

Educating Georgia's Future

October 2020



October National Health Observances

- [Domestic Violence Awareness Month](#)
- [Eye Injury Prevention Month](#)
- [Health Literacy Month](#)
- [Healthy Lung Month](#)
- [National ADHD Awareness Month](#)
- [National Breast Cancer Awareness Month](#)
- [National Bullying Prevention Month](#)
- [National Dental Hygiene Month](#)
- [National Down Syndrome Awareness Month](#)
- [National Physical Therapy Month](#)
- [Pregnancy and Infant Loss Awareness Month](#)
- [Spina Bifida Awareness Month](#)
- [Sudden Infant Death Syndrome \(SIDS\) Awareness Month](#)
- [Mental Illness Awareness Week \(Oct. 4–10\)](#)
- [World Mental Health Day \(Oct. 10\)](#)

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.

December 4— 11:30 to 2:00 p.m.

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

Counseling & Social Services

October Is Bullying Prevention Month

This month, join StopBullying.gov to help put an end to bullying. StopBullying.gov has an online [bullying prevention training course](#), resources for [children and teenagers](#), and information for [schools](#). Visit the website for more information.

Explore Factors that Affect Depression Risk

According to the National Institutes of Health, getting enough social support and limiting how much media you use may help prevent depression. [Read the article for more information.](#)



COVID-19 Resources

- [Review CDC COVID-19 Indicators for School Decision-Making](#)
- [National Association of School Nurses: Coronavirus Disease 2019 Resources](#)
- [Review Considerations for Asthma and COVID-19](#)
- [Review Guidance on Use of Personal Protective Equipment in Schools](#)

Healthy School Environment

[Watch Indoor Air Quality Webinars](#)

The Environmental Protection Agency has three pre-recorded webinars addressing Indoor Air Quality management in schools. The webinar series, [*Healthy Indoor Environments in Schools: Plans, Practices and Principles for Maintaining Healthy Learning Environments*](#), explores creating healthy indoor environments, while limiting the spread of viruses and bacteria.

Health Education

[Watch Educational Videos on Good Hygiene](#)

The National Association of School Nurses created a series of online videos for students, families, and school staff addressing hand washing, face coverings, and when to stay home. The videos are in both English and Spanish. [Share the videos with your school community.](#)

[View Posters Addressing What Physical Educators Need to Know about Chronic Health Conditions](#)

The Society of Health and Physical Educators and the National Association of School Nurses created posters addressing what physical educators need to know to recognize and respond to health emergencies. The posters focus on anaphylaxis, asthma, diabetes and seizures. [Download the posters today!](#)

School Health Services

[Flowchart Addresses What to Do if a Student Becomes Sick at School](#)

A new one-page flowchart from the Centers for Disease Control and Prevention details what to do if a student becomes sick at school, reports a new COVID-19 diagnosis, or tests positive or negative. [Download a PDF copy of the flowchart.](#)

[Talk to Your Students' Parents about Prediabetes](#)

Did you know that one in five children aged 12-18 years old has prediabetes, and one in four aged 19-34 years old has prediabetes? Prediabetes increases the risk of developing type 2 diabetes and heart disease. [Review the information](#) from the Centers for Disease Control and Prevention and share it with your students' parents. Parents should talk to their child's health care provider about testing for type 2 diabetes, and adults aged 18 and over can take a [1 minute risk test.](#)

Community Involvement

[Review Youth Sports Participation During COVID-19 Safety Checklist](#)

Many children are participating in a variety of sporting events. If your child is playing sports during the COVID-19 pandemic, the American Academy of Pediatrics has a safety checklist for parents and caregivers. Visit [HealthyChildren.org](#) to review the tips.

[Review Tips to Be a Healthy Role Model for Children](#)

As a parent or guardian, you are the most important influence on your child. You can do many things to help your child eat healthy and exercise. The U.S. Department of Agriculture has [10 tips to be a healthy role model for your child.](#) Tips include: go food shopping together, limit screen time, encourage physical activity and more.

Nutrition Services

[View Report Addressing Fast Food Intake Among Youth in the U.S.](#)

The Centers for Disease Control and Prevention recently published a report analyzing fast food intake among children and adolescents in the U.S. from 2015 to 2018. Based on the data, over one-third (36.3%) of children and adolescents consumed fast food on a given day. [Read the report for more information.](#)

Employee Wellness

Read School Employee Wellness Guide

Looking for ways to increase employee wellness? Look no further than the National Association of Chronic Disease Directors' **Healthy School, Healthy Staff, Healthy Students: A Guide to Improving School Employee Wellness**. Learn ways that you can support your colleagues.


Fueling Georgia's Future

October Harvest of the Month

Zucchini

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

Apply for Garden Grants

Do you want to start an edible garden at your school? Consider applying for the **Annie's Grants for Gardens** program. If selected, the funds may be used to purchase plants, seeds, wheelbarrows, raised beds, or any equipment appropriate for an edible school garden. The application window closes November 1.

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.

Apply for ALDI Smart Kids Grants

ALDI is partnering with local organizations to make a positive impact on kids' health and wellness. Grant funds can be used to support children through education, arts, or other activities that help kids stay active and healthy. Applicants can request either cash or ALDI gift cards ranging in value from \$100 to \$5,000. The application deadline is December 15, 2020. **For more information on the program, visit the Aldi Smart Kids webpage.**

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

- November 11, 2020 at 5 p.m. for Quarter 1 2021 Grants
- Portal reopens January 1, 2021

Click here to learn more.

Apply for a Community Grant

Do you have an idea for an after-school program that would benefit an underserved community? Apply for a Community Grant from the Walmart Foundation. **Click here for more information.**

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

[ACE Asthma Care and Education Course](#) Friday, October 9

Visit the [school health events calendar](#) to learn more and register.

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



National Health Education Week

The Society for Public Health Education (SOPHE) is offering daily webinars throughout the week around various health education topics. They also have a social media toolkit to promote their activities/offerings.

Eye Injury Prevention Week

The National Center for Children's Vision and Eye Health has updated Vision Screening Guidelines by Age. We also have resources on the Georgia Insights webpage about how to screen for vision problems, as well as suggestions for local partners to help support these efforts.

National Dental Hygiene Month

The Georgia Department of Public Health offers oral health services to schools by way of fluoride and dental sealant programs. Children who have dental pain and untreated caries are more likely to miss school, and to have trouble concentrating when they are present.

NIMH Livestream Event: Managing Attention-Deficit/Hyperactivity Disorder in Children and Adolescents

In observance of ADHD Awareness Month, the National Institute of Mental Health (NIMH) recorded a livestream event on Wednesday, October 21, 2020. Mary Rooney, Ph.D., clinical psychologist and chief of the Child and Adolescent Psychosocial Interventions Research Program at NIMH, discussed signs, symptoms, treatments, current research, and tips for helping children and adolescents manage ADHD during the pandemic. View recorded webinar here.

Georgia Insights

Georgia Insights is an initiative of the Georgia Department of Education, focused on improving the clarity and accessibility of district and school-level data through public-friendly and easy-to-use dashboards.

Georgia Insights utilizes the data the state already collects and presents it using clear, easy-to-understand visuals. By displaying the data in a streamlined, usable and useful manner, we hope to equip educators, parents, and communities with the tools they need to enact positive change in their schools.



An initiative of the [Georgia Department of Education](#).
Richard Woods, State School Superintendent

