



March National Health Observances

[Alcohol Awareness Month](#)

[National Autism Awareness Month](#)

[National Child Abuse Prevention Month](#)

[National Distracted Driving Awareness Month](#)

[National Minority Health Month](#)

[Occupational Therapy Month](#)

[Oral Cancer Awareness Month](#)

[Sexual Assault Awareness and Prevention Month](#)

[Sexual Assault Awareness Month of Action](#)

[Sports Eye Safety Awareness Month](#)

[STI Awareness Month](#)

[Testicular Cancer Awareness Month](#)

[Women's Eye Health and Safety Month](#)

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.

Every Student Succeeds Act

Did you know that Georgia's state plan for the Every Student Succeeds Act focuses on the **WHOLE CHILD**? Georgia recognizes that by focusing on the whole child schools are building a strong foundation, expanding educational opportunities, and preparing our students for life.



Upcoming Workshops

Stewards of Children- Join **CHOA** as Stewards of Children demonstrates how to prevent, recognize and react responsibly to child sexual abuse and teaches five proactive steps to protecting children.

June 7 — 1:30 to 4 p.m.

August 12 — 1:30 to 4 p.m.

October 23 — 1 to 3:30 p.m.

Children's Healthcare of Atlanta

Office Park Learning Center

1680 Tullie Circle NE

Atlanta, GA 30329

For more information, please contact Angie Boy, 404-785-5004 or email cpctraining@choa.org.

Georgia Student Wellness-Supporting the Whole Child

Counseling & Social Services

Tackling Attendance Challenges: School- and Classroom-Based Approaches

Thursday, April 11, 2019, at 3 p.m.

Student absenteeism has a pervasive negative impact on our students, classrooms, schools, and communities. In this webinar, join national education consultants Jessica Sprick and Tricia Berg as they share a wealth of practical strategies for school leaders and teachers. Learn how to effectively monitor attendance data and create tiered systems of support to address absenteeism. Participants will also see examples of how educators can shift from reactive and punitive models towards proactive and positive approaches to improve all students' attendance. [Register here](#). **If you can't make the live webinar, be sure to register anyway and we'll send you a link to the archived recording afterward.**

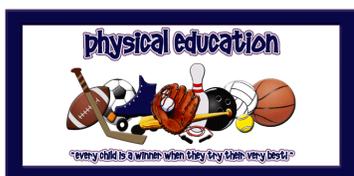
Physical Education

Webinar: Classroom Physical Activity

Need help incorporating physical activity into your lessons? Springboard to Active Schools has a recorded webinar for those interested in making their students more active throughout the day. [Register to view the hour-long webinar](#).

Task Force Has Tips to Decrease Overweight, Obesity

The prevalence of overweight and obesity decreases when elementary schools employ interventions that combine healthy eating and physical activity. Those are the findings of the Community Preventative Services Task Force. The task force says combining physical activity with meals or fruit and vegetable snacks increases elementary students' consumption of fruits and vegetables and physical activity. Review the [task force's summary](#) to find out the role schools can play.



Healthy School Environment

The 4 Characteristics of a Healthy School Culture

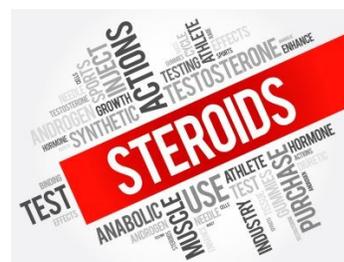
School climate and school culture directly affect how successful your students will be. As a result, it is crucial for the school and the classroom culture to reflect, acknowledge, and celebrate diversity. Schools must recognize not only the diversity evident between broad ethnic groups (e.g., Asian or Hispanic) but also the diversity within these groups. Teachers also need to engage in an interesting balancing act. They need to recognize how unique each student is. At the same time, they will need to treat students equally and giving them equal chances for success and equal access to the curriculum, teachers and administrators must recognize the uniqueness and individuality of their students. [Read more by clicking here](#).



Health Education

What Do Anabolic Steroids Do to Your Body? Test Your Knowledge

Anabolic steroids are medications made in labs and are related to testosterone. Doctors use anabolic steroids to treat hormone problems in men, muscle loss from some diseases, and other health issues. Some body-builders and athletes have misused anabolic steroids to build muscles and improve their athletic performance, often taking doses much higher than would be prescribed for a medical condition. Some people who misuse steroids take pills; others use needles to inject steroids into their muscles or apply them to the skin as a gel or cream. What are the effects of misusing anabolic steroids? [Take the quiz by clicking here](#).



