



### January National Health

[Cervical Health Awareness Month](#)

[National Birth Defects Prevention Month](#)

[National Glaucoma Awareness Month](#)

[National Radon Action Month](#)

[National Stalking Awareness Month](#)

[National Winter Sports Traumatic Brain Injury \(TBI\) Awareness Month](#)

[Thyroid Awareness Month](#)

[National Folic Acid Awareness Week \(Jan. 4–10\)](#)

*The articles and hyperlinks to external websites appearing in this newsletter are intended to be informational and do not represent an endorsement by the Georgia Department of Education.*

### Upcoming Workshops

[Stewards of Children](#) - Join **Children's Healthcare of Atlanta** as Stewards of Children demonstrates how to prevent, recognize and react responsibly to child sexual abuse and teaches five proactive steps to protecting children.

Children's Healthcare of Atlanta  
Office Park Learning Center  
1680 Tullie Circle NE  
Atlanta, GA 30329

**Contact:** Angie Boy- 404-785-5004

[cpctraining@choa.org](mailto:cpctraining@choa.org)

[On-Demand Child Sex Trafficking Trainings](#)

### Counseling & Social Services

[View Free Sesame Street Resources for Uncertain Times](#)

Sesame Street recently released new resources for families during the COVID-19 pandemic. The resources, *Caring for Each Other*, are available in a variety of languages and include games, videos, apps, coloring pages, and more. [View the Caring for Each Other resources.](#)

[School Counseling During COVID-19](#)

For additional lessons broken out by grade level, see the following ASCA Toolkits:

[Virtual Elementary School Counseling](#)

[Virtual Middle School Counseling](#)

[Virtual High School Counseling](#)



## COVID-19 Resources

**The Well-Being Series:** Connections During COVID-19: Mental Wellness Webinars For Families and Educators (ongoing + archived webinars and resources)

### **School-Based Health Centers in the Time of COVID-19**

School-based health centers provide primary care, dental and behavioral health care to students nationwide. The COVID-19 pandemic has forced schools to close which may leave students without this much needed care. The Weitzman Institute and the School-Based Health Alliance are partnering together to bring guidance and information focusing on leadership, experience, and telehealth strategies to support a virtual school based health center model.

## Healthy School Environment

### **View Webinar on Meeting Current School Health Challenges and Beyond**

The Environmental Protection Agency (EPA) recently posted the *Meeting Current School Health Challenges and Beyond: New Tools to Assess and Address IAQ Health and Safety* webinar. Viewers will learn practical strategies for improving the performance of HVAC systems in schools, reducing aerosol exposure, and learn how to implement risk reduction strategies to promote effective exposure controls. **Watch the webinar recording.**

## Health Education

### **Registration Is Open for the National Drug and Alcohol Fact Week**

The National Drug and Alcohol Fact Week is taking place March 22-28, and **registration is open.** If you need ideas for your event, consider the National Institute on Drug Abuse's **Kahoot! games.** You can also read the **Drugs and Health Blog** and associated **Teacher's Guide.** Register today!

### **Do You Get Enough Sleep?**

Poor and inadequate sleep can lead to stress and irritability. Are you getting enough sleep at night? The Centers for Disease Control and Prevention has an infographic that has tips for individuals to help get a good night's sleep. **View the infographic.**

## School Health Services

### **Help Children Develop Handwashing Skills**

Did you know that handwashing can prevent one in three diarrhea-related sicknesses and one in five respiratory infections (like a cold or the flu)? That's according to the Centers for Disease Control and Prevention (CDC). Make handwashing a family activity, and teach your kids the five easy steps for handwashing (wet, lather, scrub, rinse, and dry). **View CDC's handwashing information.**

### **Review National Asthma Guidelines**

Do you have students with asthma? The National Heart, Lung, and Blood Institute (NHLBI) released updates to the national guidelines for the diagnosis, management, and treatment of asthma. **View the guidelines** and **view the digital toolkit.** You can also read the DSHS School Nurse Notes about **Asthma Care in Schools.**

## Community Involvement

### **Be Active in the New Year**

Everyone needs physical activity to stay healthy. Check out the **Move Your Way tools and resources,** brought to you the U.S. Department of Health and Human Services. Use the **interactive tool** to build weekly activity plans. Walk. Run. Dance. Play.

