School nursing, a specialized practice of public health nursing, protects and promotes student health, facilitates normal development, and advances academic success. School nurses, grounded in ethical and evidence-based practice, are the leaders that bridge health care and education, provide care coordination, advocate for quality student-centered care, and collaborate to design systems that allow individuals and communities to develop their full potentials. Approved by the NASN Board of Directors June 2016.

School Nurse Updates...

- September 13th from 9:00 AM-12:00 PM Pioneer RESA 1342 GA-254 Cleveland, GA
- Children’s Healthcare of Atlanta Fall Conference - November 10th from 7:00 AM-4:00 PM at Scottish Rite Hospital

The articles and hyperlinks to external websites appearing in the School Nurse News are intended to be informational and do not represent an endorsement by the Georgia Department of Education.
School Nurses and Clinic Workers,

I hope you all have had a wonderful start to your 2017-2018 school year! The Georgia Department of Education truly values your role as the school health professional in your building, and we THANK YOU for caring for the 1.7 million students in Georgia. Your work allows our students to be safe, healthy, in class and ready to learn.

September is a month with many National Health Observances that I know have touched many of your lives. Many of you serve students that are affected by sickle cell disease, childhood cancer, or a traumatic brain injury. Your family or friends may have been affected by ovarian cancer, prostate cancer or suicide. As we recognize these illnesses, we are so thankful to the many doctors and nurses that dedicate their career to take care of their patients, and we pray for a cure for these illnesses! Once again, thank you for all you do for your students.

Sincerely,

Krista Lowe, School Nurse Specialist
Georgia Department of Education

SUICIDE PREVENTION AWARENESS MONTH

Suicidal thoughts, much like mental health conditions, can affect anyone regardless of age, gender or background. In fact, suicide is often the result of an untreated mental health condition. Suicidal thoughts, although common, should not be considered normal and often indicate more serious issues.

Each year, more than 41,000 individuals die by suicide, leaving behind their friends and family members to navigate the tragedy of loss. In many cases, friends and families affected by a suicide loss (often called "suicide loss survivors") are left in the dark. Too often the feelings of shame and stigma prevent them from talking openly.

September is National Suicide Prevention Awareness Month—a time to share resources and stories in an effort to shed light on this highly taboo and stigmatized topic. We use this month to reach out to those affected by suicide, raise awareness and connect individuals with suicidal ideation to treatment services. It is also important to ensure that individuals, friends and families have access to the resources they need to discuss suicide prevention. NAMI is here to help.

INFORMATIONAL RESOURCES

Know the Warning Signs and Risk of Suicide
Preventing Suicide as a Family Member or Caregiver
Being Prepared for a Crisis

Need more information, referrals or support? Contact the NAMI HelpLine.

CRISIS RESOURCES

- If you or someone you know is in an emergency, call 911 immediately.
- If you are in crisis or are experiencing difficult or suicidal thoughts, call the National Suicide Hotline at 1-800-273 TALK (8255)
- If you’re uncomfortable talking on the phone, you can also text NAMI to 741-741 to be connected to a free, trained crisis counselor on the Crisis Text Line.

Help promote awareness by sharing images and graphics on your website and social media accounts. Use #SuicidePrevention or #StigmaFree.
September – Childhood Cancer Awareness Month

**Childhood Cancer**

**By the Numbers**

A Look at the Facts and Figures Behind the Devastating Disease

**Every Year, An Estimated**

250,000+

New Cases of Cancer Affect Children Under the Age of 20 Worldwide. That’s Almost 700 New Kids Affected Every Day

**Every Day, Approximately**

250 Kids Around the World Die from Cancer

91,250 Kids Lose Their Life to Cancer Every Year

**Childhood Cancer Occurs Regularly, Randomly and Spares No Ethnic Group, Socioeconomic Class, or Geographic Region. In the United States, the Incidence of Cancer Among Adolescents and Young Adults is Increasing at a Greater Rate Than Any Other Age Group Except Those Over 65 Years.**

**Childhood Cancer is Not Just One Disease. It is Made Up of a Dozen Types and Countless Subtypes.**


**Childhood Cancer is the Leading Cause of Death by Disease in Children Under the Age of 15 in the U.S.**


The Causes of Most Childhood Cancers Are Unknown and Are Not Strongly Linked to Lifestyle or Environmental Risk Factors, Unlike Many Adult Cancers.