Georgia Student Wellness-Supporting the Whole Child

School Health Services

Report Explores Brain Injuries in Youths

Prevention of sport- or recreation-related traumatic brain injuries is important. According to the Centers for Disease Control and Prevention, 283,000 children go to emergency medical departments each year for these injuries. [Review the Morbidity and Mortality Weekly Report](#) to learn about prevention efforts, and [take the online training](#).

Take Course Addressing Tuberculosis

Did you know that approximately 13 million people in the United States have a latent tuberculosis (TB) infection? To learn more about the transmission, diagnosis and treatment of TB, take the Centers for Disease Control and Prevention's online TB course. You can also earn free continuing education credit. [Take the course today](#).

Community Involvement

Parent-Led Fitness, Nutrition Program Funding

Calling all parents! If you're interested in leading a fitness or nutrition program at your child's school, you may be eligible for a grant. The groups Action for Healthy Kids and Parents for Healthy Kids are awarding \$1,000 grants for parent-led fitness or nutrition programs in schools. Applications are due April 5. [Visit the webpage for more information](#).

Walkable Communities Webinar

Want to make your community more accessible to pedestrians? Register for the "What's Next for Walkable Communities" webinar on April 10 at 1 p.m. to learn about programs and policies that focus on walking. [Visit the registration page for more information](#).



Nutrition Services

Graphics Promote Healthy Food Choices

Do you want to make your school menu more appealing to students? To promote National Nutrition Month, the U.S. Department of Agriculture is encouraging schools to promote nutritious foods by using attention-grabbing graphics on school menus. [Visit the webpage to see the new graphics](#).

Watch Video About Making Applesauce

Looking for a nutritious activity for your students? How about making applesauce? Watch a seven-minute video created by Team Nutrition and the U.S. Department of Agriculture. The video is appropriate for children ages 8 to 12 years old. [Watch the video today!](#)



Staff Health Promotion

Case Studies Highlight Wellness Programs' Successes

Do you want to learn about successful worksite Wellness programs? Read the National Healthy Worksite Program's case studies on the Centers for Disease Control and Prevention's webpage. Find out how a credit union supported employee health and how a library improved employees' cholesterol levels. [Read the case studies today](#).

Managing Stress in the Workplace

Do you carry life stressors into the workplace? Does your workplace environment add to your stress? You're not alone. Excessive workplace stress causes 120,000 deaths and results in nearly \$190 billion in health care costs each year. Even if you have your dream job, you're bound to face stress throughout your day. The good news is, there are tools and strategies that can help you stay focused and manage your stress. Watch our Coping with Stress and Depression in the Workplace Webinar on demand by registering [here](#).

Georgia Student Wellness-Supporting the Whole Child

News from NASN

Upcoming Awareness Opportunities

April brings with it spring, but also several important observances for the school nurse. April 1-7 is [National Public Health Week](#). The theme this year is Healthiest Nation 2030: Changing Our Future Together. As school nurses, we want our students to be healthy every week, but this is a chance to share that message far and wide. Check out the resources NPHW provides for your schools.

Immediately after National Public Health Week is [National Youth Violence Prevention Week](#), April 8-12. Founded in 2001, NYVPW hopes to raise awareness and educate youth and communities on effective strategies to prevent youth violence before it happens.

NASN has a number of resources to help you as school nurses amplify these messages of health and well-being for our students. You can access them on the NASN website, and see specific topics like [violence in schools](#) and [school wellness](#).

Mental Health Training Intervention for School Health Providers

This [online learning opportunity](#), which is a collaboration between NASN and the Center for School Mental Health, is in its fourth year. Gain the knowledge, tips and skills needed to be supportive to students' mental health needs throughout the school year and earn free CNE. NASN also will offer this as a [precon session during the annual conference](#).



*National
Association of
School Nurses*

Funding Opportunities

Donated Sports Equipment and Apparel

Does your school need sports apparel and equipment? Submit an application for a donation from Good Sports. If selected, your school will gain access to the Good Sports catalog for available inventory. Schools must serve young people 3-18 years old, and more than half the students must be eligible for free or reduced lunches.

[Read the webpage for more information.](#)

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. The deadline is December 31.