## Nutrition Services

### **Learn About Foods in the Grain Group**

Do you know what foods are in the grains group? Do you know how many grain foods are needed daily? Get the answers to these questions and more at the U.S. Department of Agriculture's **All about the Grains Group webpage.** Visit the webpage today!

### **What School Nutrition Professionals and Volunteers at Schools Need to Know about COVID-19**

For school nutrition professionals and volunteers working in meal preparation and/or distribution at a school/school district site or other public settings, potential sources of exposure include close contact with co-workers, students, and families with COVID-19 and touching your nose, mouth, or eyes after touching contaminated surfaces or handling items that others infected with COVID-19 have touched. Click **HERE** to read more.

## Employee Wellness

### [View Report on Social and Emotional Learning and the Needs of Teachers](#)

The social and emotional well-being of students is a growing concern for school leaders and policymakers. But what about the needs of teachers? A new report by the Wallace Foundation explores this question. [Read the report for more information.](#)


## Fueling Georgia's Future

### January Harvest of the Month

# GREENS

#### Georgia Grown Resources

**Classroom Resources:** Resources include downloadable activity books, bulletin board kits, commodity fun facts, Georgia Grown videos and more, from Georgia Grown.

<p><b>JULY</b> Peaches</p> 	<p><b>AUGUST</b> Watermelon</p> 	<p><b>SEPTEMBER</b> Apples</p> 
<p><b>OCTOBER</b> Zucchini</p> 	<p><b>NOVEMBER</b> Sweet Potatoes</p> 	<p><b>DECEMBER</b> Lettuce</p> 
<p><b>JANUARY</b> Greens (COLLARD, MUSTARD, TURNIP)</p> 	<p><b>FEBRUARY</b> Cabbage</p> 	<p><b>MARCH</b> Root Vegetables (CARROTS, BEETS, RADISHES)</p> 
<p><b>APRIL</b> Strawberries</p> 	<p><b>MAY</b> Blueberries</p> 	<p><b>JUNE</b> Tomatoes</p> 

## Funding Opportunities

### [Get a Salad Bar in Your School](#)

Does your school have a salad bar? If not, apply for a grant from [Salad Bars to Schools](#). Applications are accepted year-round and are reviewed in the order they are received. It may take up to 12-14 months to fund a school salad bar. To qualify, the salad bar must be part of the reimbursable meal served in your district.

### [Target Field Trip Grants](#)

Since 2007, the [Target Company](#) has donated more than \$16 million in grants to the improvement of education. Each Target store in the United States will award three Target Field Trip Grants, enabling one in 25 schools throughout the country to send a classroom on a field trip.

### [Firehouse Subs Public Safety Foundation AED Grants](#)

- Portal reopens January 1, 2021

[Click here to learn more.](#)

### [Apply for a Grant to Improve Your Community](#)

If you have a plan for helping your community but need some money to get started, Walmart may be able to help. Walmart's Local Community Grant Program awards grants to eligible kindergarten-through-12th grade public, private or charter schools. Proposed projects could be a soup kitchen, food pantry, clothing closet or other activities that benefit the community at large. The deadline to apply is December 31, 2021. Visit the [Local Community Grant Program](#) for a complete list of eligibility requirements and areas of funding.

### [NASN Research Grants](#)

Purpose: To encourage and support research regarding school nursing and health of school aged children.

To advance and fund quality school nursing practice and school-affiliated delivery of healthcare.

### [Program Donates Equipment & Apparel for Sports](#)

Does your school need help getting sports equipment and apparel? If it does, [apply for a donation from Good Sports](#). The application process will open in January. If selected, your school will gain access to the Good Sports catalog for available inventory. Schools must serve young people between ages 3-18 years old. More than half of the student body must be eligible for free or reduced lunches.