Despite These Facts, Childhood Cancer Research Is Vastly and Consistently Underfunded

2/3

Two-Thirds of Childhood Cancer Patients Will Have Long Lasting Chronic Conditions from Treatment.

Source: Journal of American Medical Association 2013; 309(22): 2373-2381

Alex’s Lemonade Stand Foundation for Childhood Cancer

AlexsLemonade.org
Suicide Prevention Awareness

A FIRST AID GUIDE ON SUICIDE

CHECKLIST OF SUICIDAL FEELINGS:
- Depressed
- Restless
- Hopeless
- Irritable
- Shameless
- Negative
- Helpless
- Guilty

IRREGULAR SLEEPING
If they wake up too early or can't fall asleep when already in bed. Oversleeping, or if sleeping much more than normal.

EXTREME CHANGE IN APPETITE
If there is loss of appetite and extreme weight loss, or sometimes overeating and weight gain.

FREQUENT CRYING
"Not tears of joy" Uncontrollable instances of crying, sadness and anxiety.

ANTI-SOCIAL
Withdrawal from family & friends. Doesn't want to interact or talk with anyone. Would prefer to be alone in isolation.

WARNING SIGNS TO WATCH OUT FOR:
- Loss of interest. No interest in previous hobbies, or activities. Like you forgot how to feel joy and pleasure.
- Reduced function. Low concentration levels. Trouble focusing, making decisions or remembering things.

THOUGHTS OF A SUICIDAL PERSON

I DON'T HAVE ANY REASON TO LIVE.
I WANT TO KILL MYSELF!
I DON'T CARE ABOUT ANYTHING ANYMORE.
THE WORLD WILL BE BETTER OFF WITHOUT ME!
HOW DO I DIE?
LIFE IS MEANINGLESS!
GOD PLEASE TAKE ME ALREADY!

NO SUICIDE CONTRACT

I hereby promise me, my witnesses, and my family to NOT think about any suicidal thoughts nor try to commit suicide. I also promise:
1. NOT to put myself in any risk threatening situations
2. NOT to harm or endanger myself in any way
3. NOT to take any drugs or too much alcohol
4. To take next steps in life and execute activity: __________________________ with my parents.

Signature: __________________________ Witness: __________________________
Signed on __/__/____ Valid until __/__/____

REMEMBER TO ALWAYS ASK FIRST:
ARE YOU HAVING SUICIDAL THOUGHTS?
OR ARE YOU THINKING OF KILLING YOURSELF?
*If he/she answers YES, then see next steps below!

HOW TO TAKE ACTION:

1. NEVER leave someone suicidal on their own
2. Remove the means of suicide available to the person if it is safe to do so.
4. Call for professional help.
5. COMMUNICATE with the person

WHAT TO SAY TO THE SUICIDAL PERSON

I AM LISTENING. I care and I want to help!

There is HOPE for the future!

What about those important people you care about?

Share to me what's the problem. I will not judge.

Remember your faith & beliefs - and personal strengths

YES YOU CAN CHANGE THINGS FOR THE BETTER!

EMERGENCY CONTACT LIST

24/7 HOPELINE: +63911-555-4673, (02)804-4673. 2911 for Globe & TM subscribers

Names __________________________ Numbers __________________________

______________________________ __________________________

______________________________ __________________________

______________________________ __________________________
You know that old saying "you never know until you ask?"

Connie Trent, lead nurse for Forsyth County Schools, did just that— SHE ASKED! Forsyth County Schools were in need of gloves for their school nurses and special education workers. Connie’s co-worker Brandee Boothe’s husband, Judson, works for Halyard Health. This company was formerly Kimberly-Clark Health Care and is a medical manufacturer. Connie asked if Halyard Health could possibly donate some gloves. Well they got 3 truck loads! 1700 cases of gloves which is 2,550,000 gloves. If you wonder what 2.5 million gloves looks like, all of the boxes in the photo below are gloves. What a fabulous donation!

