



Kathleen A. Donovan
County Executive

Bergen County Health Promotion Resource Center

The Health Resource Letter
Fall 2012

Board of Chosen Freeholders

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Featured Resource

Let's Move!

Let's Move! (<http://www.letsmove.gov/>) is a comprehensive initiative, launched by the First Lady, dedicated to solving the problem of obesity within a generation, so that children born today will grow up healthier and able to pursue their dreams. This is an ambitious goal. The purpose of *Let's Move!* is to help us meet that goal.

Sections include: About Us, Eat Healthy, Get Active, Take Action and Join Us. Look through the many resources and activities that are included. Sign up for emails to get new ideas and hear success stories. Stay connected on Facebook or Twitter.

Among the materials that can be downloaded are: *Take Action, Schools. 5 Simple Steps to Success* and a teacher toolkit. A *Let's Move Fact Sheet* presents information about the problem of childhood obesity and ideas for encouraging students to eat healthier and move more. If you prefer, request a copy of these materials on the order form on the back.

Fire Prevention Week - October 7-13

This year's theme, "Have 2 Ways Out!" focuses on the importance of fire escape planning and practice. The reality is that when fire strikes, your home could be engulfed in smoke and flames in just a few minutes. Remind students of the importance of fire safety with these selections.



SeeMore's Playhouse: Fire Safety

SeeMore teaches the playhouse gang the importance of fire safety! The gang works together to create an escape plan in case of fire that includes 2 exits from every room and a place to meet outside. Tips include staying close to the floor, telling an adult, staying outside and more. Use with grades K-2.

DVD, about 30 min. Request: AV DVD IC05

Other options available from the Health Promotion Resource Center include:

Donald's Fire Survival Plan

VHS, 11 min. Grades 3-6 Request: AV IC08

Sparky's Greatest Escapes

VHS, 14 min. Ages 6-9 Request: AV IC43

The Smoke Detectives

VHS, 25 min. Grades K - 6 Request: AV IC18

Great American Smokeout - November 15

Tobacco use remains the single largest preventable cause of disease and premature death in the US, yet more than 45 million Americans still smoke cigarettes. Now in its 37th year, the Great American Smokeout urges smokers to use the date to make a plan to quit or to plan in advance and quit smoking that day. Use this new video in your class to observe this day.



You Can Choose! Saying No (to smoking)

Missie Mouse has to choose whether to say "no" to a friend or do something she knows is wrong. When Missie's best friend, Rhonda, tries to pressure her into smoking cigarettes, Missie agonizes over her options before discovering that there are ways to say "no" without ruffling Rhonda's feathers. Intended for grades K-5.

DVD, about 25 min. Request: AV DVD S05

Other options available from the Health Promotion Resource Center include:

McGruff's Kids Files: Tobacco

DVD, 16 min. Grades 4-8 Request: AV DVD S02

Smokeless Tobacco: Basic Facts

DVD, 18 min Grades 8-12 Request: AV DVD S04

Tobacco: Just Say No

DVD, 13 min. Grades 5-9 2004 Request: AV DVD S01



Health Promotion Resource Center
Bergen County Department of Health Services
4th Floor, One Bergen County Plaza • Hackensack, New Jersey 07601-7076
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.

Facts about Concussion and Brain Injury - A colorful fact sheet from the Centers for Disease Control and Prevention. One side is in English; the reverse is in Spanish. Includes signs and symptoms as well as tips to help get better.

I Say...Thumbs Down on Smoking! - This small colorful bookmark provides a gentle reminder not to smoke.

Protect Yourself from West Nile Virus - A one-page colorful flyer with tips for avoiding mosquito bites.

What Do You Know about Ovarian Cancer? - A full-color brochure that helps the reader relate risk factors and symptoms to their own health. Share with personnel and parents.

Halloween Safety Tips & Mazes - This activity sheet has 2 mazes combined with basic tips for Halloween safety. Black and white.

Gerbuster Handwashing Word Search - A black and white activity sheet to use with a lesson on the importance of handwashing!

Fire Safety Item Search - An activity sheet to emphasize the importance of fire safety. Students identify items found in many homes that they shouldn't play with or touch.

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

Mail your completed form to:

NOTE: New address and fax number!!!!

Health Promotion Resource Center / Bergen County Department of Health Services
 4th Floor, One Bergen County Plaza ■ Hackensack, NJ 07601-7076

Forms may also be faxed to 201-336-6086. ATTN: Resource Center

Handouts

Indicate the quantity of each that you would like:

- _____ ***Facts about Concussion and Brain Injury***
(limit 50)
- _____ ***I Say...Thumbs Down on Smoking!***
(limit 50)
- _____ ***Protect Yourself from West Nile Virus***
(limit 100)
- _____ ***What Do You Know about Ovarian Cancer?***
(limit 100)
- _____ ***Halloween Safety Tips & Mazes*** (limit 200)
- _____ ***Gerbuster Handwashing Word Search***
(limit 200)
- _____ ***Fire Safety Item Search*** (limit 200)

Featured Resource

Check to receive a single copy:

- _____ Take Action, Schools. 5 Simple Steps to Success

- _____ Let's Move! Teacher Toolkit
- _____ Let's Move! Fact Sheet

Videos

Indicate your first choice for a date or call (201-634-2709) to ask about scheduling these visuals:

- _____ ***Seemore's Playhouse: Fire Safety***
(AV DVD IC05)
- _____ ***Donald's Fire Survival Plan*** (AV IC08)
- _____ ***Sparky's Greatest Escape*** (AV IC43)
- _____ ***The Smoke Detectives*** (AV IC18)
- _____ ***You Can Choose! Saying No***
(AV DVD S05)
- _____ ***McGruff's Kids Files: Tobacco*** (AV DVD S02)
- _____ ***Smokeless Tobacco: Basic Facts***
(AV DVD S04)
- _____ ***Tobacco: Just Say No*** (AV DVD S01)

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.