[Visit the foundation's webpage for a complete list of requirements.](#)

Grant to Prevent Childhood Obesity

Looking for funding for nutrition and physical activity opportunities? Look no further than the Healthy Choices Grant. Level one grants are awarded for a single school year or summer program. Level two grants are awarded for programs that are two years or longer. Programs should focus on the prevention of childhood obesity. The deadline to apply is April 15. [View the webpage for more information.](#)

Firehouse Subs Public Safety Foundation AED Grants

Wednesday, May 22 at 5 p.m. for Quarter 3 2019 Grants

What are the Foundation funding guidelines? Life-saving equipment, prevention education, scholarships and continued education, disaster relief and military support.

Grant Funds Rural Student Support

Do you need funding for school-based health services, drug prevention, violence prevention or other student support services for a school in a rural area? Apply for a grant sponsored by the U.S. Department of Education. The deadline is April 26. For more information, [visit the webpage.](#)

Georgia Student Wellness-Supporting the Whole Child

Resources & Webinars

Take a Course on Adolescent Behavioral Health Screening

Looking for a continuing education course on serious emotional disturbance? Take Behavioral Health: Screening and Intervention online. It's brought to you by Texas Health Steps. Participants will learn the requirements for age-appropriate mental health screenings for children and adolescents. For more information, [visit the webpage](#). You will need to [create an account](#) to take advantage of the free courses with CE credit.

Watch Module About Understanding School Climate and Leadership

Do you want to improve your school community by engaging the school's leaders? The National Center on Safe Supportive Learning Environments has a module that provides information and strategies. [Access the module for more information](#).

Watch Healthier School Environment Webinar

Help make your school green, clean and healthy! The Environmental Protection Agency has a recorded webinar on the importance of implementing cleaning programs that emphasize indoor air quality and preventative maintenance. [Register to view the webinar](#).

Supporting Students and Staff in the Aftermath of Crisis and Loss

Presented by David Schonfeld, MD, FAAP, National Center for School Crisis and Bereavement

Hosted by the Pacific Southwest Mental Health Technology Transfer Center and the MHTTC Network Coordinating Office

Tuesday, April 23

3-4:30 p.m. EST

Register: <https://tinyurl.com/april-23-mhttc-webinar>

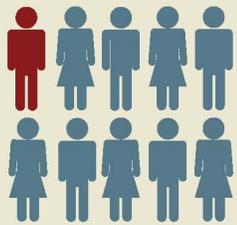
Immunization Rules - Notice of Proposed Rulemaking

Please see the link below for the Notice of Proposed Rulemaking for the revised Immunization rules. This document is posted on the DPH website: <https://dph.georgia.gov/regulationsrule-making>. If you have not already done so, please sign up for rulemaking notices on the previous website. This Notice will be posted for 30 days, and then DPH will host a public comment meeting (information provided in the Notice). Provided all necessary approvals are received, and comments addressed, the new rules would then take effect 30 days after they are adopted (approximately 60 days after the original posting date), which in this case would be around June 3.

Effective July 1, 2020, children 16 years of age and older who are entering the 11th grade (including new entrants) must have received one booster dose of meningococcal conjugate vaccine (MCV4), unless their initial dose was administered on or after their 16th birthday.

For more information, visit <http://dph.georgia.gov/vaccines-children>, call (800)-848-3868 or email Sheila Lovett, DPH Immunization Director at Sheila.Lovett@dph.ga.gov.

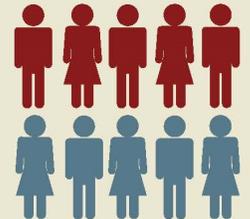
START THE CONVERSATION ABOUT UNDERAGE DRINKING



10%
OF 12-YEAR-OLD KIDS SAY
THEY'VE TRIED ALCOHOL¹

That number jumps to

50%
BY AGE 15¹



But

80%

OF KIDS BELIEVE THEIR PARENTS
SHOULD HAVE A SAY IN
WHETHER THEY DRINK ALCOHOL^{2,3}

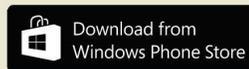
And parents have a

**SIGNIFICANT
INFLUENCE**
ON WHETHER THEIR KIDS DRINK³



The sooner you talk to your kids about alcohol, the greater chance you have of influencing their decisions.¹ Practice for one of the most important conversations you may ever have with SAMHSA's "Talk. They Hear You." Mobile Application, available for download on the App StoreSM, Google PlayTM, and the Windows[®] Store. Learn more at <http://www.underagedrinking.samhsa.gov>.

i talk
they hear you



Apple and the Apple logo are trademarks of Apple Inc., registered in the U.S. and other countries. App Store is a service mark of Apple Inc. Google Play is a trademark of Google Inc.