Pictured above: Health Services Facilitator Connie Trent, School Psychologist Brandee Boothe, Halyard Health Vice President of Global Product Supply Judson Boothe, and Support Services Coordinator Bob Branch
Kids Run the Nation Grants
Applications Due: October 1, 2017
In 2017, the Road Runners Club of America (RRCA) will award a total of $30,000 as small grants ranging from $500 to $1,000. Elementary and middle schools that provide an organized after-school running program are eligible to apply. All applicants must be an official 501(c)(3), school, parent booster club, PTA, or a similar entity. The Kids Run the Nation grant application period will open August 1.

Fuel Up to Play 60 (FUTP 60) Grants
Last week the application window opened for FUTP 60 grants. K-12 schools seeking to improve healthy eating and physical activity options may be eligible to receive $4,000 per year. Recipients must be enrolled in FUTP 60 and participate in the National School Lunch Program. Applications are due by November 1.

Firehouse Subs Public Safety Foundation AED Grants
- Thursday, September 7, 2017 at 5:00 PM for 4th Quarter Grants
- Thursday, November 30, 2017 at 5:00 PM for 1st Quarter Grants (Q1 2018)

NFL Foundation Grassroots Program
The NFL Foundation Grassroots Program provides non-profit neighborhood based organizations with financial and technical assistance to improve local football fields. Athletic fields can help transform neighborhoods by offering opportunities for recreation, education, and relaxation. The deadline for proposals is October 16.
WEBINARS AND RESOURCES

⇒ **Pumping Up PE September 13**
   From 4:00 to 4:30 p.m. EST, *Action for Healthy Kids* (AFHK) will present their first *Wellness Wednesday Webinar* of the school year. It will explore the research, recommendations, and strategies for moderate to vigorous physical activity. The webinars in this series are held the second Wednesday of each month. Register for the series or on a topic by topic basis.

⇒ **School Wellness Policy Implementation September 13**
   From 1:00-2:00 p.m. EST the *Alliance for a Healthier Generation* will host a webinar, which is Part 2 in the Wellness Policy Series. The webinar will focus on implementing school wellness policies and the USDA’s final rule.

⇒ **Unpaid School Meal Fees September 14**
   At 3:00 p.m. EST, the *Food Research & Action Center* (FRAC) will present on developing policies for unpaid school meal feeds. This webinar will explore what districts are including in their policies, describe best practices and the components of a strong policy, and detail state efforts to set good policy.

⇒ **Services for Students with Disabilities September 7**
   At 3:30 p.m. EST, the *Alliance for a Healthier Generation* will present *IEPs and 504 Plans*. The webinar will discuss the difference between IDEA (IEPs) and Section 504 (504 Plans); student services for those with 504 Plans; and the intersection of School Health Services, Medicaid, IEPs and 504 Plans.

⇒ **Aligning Resources to Reduce Chronic Absence September 12**
   The final *Attendance Awareness Month 2017 webinar* will occur from 2:00-3:30 p.m. EST on September 12. Each webinar in the series builds on the previous one. If you missed the first two, you can access them on the *Attendance Works website*. This final webinar, “Portraits of Change: Aligning School and Community Resources to Reduce Chronic Absence,” will highlight a brief by the same name that analyzes at the national and state levels how many schools face high levels of chronic absence.

⇒ **Bullying Toolkit**
   Bullying is a public health problem that is garnering attention. The National Academies of Sciences, Engineering, and Medicine have come together to create the *Bullying Toolkit*. The toolkit provides resources for youth, parents, teachers, school administrators, community leaders, health care providers, policymakers and more to help prevent bullying through science, policy, and practice.
Eighteen percent of children in the United States have a chronic medical condition. A well-trained school health professional can help these children manage their health and stay in school. Children’s Healthcare of Atlanta (CHOA) works closely with school health personnel throughout the state to provide them with educational materials, training and support.

The Children’s Regional School Health Coordinator, Gail Smith, provides the following services:

- 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
- Serve as prime contact for school nurses to call to discuss programmatic needs and difficult cases
- Provide the CHOA/DPH Common Infectious Illness poster
- Behavioral Health resources
- Educational Videos

Children’s Healthcare of Atlanta also provides nutritional and wellness resources through the Strong 4 Life Program. Please click the hyperlink for more information.