## Helpful Links from NASN

- ⇒ [ASTHMA](#)
- ⇒ [CHILDHOOD OBESITY](#)
- ⇒ [COVID-19](#)
- ⇒ [CULTURAL COMPETENCY](#)
- ⇒ [DIABETES IN CHILDREN](#)
- ⇒ [DISASTER PREPAREDNESS](#)
- ⇒ [DOCUMENTATION IN SCHOOL HEALTH](#)
- ⇒ [DRUG ABUSE](#)
- ⇒ [ENVIRONMENTAL HEALTH](#)
- ⇒ [FOOD ALLERGIES & ANAPHYLAXIS](#)
- ⇒ [IMMUNIZATIONS](#)
- ⇒ [HEAD LICE](#)
- ⇒ [MENTAL HEALTH](#)
- ⇒ [SCHOOL WELLNESS POLICIES](#)
- ⇒ [SEASONAL INFLUENZA](#)
- ⇒ [SEXUAL & REPRODUCTIVE HEALTH](#)
- ⇒ [VIOLENCE IN SCHOOLS](#)
- ⇒ [VISION AND EYE HEALTH](#)

*Resources obtained from the*

*[National Association of School Nurses Website](#)*

## Children's Healthcare of Atlanta – School Health Program

CHOA's School Health Program offers [school nurse updates](#) and webinars on clinical pediatric topics; staff education for school districts in metro Atlanta; reviews and revisions of the [school health manual](#); serves as a contact for school nurses to call to discuss programmatic needs and difficult cases; and provides the CHOADPH [Common Infectious Illness poster](#), [Behavioral Health resources](#), and [Educational Videos](#). CHOA also provides nutritional and wellness resources through the [Strong 4 Life Program](#).

For questions or requests, call 404-785-7202, or email [schoolhealth@choa.org](mailto:schoolhealth@choa.org)

Click [here](#) for more information or [here](#) to opt-in to receive School Health news.

## CHOA Events and Trainings

### Diabetes Caregiver Class

Tuesday, Feb. 23 from 8:30 a.m.-1:00 p.m.

### Diabetes Caregiver Class

Tuesday, March 23 from 8:30 a.m.-1:00 p.m.

Not on the CHOA School Health mailing list? Go to this link to subscribe: <http://pages.choa.org/School-Nurse-OptIn.html>



Please use the QR Code below to sign up for the *Georgia Student Wellness Educating the Whole Child Newsletter*



## School Health Resources

### Department of Public Health– School Health Program

The GA Department of Public Health provides leadership, training, and consultation to all health districts, school districts, and nurses serving children in the school setting.

For more information contact:

[schoolhealth@dph.ga.gov](mailto:schoolhealth@dph.ga.gov)



**National Slavery and Human Trafficking Prevention Month**

The REMS TA Center has an **archived Webinar** on how schools can address and integrate human trafficking with school emergency operations plans. More human trafficking resources may be found on the REMS TA Center's **Adversarial and Human-Caused Threats Resources page**.

Click **HERE** for some useful prevention/awareness tips educators can use for National Stalking Awareness Month.

Georgia State University's Professional Excellence Program offers trainings and educational programs for childcare professionals. See classes below and possible CEUs for school support staff. Click **HERE** or on the information below for more information on the trainings.

## Training for Schools

We offer specialized training for schools to address the unique needs of school staff who interact with children who have experienced complex trauma.

If you are interested in bringing training to your school or school system, please contact your Regional Education Service Agency (RESA) to submit your request.

## Training Courses

There are four courses offered for schools and educators. We recommend that the courses are completed in the order shown below:

+ Trauma 101: Understanding the Impact of Trauma on Children for School Professionals
+ Brain Development 101: Understanding the Impact of Trauma on Brain Development
+ Trauma/Brain Development 101: Building Resiliency
+ Recognizing and Managing Secondary Traumatic Stress
+ Differences are Good!

## Continuing Education Units (CEUs)

The in-person and virtual Trauma 101, Brain 101, and Differences are Good trainings are approved for 3 hours of continuing education for MSW (core), LPC and LMFT (related), DECAL, FVIP, POST, Babies Can't Wait Project SCEIs in Area I | Children and Families – Birth to 8 CEUs, and nursing.

The in-person Trauma/Brain 201 and STS trainings are approved for 5 hours of continuing education for MSW (core), LPC and LMFT (related), DECAL, FVIP, POST, Babies Can't Wait Project SCEIs in Area I | Children and Families – Birth to 8, and nursing CEUs.

The virtual Trauma/Brain 201 and STS trainings are approved for 3 hours of continuing education for MSW (core), LPC and LMFT (related), DECAL, FVIP, POST, Babies Can't Wait Project SCEIs in Area I | Children and Families – Birth to 8, and nursing CEUs.