



December National Health Observances

[Safe Toys and Gifts Awareness Month](#)

[World AIDS Day \(Dec. 1\)](#)

[National Handwashing Awareness Week \(Dec. 6–12\)](#)

[Special Education Day \(Dec 2\)](#)

[Older Driver Safety Awareness Week \(Dec.6-12\)](#)

[National Influenza Vaccination Week \(Dec. 6-12\)](#)

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

On-Demand Child Sex Trafficking Trainings

Counseling & Social Services

Read Article About Students Without Housing

Educators and school staff are on the front lines when it comes to identifying signs that may indicate a student is without housing. [Read the article from ASCD](#) and view the resources at the bottom of the webpage.

Learn About Connectedness and Student Health

Did you know that connectedness can protect students from poor mental health, drug use, and violence? Building strong bonds and connecting to youth is incredibly important for a variety of reasons. [Learn more about connectedness and how schools can help from the Centers for Disease Control and Prevention.](#)



COVID-19 Resources

[View Guide Addressing Children and COVID-19 – Physical and Emotional Health](#)

The National Center for Disaster Preparedness created a three-page guide focusing on the physical and emotional health of children during the COVID-19 pandemic. Topics include: modeling handwashing, staying active at home, monitoring social media use, and more. [Download a PDF copy of the guide.](#)

[Learn How to Calm Your COVID-19 Anxiety](#)

As a parent, you may be neglecting your own feelings by focusing solely on your children right now, but it's important to take care of yourself. KidsHealth from Nemours has information for parents dealing with anxiety. [View tips to help deal with your feelings.](#)

Healthy School Environment

[Watch Video Addressing Screen Time and Depression](#)

We all see teens with their faces glued to their telephones. Watch a short video addressing screen time and emotional health, brought to you by Positive Parenting. [Watch the video today!](#)

Health Education

[Play Interactive Online Game about Drug Facts](#)

Want to play a fun game with your students about drug facts? Play the Jeopardy-style question-and-answer online game, brought to you by the National Institute on Drug Abuse. [Play it today!](#)

[Watch Video Addressing Physical Fitness and Youth with Diabetes](#)

The National Institute of Diabetes and Digestive and Kidney Diseases created a short video on YouTube discussing teens who have diabetes and the importance of physical activity. [Watch the video today!](#)

[Review Classroom Physical Activity Ideas and Tips](#)

Springboard to Active Schools has tips and ideas for teachers on how to effectively engage students in active learning. [View printable sheets and activity cards to help get your students moving.](#)

School Health Services

[Effective Handwashing Techniques](#)

Mercer University School of Medicine's "Medical Minute" features a quick and informative video on effective handwashing techniques: [see video here.](#)

[Healthy Habits to Help Prevent Flu](#)

The CDC has printable graphics and quick tips on how to prevent the spread of flu in schools. Learn more about COVID-19 planning and [guidance for promoting safe and healthy learning environments for schools and childcare programs.](#)

[Learn About Pink Eye](#)

Do you know how to stop the spread of conjunctivitis (pink eye)? Encourage your students to always wash their hands in warm, soapy water for at least 20 seconds, avoid rubbing or touching eyes and avoid sharing makeup and glasses. [View Centers for Disease Control and Prevention's information about pink eye.](#)

Community Involvement

[Watch Video Addressing Poisoning Prevention](#)

The Children's Safety Network recently recorded a webinar addressing poisoning prevention. During the COVID-19 pandemic, there has been an increase in poisoning exposure among children to household cleaners and hand sanitizers. [Watch the webinar here.](#)

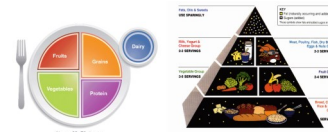
[View Adult Obesity Prevalence Map](#)

A new map from the Centers for Disease Control and Prevention (CDC) highlights the US adult obesity prevalence. According to the CDC, the adult obesity prevalence remains high and disparities exist. [View the map and see how Georgia compares to other states.](#)

Nutrition Services

[Learn About the Fruit Group](#)

Do you want your family to eat more fruit? Do you know how much each member should eat per day? Explore the [All About the Fruit Group](#) from the U.S. Department of Agriculture. Go to the webpage and review the Daily Fruit Table.



Employee Wellness

[View Selfcare Tips for School Leaders and Educators](#)

Did you know that teaching is one of the most stressful jobs in the U.S.? That's according to the Center for Health and Health Care in Schools. Educators who are under chronic stress, which may be increased because of COVID-19. The Center for Health and Health Care in Schools has tips for school leaders to help address teacher wellness and care. [Download a PDF copy of the resource.](#)


Fueling Georgia's Future

December Harvest of the Month

LETTUCE

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>JULY Peaches</p> 	<p>AUGUST Watermelon</p> 	<p>SEPTEMBER Apples</p> 
<p>OCTOBER Zucchini</p> 	<p>NOVEMBER Sweet Potatoes</p> 	<p>DECEMBER Lettuce</p> 
<p>JANUARY Greens (COLLARD, MUSTARD, TURNIP)</p> 	<p>FEBRUARY Cabbage</p> 	<p>MARCH Root Vegetables (CARROTS, BEETS, RADISHES)</p> 
<p>APRIL Strawberries</p> 	<p>MAY Blueberries</p> 	<p>JUNE 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, 2020. 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.



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

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

CHOA Events and Trainings

Diabetes Caregiver Class

Tuesday, Dec. 29 from 8:30 a.m.-1:00 p.m.

Behavioral Challenges When Working with Children

Friday, Jan. 8 from 2:00 p.m.-5:00 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



Youth Mental Health Awareness Campaign

DBHDD launched our youth mental health awareness campaign "Free Your Feels" in September during National Suicide Prevention Awareness Month. Free Your Feels (FYF) encourages Georgia's young people to explore their real feelings and share them fearlessly. With our children and teens empowered to speak out and express their real feelings, adults and peers tuned in and listening judgment-free, and everyone connected to available resources, we will see a healthier, thriving generation.

Recently, the FYF campaign released two public service announcements (PSA) in collaboration with [VOX ATL](#) teens to help further the public education campaign. One PSA is geared towards the Adult audience and the other towards the Youth audience.



Visit the [Free Your Feels website](#) which will house a collection of resources from different organizations and agencies, and will include ready-to-use editable graphics so you can easily promote and share messaging!

Follow @free.your.feels on Instagram, where we will share mental health materials. Share posts on your own account and/or ask people in your networks to follow and help spread the message far and wide!

Characteristics of Preschool Special Education Services and Educators

New research helps fill the information gap on services for preschool children with disabilities. The Individuals with Disabilities Education Act and federal policy guidance support early identification and intervention for young children with disabilities and encourage the use of inclusive settings to serve them.

On **National Special Education Day**, we are proud to highlight a comprehensive nationwide study on services for children ages 3 to 5 with disabilities. Our experts conducted this research for the U.S. Department of Education's Institute of Education Sciences to shed light on how young children with disabilities are served. These data can inform researchers, practitioners, and policymakers about the structure of programs for preschool children with disabilities, the prevalence of inclusive settings, use of curricula and interventions, and the characteristics of and supports provided to teaching staff.

Read the report on [Characteristics of Preschool Special Education Services and Educators](#) to get the answers to these questions and more:

- How are preschool education programs structured?
- In what environments are 3- to 5-year-olds with disabilities served?
- What is the average percentage of children with disabilities that receive most special education and related services in inclusive classrooms?
- What are the most common barriers to inclusion?
- What curricula, programs, strategies, and practices are used to support instruction of preschool children with disabilities?