For questions or requests, please contact:

Gail Smith, B.S.N., R.N.
Regional School Nurse Coordinator
Phone: 404-785-7202
Cell: 404-395-8067
Email: schoolhealth@choa.org
Web Page: http://www.choa.org/schoolhealth


Resources obtained from the National Association of School Nurses Website
⇒ **NASN Toolkits**

The National Association of School Nurses (NASN) offers three toolkits of interest: Back-to-School Health Office - Interactive Toolkit, Naloxone in Schools Toolkit, and Better Health. Better Learning. e-Toolkit. Any user can access items in the Back-to-School Toolkit. However, to download items in the Naloxone Toolkit, users must create a NASN website user account. The communications e-Toolkit is available to NASN members only.

⇒ **School Climate Improvement Resource Package (SCIRP)**

To help schools and districts improve school climate, the National Center on Safe Supportive Learning Environments has developed the SCIRP. This package includes a variety of resources to meet a range of needs among stakeholders. A Quick Guide outlines what to do and what to avoid, and six online modules allow for practicing skills. Students learn best when they are in environments in which they feel safe, supported, challenged, and accepted.

⇒ **Parents for Healthy Schools**

The beginning of the school year may be one of the best times to engage parents in their child’s education. The Centers for Disease Control and Prevention (CDC) has developed a set of resources called Parents for Healthy Schools to help schools and school groups (e.g., school wellness committees) engage parents to create healthy school environments. The resources relate to nutrition, physical activity/education, and managing chronic health conditions, all within the school setting. The CDC website describes effective ways schools can use these resources with parents.

⇒ **Training Tools for Healthy Schools (TTHS)**

The Centers for Disease Control and Prevention offers this e-learning series. TTHS: Promoting Health and Academic Success consists of 4 core training tools that have been converted to 1-1.5 hour modules. Continuing education (CE) credit is available for three of the modules, which relate to the School Health Index, Comprehensive School Physical Activity Program (CSPAPs), and the promotion of healthy eating and physical activity. Course CE credits may expire in November 2017.

⇒ **New CDC Webpages and Resources**

The Centers for Disease Control and Prevention has new webpages that provide an overview of physical education (PE) and physical activity in schools and the CSPAP framework. Schools can use the Comprehensive School Physical Activity Program (CSPAP) framework to help students get the recommended 60 minutes of daily physical activity and include the CSPAP in school wellness policies. The CSPAP framework is a multi-component approach to increase physical activity opportunities before, during, and after school.
The Children’s Healthcare of Atlanta’s Scoliosis Screening Manual is now on line at https://www.choa.org/medical-professionals/nursing-resources/school-health-resources. CHOA is working to ensure that the school nurses are equipped with scoliosis screening resources when they need them.

**Additional scoliosis screening resources**

- 5 Steps to Screening for Healthcare Professionals
- 5 Steps to Screening for Volunteers
- Curve Checks DVD Quiz
- Curve Checks DVD Quiz Answer Key
- Curve Checks Reference Guide for Screeners
- Georgia Code and Legal Rules for Scoliosis Screening
- Individual Scoliosis Screening Form
- Scoliosis Healthcare Professionals Fact Sheet

The Scoliosis Screening Program is also providing educational opportunities this fall.

**Scoliosis Screening Instructional Program** webinar is available at the link below... https://goto.webcasts.com/starthere.jsp?ei=1149426&tp_key=38840399f0. The training focuses on the most current screening techniques, research and treatment methods.

**2017 Scoliosis Screening Conference** is scheduled for Monday, September 18, 2017 at Children’s Healthcare of Atlanta Scottish Rite Hospital from 8:00 AM to 3:00 PM. There is limited space left for the September 18 date. The cost is free and will feature topics such as instruction for screening procedures, scoliosis treatment and orthopaedic resources. To register visit www.choa.org/scoliosis

For more information contact Wendy Johnson, Clinical Program Coordinator for the Scoliosis Screening Program, 404-785-6753 or wendy.johnson@choa.org