



## Flying Falcon Feature

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# Sink your talons into this!

A monthly newsletter from your school nurse.



by [Dawn Rios](#) on February 1, 2022

I'm excited to share another newsletter with my favorite elementary Falcons after a month off! The I-smile coordinator will be visiting the preschool and kindergarten classes on February 15 & 16th to perform dental screenings not completed prior to the start of school. 6th grade students recently received letters encouraging parents to start thinking about vaccine appointments to be ready for the next school year. Please return updated certificates to your teacher or myself.

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### THIS MONTH'S TOP STORIES

- National Heart Month
- Dental Health Month



## National Heart Month

I know you have all been busy learning about heart health and raising money for the American Heart Association. Your hard work and donations will no doubt be appreciated by many, especially those like Finn! As of February 1st, you have almost reached your donation goal and I am incredibly proud of all who have participated! Some may know that I used to work in surgery before becoming your school nurse, including cardiac surgery. The heart is simply AMAZING. I hope you all take away the importance of taking the very best care of yours. Maybe you learned some tips to teach your parents, grandparents and siblings too!

## Dental Health Month

February is National Children's Dental Health Month. The American Dental Association reminds parents that their children can avoid cavities. Brushing your teeth twice a day with a fluoride toothpaste, cleaning between your teeth daily, eating a healthy diet that limits sugary beverages and snacks, and seeing your dentist regularly for prevention and treatment of oral disease are the keys to a lifetime of healthy teeth and gums.

Are you nervous or scared to visit your dentist? You and your parents can make your appointments more smooth sailing by following these tips:

1. Start young. Did you know that your first visit to a dentist should be at age one or when the first tooth is visible?
2. Consider a pretend visit. Play pretend being a dentist and patient with your family member at home. Count teeth, use a mirror to show how the dentist will check the patient's teeth, role-play by using a toothbrush to clean a stuffed animal or dolls teeth.
3. Prepare for some fussing. Know that it is age appropriate and normal for a child to cry during an exam. Stay calm and be assured the dentist and their team will take the best care of you.
4. Emphasize the importance of good oral hygiene. Dental checkups are a necessity, not a choice. Dentists help keep cavities away so you will have a beautiful smile for years to come!



American Heart Association.

# 25 WAYS TO GET MOVING AT HOME



1

Run in place for 30 seconds

2

Dance party for 1 minute



3

Stand up and sit down 10 times



4

Read standing up

5

Hot lava! Keep a balloon in the air without touching the ground (make it harder by only using heads or elbows)

6

Jumping jacks for 30 seconds

7

Do the hokey pokey

8

See how many squats you can do in 15 seconds

9

Stand up, touch your toes

10

Wall sits while reading



11

One-minute yoga

12

Stretch your hands high over your head



13

Arm circles forward for 30 seconds, arm circles backward for 30 seconds

14

10 frog jumps



15

Standing mountain climbers for 30 seconds

16

Stand on one leg, put your hands up, put your hands out to the side

17

5 lunges on the right leg, 5 lunges on the left leg

ABC 18

Practice spelling, do a squat for every vowel

19

Run in place for 30 seconds, check your heart rate

20

Practice spelling by doing a jumping jack for each letter

21

30-second plank



22

Practice math problems, do a jumping jack every time the answer is an even number

23

20 leg lifts

24

Ball toss spelling practice. Toss the ball and say a letter then toss the ball to someone else to say the next letter

25

High knees for 30 seconds

[heart.org/KidsActivities](http://heart.org/KidsActivities)