



# Notes from the Health Office

The preservation of health is easier than the cure of disease

Winter 2016

## AMERICAN HEART MONTH

### Facts about the heart:

- Beats about 100,000 times every day
- Sends 2,000 gallons of blood surging through your body
- About the size of your fist
- Keeps blood flowing through about 60,000 miles of blood vessels that feed your organs and tissues

### Tips to keep your heart healthy

- Eat a healthy, well balanced diet and exercise
- Avoid smoking
- Have a good laugh - experts say a good belly laugh can send 20% more blood flowing through your entire body

### Signs of heart attack

- Chest pain or pressure, or a strange feeling in the chest that may spread to the back, neck, jaw, or upper belly, or in one or both shoulders
- Sweating, shortness of breath, nausea/vomiting, or lightheadedness

### Last Semester Activity from the Health Office

- Saving Sight Vision Screening for Preschool and Kindergartners was performed in mid September
- Jefferson County Dental Van Visit - 23 students were seen at the end of September
- Hearing and Vision Screenings are being completed

### Upcoming Activity from the Health Office

- Preschool and Kindergarten Registration  
February 22-23, 2017

### Sleep Tips

Sleep is a very important part of each student's growth and development. Students who do not get enough sleep have difficulty concentrating during class, retaining information, and interacting appropriately with others.

Recommended hours of sleep:

Preschoolers: 10-13 hours (this includes naps)

Age 6-12: 9-12 hours

Age 13-18: 8-10 hours

Sleep Tips:

Keep a regular daily routine

Be active during the day

Avoid overscheduling

Turn off all screens 30 minutes before bed



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