



### 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**

### February National Health

**American Heart Month**

**Age-Related Macular Degeneration (AMD) / Low Vision Awareness Month**

**International Prenatal Infection Prevention Month**

**National Children's Dental Health Month**

**Congenital Heart Defect Awareness Week; February 7 - 14**

**National Eating Disorder Awareness Week; February 22 - 26**

### Counseling & Social Services

**Learn How to Cope After a Natural Disaster**

After a natural disaster, it's normal to feel strong emotions. To better help teenagers who have experienced a natural disaster cope, the Centers for Disease Control and Prevention (CDC) has developed a series of resources for teens, including videos, social media graphics, and posters. Materials are available in English and Spanish. [View CDC's resources on coping after natural disasters.](#)

**Teen Mental Health During Pandemic**

The teenage years are naturally full of angst as children move through adolescence to adulthood. The COVID-19 pandemic has intensified the stresses of that transition for many youth. Pediatrician [Lauren Strelitz, MD](#), provides some advice on helping teens navigate this difficult time. Dr. Strelitz is a pediatrician at [Bayside Medical Group – Pinole](#), and she has already noticed some concerns among her teenage patients. "Anxiety and depression in teenagers has been a huge problem, even prior to the pandemic, and is getting worse," she explained.

*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.*

## COVID-19 Resources

### [Johnson and Johnson Submitted an Application for EUA](#)

On Friday, February 5th, Janssen Biotech Inc., a division of Johnson and Johnson, submitted an emergency use authorization application for a COVID-19 vaccine. The Food and Drug Administration is reviewing the application, and will make recommendations to the Commissioner of Food and Drugs on the authorization of the Janssen product after careful review and public deliberation through the Vaccines and Related Biological Products Advisory Committee. The full press release from the FDA can be found [here](#).

## Healthy School Environment

### [Program Helps Young People Quit Vaping](#)

Do you know a teen who wants to quit vaping? Tell them about *This Is Quitting*, a program from the Truth Initiative. Teens and young adults can join for free by texting DITCHVAPE to 88709. Message and data rates may apply. Read more about this [free mobile program](#).

### [View Physical Activity Resources from SNAP-Ed](#)

SNAP-Ed, brought to you by the U.S. Department of Agriculture, has resources and tips to help keep you active throughout the year. There's also information about indoor physical activity for the winter months. [Learn more about the SNAP-Ed program resources](#).

## Community Involvement

### [Review Report on Summer Learning Programs](#)

A new report from the Wallace Foundation states that high quality five- to six-week summer learning programs are beneficial and produce meaningful academic benefits for high-attending students. The benefits are most pronounced in the year following the program and persist three years later. These findings indicate that schools should consider offering voluntary summer programs for students. [Read the report](#).

## School Health Services

### [NASN2021 Virtual Conference](#)

We are very excited about getting together for NASN2021, and are ready to gather, to celebrate, and to educate how school nurses are Leading the Way in Transforming Student Health.

NASN has made the decision to offer the Annual Conference in 2021 as a virtual experience. We want all our attendees to have the chance to interact with one another and with our content, and the virtual environment will allow us to do that, regardless of travel concerns related to COVID-19. Please save the dates June 21-25 for Virtual NASN2021.

### [COVID-19 updates for schools](#)

Join Children's infectious disease expert, Dr. Matt Linam, for COVID-19 updates specifically for schools. From transmission risks to updated safety precautions to in-depth information about the vaccine, we're covering frequently asked questions about the latest on COVID-19. [Register now](#) for one of the presentations, which will be offered from 11 a.m. to noon March 11 and March 18.



## Nutrition Services

### [Review New Dietary Guidelines for Americans, 2020-2025](#)

Have you heard the news? The U.S. Department of Agriculture and Health and Human Services recently released the [Dietary Guidelines for Americans, 2020-2025](#) – the nation's leading nutrition advice to help all Americans lead healthier lives. View the [top 10 things](#) you need to know about the new guidelines.

### [Participate in Free Cooking and Nutrition Workshops](#)

Common Threads is hosting a free series of cooking and nutrition workshops to kick off the New Year! Classes are available in both English and Spanish and you can choose from multiple dates. All you need to participate is a computer with internet access and a love for food. [Visit the registration page](#).

## Employee Wellness

### Health Program Incorporates Working Conditions as Determinants of Health

Have you heard of the Total Worker Health program? Total Worker Health encourages employers to go beyond employee safety. Employers are encouraged to address workplace programs, policies and practices that may contribute to acute and chronic diseases, quality of life, job attendance and more. [Download a PDF of the Total Worker Health – A New Model for Well-Being at Work.](#)

## Fueling Georgia's Future

### February Harvest of the Month

# CABBAGE

#### 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 CHOA/DPH [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, March 24 from 8:30 a.m.-1:00 p.m.

### Diabetes Caregiver Class

Tuesday, April 27 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)





Dear Superintendents and Principals,

The Georgia Governor's Office of Highway Safety has granted federal funds to the Children and Parent Resource Group, Inc. for 100 Georgia schools to receive a 3D Interactive Teen Driving Program entitled **Cinema Drive and Smart Driver**. Cinema Drive and Smart Driver are among the most sophisticated 3D multi-sensory, interactive, safe driving experiences available to high schools in the country. More than 700,000 students have participated in this evidence-based experience and it is expected that at least 18% of your students who are at risk in your school will change their intention to behave on the roads after viewing this experience.

Schools are not required to do anything to offer this experience! The program is executed through a team of experts who will arrive at your school's auditorium two hours prior to the first program experience with all needed equipment including a 3D projector, Special 3D screen, surround sound system, interactive remote units and 3D glasses for each student. The program can educate up to 200 students at a time on safe driving techniques and multiple shows can be provided in the same day to cover additional students. The students will receive education on safe driving during the program and they will also be able to download a free mobile app that gives the students 3 weeks of additional education by allowing them access to games that ensure they retain the safety messages.

**Booking for the whole school year (October 2020 to June 2021)**

*Please note that this program is only available to 100 Georgia schools (first come, first serve).*

*If you're interested, please contact Kenneth Bain by email at [projectdirector@LCEcommunityed.org](mailto:projectdirector@LCEcommunityed.org) or by phone at (336) 740-0530 to schedule your program.*

For more information about Cinema Drive and Smart Driver, please view the following videos:

[What is Cinema Drive?](#)

[What is Smart Driver ?](#)

## American Heart Month

[Taking Care of Our Hearts, Together](#)

[Happy Heart Lesson Plan](#)

[Active Classrooms Month Activities](#)

## Children's Dental Health Month Lesson Plans

[Dental Health Lessons](#)

[Healthy Mouth](#)

[Dental Health Screenings](#)

## Georgia Department of Public Health Programs

[Oral Health Services](#)

## Centers for Disease Control and Prevention

[Teen dating violence resource](#)

# Children's Dental Health Month

