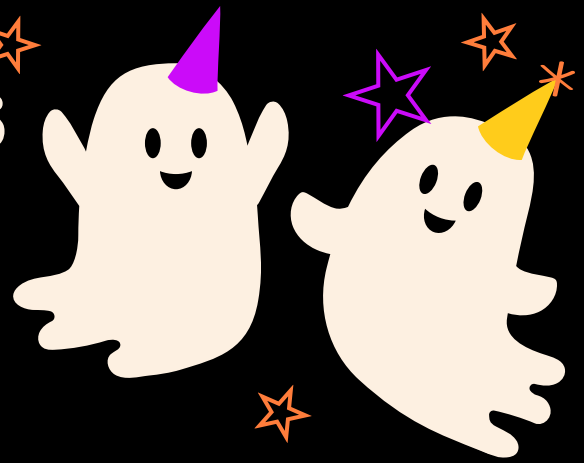


# Health Services Newsletter

October 2025



## Health Awareness

### Breast Cancer Awareness

- 1 in 8 women will develop breast cancer in her lifetime
- Breast Self-Exams should be practiced the same time every month by all women
  - 40% of breast cancers are found on Self-Exams
- Annual Mammogram screenings should start at age 40 for average risk
- 5 year Survival Rate is 99% if detected early in localized stage

[What you need to know about Breast Cancer](#)

### Sudden Cardiac Arrest Awareness

- SCA occurs when the Heart Stops Beating
  - Can be Electrical or Mechanical
  - Chances of survival increase with Early Interventions; CPR and an AED
- [SCA vs Heart Attack](#)
- [More about SCA](#)
- Know your School's Cardiac Emergency Response Plan

## Gov. Youngkin's Physical Challenge for Personnel

Gov. Youngkin is challenging School Personnel to improve their overall well-being, setting an example for their students!

[Join Gov. Youngkin's 16 week Physical Activity Award Program](#)



## Important Dates

- Oct. 1 - Health Services hearing screenings continue; KG, 3<sup>rd</sup>, 7<sup>th</sup>, 10<sup>th</sup>; Scoliosis on 6<sup>th</sup> - 8<sup>th</sup>
- Oct. 13 - School Board Mtg. @ 6:30pm at Student Center
- Oct. 14-17: Conexus Vision Screenings in TCPS for KG, 3<sup>rd</sup>, 7<sup>th</sup> and 10<sup>th</sup> graders
- Oct. 15: All Flu Consents Due
- Oct. 23-30: VDH Flu Vaccines in TCPS
- Oct. 31-Nov. 4: Fall Break