



# Healthy NPHS News

February 2014



## A Child Must Be Healthy To Learn



### Why are these health needs so important?

**Lead level tests**— A simple blood test will check for lead levels. Even children who appear healthy may have high levels of lead. Without early treatment, accumulated lead can cause damage to the brain and nervous system, resulting in behavior problems, headaches, hearing problems, learning problems and impaired growth.

**Hemoglobin level tests**-A simple blood test may reveal low levels of iron. Many children with anemia don't show any symptoms because the body's iron stores are depleted slowly. As the anemia progresses symptoms such as fatigue, weakness, pale skin, irritability, decreased appetite and dizziness are seen.

**Dental exams**-Oral health is essential for a child's health, speech, and overall wellness. Poor oral health can cause chronic pain and impact a child's behavior in the classroom due to low concentration and difficulty in eating and speaking.

Debbie Villamagna, LPN, Health and Nutrition Coordinator

### PARENTS PLEASE REMEMBER

Head Start Regulations require for all children to have up-to-date physicals, lead level tests, immunizations, hemoglobin level tests and dental exams. It is important to turn this information in to your teacher or FRA as soon as possible.

## How To Deal With Your Family's Winter Blues

This cold and snowy weather has led to some serious "cabin fever". While it is nice to snuggle up together with blankets, we know our children are definitely missing the sunlight, fresh air and the chance to run around outside and play. There are many ways to boost your family's mood indoors!

- Maintain a bedtime routine. It's tempting to let our little ones stay up late, but keeping the same routine will make it so much easier for bedtime when school is finally in session.
- Exercise can help improve your mood. Turn on the radio or play your favorite music and throw a dance party in your living room. If it is warm enough, try talking a walk outside.
- Try playing a game together as a family. Some simple games could be Eye Spy or charades. Not only is it fun, it can also help teach you child essential turn-taking skills that they need for interactions with other children in the classroom.
- If weather permits, plan a play date with your child's classmates and their family. You could meet at a local restaurant that has an indoor play area or meet at each other's homes.



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