



Bergen County Health Promotion Resource Center

The Health Resource Letter

September/October 2009

Dennis McNerney
County Executive

Board of Chosen Freeholders

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Welcome Back to School!!

Featured Resource

H1N1

Guidance for Schools K-12

The NJ Department of Health and Senior Services (NJDHSS) links directly to the Centers for Disease Control and Prevention (CDC) for guidance documents. These documents can be reached at www.cdc.gov/h1n1/schools or from the BDCHS site at www.bergenhealth.org.

In addition to guidance documents for health officials and school administrators, the site includes a 34-page communication toolkit for schools. This kit includes fact sheets, information about resources and sample letters.

The toolkit can be downloaded or you may also call the Health Promotion Resource Center at 201-634-2709 and request a copy.

Start the year off with a basic - handwashing. This year, handwashing is especially important as we help students learn what they can do to help protect themselves from the flu and other communicable disease. Check out the video catalog for other resources.

Hands Down on Germs

Bobby's hand is having a nightmare! Bobby learns when he needs to wash his hands and how. Produced by the Oregon Department of Education, this video is intended for students in grades 2-4.

VHS, 10 minutes

Request: AV MCO29

Red Ribbon Week, October 17-25, 2009

Red Ribbon Week is the nation's oldest and largest drug prevention program in the nation. Red Ribbon Week serves as a vehicle for communities and individuals to take a stand for the hopes and dreams of our children through a commitment to drug prevention and education.

Date Rape Drugs: What You Need to Know

Both teen and adult victims of drug-facilitated rape discuss how easily this crime can be accomplished and the importance of self-protection. Includes information on ecstasy, GHB, rohypnol and ketamine. The lesson plan includes handouts on the drugs.

Produced by The Idea Factory in 2001; intended for grades 9-adults.

DVD, 15 minutes

Request: AV D17

Fire Prevention Week, October 4-10, 2009

Fire Prevention Week 2009 focuses on burn awareness and prevention, as well as keeping homes safe from the leading causes of home fires. Bring important safety messages to your classes. Here are two of the available videos .

Smokey the Rapper: Fire Safety Video

Smoke teaches children how to protect themselves in a fire. Produced by the NJ Division of Fire Safety, this video is intended for students in grades 2-4.

VHS, 15 min.

Request: AV IC26

Donald's Fire Survival Plan

Donald and his nephew explain fire survival techniques including exit drills in the home and stop, drop and roll. This 11 minute video was produced in 1990 by Disney Educational Productions and is recommended for students in grades 3-6.

VHS, 11 min.

Request: AV IC08

Health Promotion Resource Center

Bergen County Department of Health Services

327 E. Ridgewood Avenue, Room 301 • 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.

Snacks Are OK! - Intended for teens, topics in this brochure include Secrets to Successful Snacking, Smart Subs, Why Smart Snacking Works and a Power Snack Menu. Encourages teens to think of snacks as one part of a healthy diet.

Get Smart! Back to School - A one-page full-color flyer with tips for healthy breakfast, lunch and after school snacks. Two recipes are also included.

Stop, Drop and Roll with Sparky - Even young students can get involved with Fire Prevention Week. This one-page black and white coloring sheet reminds students to Stop, Drop and Roll if their clothes should ever catch fire.

Have a Fun and Safe Halloween! - As students find their way through the maze on this black and white master, they are reminded of safety precautions to take if they are out trick or treating.

Scrub's Secret Symbols - Students match the secret symbol codes to letters to show a hidden message about proper handwashing. A short parent tip emphasizes the importance of being a good role model.

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, Room 301 ■ Paramus, NJ 07652-4895
Forms may also be faxed to 201-986-1068. ATTN: Resource Center

<p style="text-align: center;">Handouts</p> <p>Indicate the quantity of each that you would like:</p> <p>_____ Snacks Are OK! (limit 50 per school)</p> <p>_____ Get Smart! Back to School (limit 100 per school)</p> <p>_____ Stop, Drop and Roll with Sparky</p> <p>_____ Have a Fun and Safe Halloween!</p> <p>_____ Scrub's Secret Symbols</p> <p style="text-align: center;">Featured Resource</p> <p>Check to receive a single copy:</p> <p>_____ Preparing for the Flu. A Communications Toolkit for Schools (Grades K-12)</p>	<p style="text-align: center;">Videos</p> <p>Indicate your first choice for a date or call to ask about scheduling these visuals:</p> <p>_____ Hands Down on Germs (AV MCO29)</p> <p>_____ Date Rape Drugs: What You Need to Know (AV D17)</p> <p>_____ Smokey the Rapper: Fire Safety Video (AV IC 26)</p> <p>_____ Donald's Fire Survival Plan (AV IC08)</p>
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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.