



### 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

### May National Health

- [Global Employee Health and Fitness Month](#)
- [Mental Health Month](#)
- [National Asthma & Allergy Awareness Month](#)
- [National Celiac Disease Awareness Month](#)
- [National High Blood Pressure Education Month](#)
- [National Nurses Month](#)
- [National Physical Fitness and Sports Month](#)
- [National Stroke Awareness Month](#)
- [National Teen Pregnancy Prevention Month](#)
- [Skin Cancer Prevention Month](#)
- [National School Nurse Day May 12](#)
- [Occupational Safety and Health Week May 2-8](#)
- [Air Quality Awareness Week May 3 – 7](#)
- [National Nurses Week May 6 - 12](#)
- [Children's Mental Health Awareness Week May 3 - 9](#)
- [Food Allergy Awareness Week May 10-16](#)

### May is Mental Health Awareness Month

Join the national movement to raise awareness about mental health! Help fight the stigma, educate yourself and others and provide support to people with mental illness and their families. Mental Health America has developed tools that anyone can use to improve their mental health and increase their resiliency. The toolkit includes sample materials for communication on adapting after trauma, processing big changes and much more. [Download the free toolkit from Mental Health America.](#)

### Help Children Thrive by Understanding Developmental Disabilities

Approximately 1 in 6 children in the U.S. have a developmental disability or other developmental delay. It is vital to identify factors that put children at risk for developmental disabilities, explore possible causes and improve identification of developmental disabilities and delays. [Find out what the CDC is doing to help improve the lives of children with disabilities](#) and their families.



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.

## Healthy School Environment

### [Protect Young People from E-Cigarettes Initiative](#)

The Centers for Disease Control and Prevention (CDC) Office on Smoking and Health (OSH) is launching a national communication initiative called *Protect Young People from E-Cigarettes*. The initiative aims to educate staff working in school settings about the risks of youth using e-cigarettes. [Learn more about the initiative.](#)

### [Virtual Education Linked with Decreased Physical Activity](#)

The American Academy of Pediatrics (AAP) released a new study that found that virtual education during the pandemic is linked with decreased physical activity and a decrease in emotional health for children and parents. The study shows how decrease in physical activity can affect students and how parents have struggled juggling work and school at home. [Access the AAP article.](#)



## Community Involvement

### [NACCHO Launches New Toolkit to Guide Healthy People 2030](#)

The National Association of County and City Health Officials (NACCHO) has released a new tool that will provide guidance in using the Healthy People 2030 objectives and targets at the local level in a community health improvement process. The toolkit will provide a framework for facilitating strategic alignment between partners to achieve shared goals. [Learn more and access the new toolkit.](#)

### [2021 Community Matters Report](#)

This year's report presents a summary of an extraordinary year of challenges for Communities In Schools and for public education in America. It emphasizes the need to ensure successful reengagement of all students and build a more equitable system of learning that will exist well beyond the initial return from the pandemic. Read more [HERE.](#)

## School Health Services

### [Free Guides for Young Adults with Diabetes](#)

Do you have a teen with diabetes about to graduate and go to college? The College Diabetes Network (CDN) has information for students and families as they start the transition to college and life after. These guides provide information on how to navigate through the transition to college, work, and to full independence. The guides are available in English and Spanish. [Request your free guides today.](#)

## Nutrition Services

### [Breakfast is a great way to start the day!](#)

School breakfast provides essential nutrients including iron, calcium and Vitamins B and C that support growth and development. Children who are breakfast eaters perform better on tests, have improved memory, and focus, and are less likely to be absent or tardy. Virtual and in-person learners have access to a nutrient dense school breakfast 5 days a week. As reminder, the [USDA has issued an extension of no cost meals for all students through June 30, 2022.](#)

**Be 'berry' smart!** Blueberries are colorful nutrient powerhouses and a student favorite! With spring in full swing, you can find blueberries featured in school meals throughout Georgia. Encouraging students to select a variety of colors is one way to ensure they get plenty of nutrients and start their day ready to learn. Try some Harvest of the Month featured blueberries at home and as part of your school meal.

