

OCTOBER NEWSLETTER

WITH THE HEALTH TEAM



National Lead Poison Prevention Week

- Lead is a toxic metal found in paint and various contaminated sources like dust, soil, and water.
- If you consume contaminated water or food, or you breathe fumes or dust that contain lead, it can get into your body system.
- The lead levels in your body are measured through simple blood samples when you visit your doctor and get tested for lead.



click on the link below and find out how to lower the risk of lead exposure.

National Lead Prevention Week

LA Public County Health Lead Resources

Common Health Risk

Lead is a cumulative toxicant that affects multiple body systems and is particularly harmful to young children. No safe level is safe!



Young children are most vulnerable to the toxic effects of lead.

- It impacts their brain development and nervous system.
- In adults, it can increase the risk of high blood pressure and kidney damage.
- In pregnant women, high levels of lead can cause miscarriage, stillbirth, premature birth, and low birth weight.

Please click on the link below and learn how to keep safe from lead exposure.

https://www.who.int/health-topics/lead-poisoning#tab=tab_1

Example of Lead

Lead requirements for VOALA Head Start



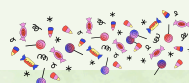
As part of supporting your child's healthy development, our Head Start program requires all children to complete a

- Lead risk assessment screening or
- blood test at 12 months and 24 months of age to continue in our school program. Please also take an active role in your child's health. Be up to date with all your child's health requirements.

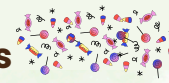
Please click on the link below to have easy access to our health forms.

[0-2 Year Old Health Forms](#)

[3-5 Years Old Health Forms](#)



October Festivities



According to Safe Kids Worldwide, the risk of being hit by a car is higher on Halloween than on any other day of the year. So, make sure all kids:

- walk on sidewalks on lit streets
- walk from house to house (and always walk facing traffic when on roads)
- cross the street at crosswalks and never assume that vehicles will stop.
- give kids flashlights or glow sticks as bracelets/necklaces.
- limit trick or treat to your neighborhood and people you know.

If you like to learn more about how to keep your children safe during the October festivities, click on the link below.

<https://kidshealth.org/en/parents/halloween.html?ref=search>



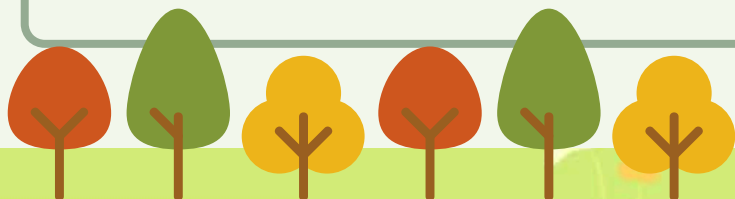
Good hand washing is the first defense against the spread of many illnesses, from the common cold to more serious infections, such as meningitis, bronchiolitis, the flu, hepatitis A, and many types of diarrheas.

So don't underestimate the power of hand washing! The time you spend at the sink could save you trips to the doctor's office.

Please click on the link to view a great video that teaches the correct way to wash your hands.

<https://kidshealth.org/en/parents/hand-washing.html>

<https://www.cdc.gov/clean-hands/globalhandwashingday/index.html>



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Screens Down Books Up

Build a Sensory “Calm Down” Nook:

Create a quiet zone with soft lighting, a cozy blanket and a small basket of tactile books.

Swap Screens for Tactile Activities:

While reading out loud to your child have them engage in quiet hands-on activity like coloring, playing with play dough or with building blocks. This keeps their hands busy while their brains are engaged with the narrative.

Use Micro-Reading for Daily Transitions:

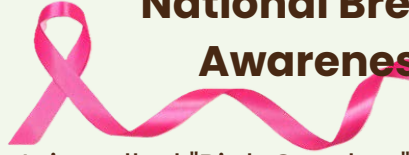
Use books to smooth over rough spots in daily routine. Keep a few books on hand to read just for 5 minutes while waiting for dinner to cook or after arriving home from school. Short screen-free moments act like a reset an overstimulated brain.

Establish a “Device Sleep” Routine:

Pick a time each evening to physically put all phones, tablets and remote controls to “sleep” in a designated box or room. This will remove the power struggle and make unplugging a ritual rather than a punishment.



National Breast Cancer Awareness Month



It is called "Pink October" as people around the world adopt the pink colour and display a pink ribbon to raise awareness about the importance of prevention and routine screening for the early diagnosis of breast cancer, now the second most commonly diagnosed cancer globally.

<https://www.nationalbreastcancer.org/breast-cancer-awareness-month/>

Reminder

- Physical exams are **due 30 days** from the first day.
- Dental exams are **due 90 days** from the start of your child's first day of school. To download forms click link below.

<https://voalacs.org/health/>

Fire Prevention Week

This year's Fire Prevention Month campaign, "Charge into Fire Safety™: Lithium-Ion Batteries in Your Home" works to educate everyone about using these batteries safely. The campaign stresses how important it is to BUY, CHARGE, and RECYCLE safely when it comes to lithium-ion batteries.

<https://fire.lacounty.gov/fire-prevention-month/>

