011

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Featured Resource

Charting Nursing's Future

Unlocking the Potential of School Nursing

Published by Robert Wood Johnson Foundation in August 2010, this eight-page report describes the role of school health and school nurses across the country.

Discussions of the challenges facing school nursing include complex student needs, the divide between education and health care and insufficient funding.

Factors to consider when districts consider how many school nurses are needed include student demographics, staffing patterns, available support services and access to care.

The report can be downloaded from the internet at <http://www.rwjf.org/pr/product.jsp?id=67348> or request a print copy from the Health Promotion Resource Center. See the order form on the reverse.

Happy New Year!

The New Year brings a time to take stock of our strengths and to improve ourselves as we move forward. The following videos can be used in classroom activities to help students develop self-esteem and independence.

Clarissa

Clarissa is just a plain brown cow. The story of how Clarissa proves her own worth to herself and those around her is a blue-ribbon winner for every youngster who meets her tale. A story book is also available for loan. Produced by Marsh Media, this video is recommended for grades K-2.

VHS; 13 min.

Request: AV D25

Kylie's Song

Shows young people how important it is to develop their own individual capabilities, since it is the differences in people that make them so special. A copy of a story book is available. Produced by Marsh Media and recommended for grades K-2.

VHS; 12 min.

Request: AV D07

Minou

Minou, a Siamese cat, has never been alone and was glad for the security of the leash. When her owner dies, she has to learn to be independent and care for herself. A story book is also available. Produced by Marsh Media, this video is suggested for grades K and up.

VHS; 18 min.

Request: AV D09

National Children's Dental Health Month

Don't forget National Children's Dental Health Month this February. Developing good habits at an early age helps children get a good start on a lifetime of healthy teeth and gums. These classic videos are again available.

Adventures of Wiggly Tooth, grades K -1 - AV ND03

Brushing with Dudley & DeeDee, preK - AV ND11

Dudley's Classroom Adventure, grades 2-3 - AV ND12

Dudley's Visit to the Dentist, grades preK-2 - AV ND04

Geena's Tremendous Tooth Adventure, grades K-2 - AV ND08

Toothbrushing with Charlie Brown, grades 2-3 - AV ND01

Health Promotion Resource Center

Bergen County Department of Health Services

327 E. Ridgewood Avenue • Paramus, New Jersey 07652-4895

www.bergenhealth.org • 201-634-2709

The brochures described below are free to residents of towns contracting with the Department of Health Services for health education. Please complete the form at the bottom of the page to receive multiple copies. Feel free to make copies of the handouts as needed or to request multiple copies.

You May Not Be Ready to Have a Baby - A colorful brochure about the importance of folic acid for young women who are not planning to become pregnant . Stresses that good health is always important. Also reminds the reader that not all pregnancies are planned.

If You are Sick... - Starts with symptoms to tell if you are sick. Includes symptoms that indicate that you should seek medical care. In addition to treatment strategies, the brochure stresses that you should stay home when you are sick.

Protect the Ones You Love: Burns - Learn more about the danger of burns to young people and some simple prevention tips. Includes short messages on other types of injuries.

Turn Up Your Smile Power! Word Scramble - This one-page worksheet has 20 scrambled words related to oral health. Words are listed at the bottom.

Be Alert Activity Book - a black and white booklet with safety activities for elementary school students. Activities include a word puzzle, secret message and maze.

Name: _____
 School/
 Organization: _____
 Street Address: _____
 City: _____ State: _____ Zip: _____
 Phone: _____ Fax: _____ email: _____

Mail your completed form to:

Health Promotion Resource Center / Bergen County Department of Health Services
 327 E. Ridgewood Avenue ■ Paramus, NJ 07652-4895

Forms may also be faxed to 201-986-1068. ATTN: Resource Center

Handouts

Indicate the quantity of each that you would like:

- _____ You May Not Be Ready to Have a Baby (limit 100)
- _____ If You are Sick... (limit 50)
- _____ Protect the Ones You Love: Burns (limit 100)
- _____ Turn Up Your Smile Power! Word Scramble (no limit)
- _____ Be Alert Activity Book (no limit)

Featured Resource

- _____ Charting Nursing’s Future
 Unlocking the Potential of School Nursing
 (Check to receive a single set.)

Videos

Indicate your first choice for a date or call to ask about scheduling these visuals:

- _____ Clarissa (AV D25)
- _____ Kylie’s Song (AV D07)
- _____ Minou (AV D09)
- _____ Adventures of Wiggly Tooth (AV ND0)
- _____ Brushing with Dudley & DeeDee (AV ND11)
- _____ Dudley’s Classroom Adventure (AV ND12)
- _____ Dudley’s Visit to the Dentist (AV ND04)
- _____ Geena’s Tremendous Tooth Adventure (AV ND08)
- _____ Toothbrushing with Charlie Brown (AV ND01)

Video Borrowing Policy

Up to two videos may be borrowed at one time. • Videos may be borrowed for a period of 10 business days
 Courier delivery is available for school personnel.