## COVID-19 Resources

### [New CDC Guidance on COVID-19 Vaccine Side Effects](#)

The CDC has released new guidance on possible side effects for the COVID-19 vaccine and when you have been fully vaccinated. The CDC has resources for school nurses to use in schools about the vaccine and what to expect when getting vaccinated. [Read CDC's information about possible side effects and helpful tips.](#)

### [Considerations for Return to School Post COVID-19 for Students with Disabilities and Special Healthcare Needs](#)

As schools are slowly opening their doors to students, school nurses need to be planning on what they are going to do to keep all students safe, including students with disabilities and special healthcare needs. NASN has released information on resources-[For more information, view the publication.](#)

Employee Wellness

Learn About Emotional Wellness

Are you interested in learning about emotional wellness? Emotional wellness is the ability to handle life's stresses successfully and to adapt to changing and difficult situations. The [National Institutes of Health \(NIH\) has an Emotional Wellness Toolkit](#) with tips and strategies to help with life's daily stressors.











Fueling Georgia's Future

May Harvest of the Month

**BLUEBERRIES**

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, May 25 from 8:30 a.m.-1:00 p.m.

### Diabetes Caregiver Class

Tuesday, June 22 from 8:30 a.m.-1:00 p.m.

### Diabetes Caregiver Class

Tuesday, July 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>



**Children's**  
Healthcare of Atlanta

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:

Elin Brumbaugh RN, BSN- Deputy Chief Nurse for School Health

[Elin.Brumbaugh@dph.ga.gov](mailto:Elin.Brumbaugh@dph.ga.gov)



### Global Employee Health and Fitness Month

[Kaiser Permanente Thriving Schools Program](#) has staff well-being resources for healthy eating, physical activity, social and emotional well-being, upgrading the breakroom/lounge, and several webinars/videos on improving employee wellness in schools.

[Are you signed up for the BeWell SHBP program?](#) Get signed up today to start earning well-being incentive points and getting healthy!

### National Asthma & Allergy Awareness Month

The Georgia Department of Public Health has great resources for how to become an [Asthma-Friendly School](#), asthma management, training for school staff, and more.

Did you know that schools in Georgia have the ability to store and utilize albuterol and levalbuterol in the instance of an asthma or allergy crisis? [Learn more through the comprehensive toolkit from the Georgia Department of Public Health.](#)

### National Physical Fitness and Sports Month

[Shape America](#) is the go-to location for professional development, standards, and lessons on all things health and physical education in schools.

### Air Quality Awareness Week; May 3 – 7

Are you signed up for [news from the EPA on Healthy Indoor Air Quality](#)? Learn more about how to create healthy air quality in schools to prevent the spread of germs, disease, and environmental triggers for students and staff with asthma and allergies.

### National Nurses Week; May 6 - 12

### Children's Mental Health Awareness Week; May 3 - 9

[Supporting Children's Mental Health in Georgia Schools: How Three School-Based Mental Health Providers Serve Students](#) Voices for Georgia's Children's report details how three school-based mental health providers serve schools and offers recommendations for overcoming barriers to success.

World Hand Hygiene Day; May 5

### [Mercer Medical Minute - Wash Your Hands the Correct Way](#)

World No Tobacco Day; May 31

New social media will be available for free to download from OSH's Media Campaign Resource Center beginning mid-April. If you need MCRC support or have any questions, please send an email to [mcrc@cdc.gov](mailto:mcrc@cdc.gov).

Follow [@CDCTobaccoFree](#) on Twitter and CDC Tobacco Free on Facebook for social media images and more updates about e-cigarettes and youth.

Visit [cdc.gov/e-cigarettes](http://cdc.gov/e-cigarettes) for additional information and resources about youth e-cigarette use.

If you or your staff have questions related to the "Protect Young People From E-cigarettes" media placements, please send an email to [OSHCommTA@cdc.gov](mailto:OSHCommTA@cdc.gov).

The [Georgia School Safety Summits](#) will be held at the Georgia Public Safety Training Center June 1st and 2nd and at Habersham Central High School July 6th and 7th. Click [HERE](#) for more information or to register for the conference.

June 1-2

### Georgia Public Safety Training Center

1000 Indian Springs Dr, Forsyth, GA

June 6-7

### Habersham Central High School

2059 Old Hwy 197 South, Mount Airy, GA