Microsoft, Windows, the Windows Store, and Windows Phone Store logos are trademarks of the Microsoft group of companies.



Substance Abuse and Mental Health Services Administration
SAMHSA

¹ U.S. Department of Health and Human Services. *The Surgeon General's Call to Action to Prevent and Reduce Underage Drinking: A Guide to Action for Educators*. U.S. Department of Health and Human Services, Office of the Surgeon General, 2007.

² Jackson, C. (2002). Perceived legitimacy of parental authority and tobacco and alcohol use during early adolescence. *Journal of Adolescent Health, 31*(5), 425-432.

³ Nash, S.G., McQueen, A., and Bray, J.H. (2005). Pathways to adolescent alcohol use: Family environment, peer influence, and parental expectations. *Journal of Adolescent Health, 37*(1), 19-28.

SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities.

Healthy Tips for Active Play



Why is active play important?

Active play helps your child learn healthy habits. There are many health benefits of active play, such as:

- Active children are less likely to weigh too much.
- Keeping your child active now helps lower the chance of developing chronic diseases like Type 2 diabetes.
- Activities, like running and jumping rope, help your child learn movement skills to develop muscles and strong bones.
- Active play can also help the mind develop. Playing “pretend” lets kids be creative.
- Active children are more likely to be happy and feel good about themselves. Children feel proud after learning how to bounce a ball or ride a bike.



Your child loves to move!

Encourage your child to play actively several times each day. Active play for children can happen in short bursts of time and can be led by you or your child. Active play can include playing on the playground, playing tag with friends, or throwing a ball.



Do you wonder if your child is active enough?

My child plays outside several times a day or inside where he or she is free to move.	Yes	No
I make sure my child's TV and screen time is less than 2 hours a day.	Yes	No
I make sure my child is actively moving for at least 60 minutes a day.	Yes	No
When actively playing, my child breathes quickly or sweats.	Yes	No

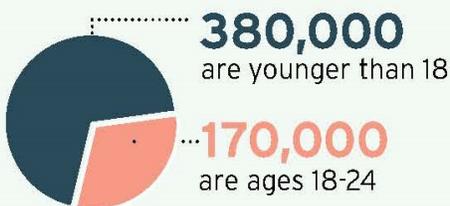
If you can usually answer yes to these statements, your child is probably getting enough active play.



NUMBER OF HOMELESS* YOUNG PEOPLE

550,000
PER YEAR

* Homelessness lasting longer than one week



HOMELESS YOUTH & SEXUAL VIOLENCE

Young people who are homeless also are often sexually assaulted. You can help by listening to youth who have been harmed by homelessness and sexual violence. Your support can make a positive difference in their lives over time.

RUNAWAY YOUTH



1 IN 3 RUNAWAYS have been forced to perform a sexual act against their will



12.4 TO 13.9 YEARS OLD was the average age range of first leaving home

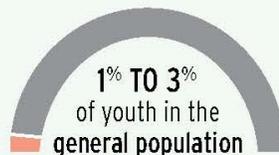


46% OF LGBTQ YOUTH run away because of family rejection of sexual orientation or gender identity



Rates of major depression, conduct disorder, and post-traumatic stress disorder are **3 TIMES HIGHER** among runaway youth

HOMELESS YOUTH



PERCENTAGE REPORTING SEXUAL ABUSE

1 IN 3 TEENS ON THE STREET

WILL BE **LURED INTO PROSTITUTION** WITHIN



48 HOURS OF LEAVING HOME

MORE THAN 1 IN 3 HOMELESS YOUTH ENGAGE IN SURVIVAL SEX. OF THEM:

82% trade sex for money

48% trade sex for food or a place to stay

22% trade sex for drugs



LGBTQ YOUTH ARE 3X MORE LIKELY TO HAVE ENGAGED IN SURVIVAL SEX

32% of homeless youth have attempted suicide



See next page for citations. Infographic by Mallory Gricoskie.

© National Sexual Violence Resource Center 2014. All rights reserved.

April is

National Child Abuse Prevention Month

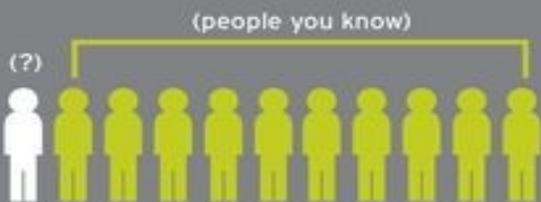


More than **4** children die **every day** as a result of child abuse

©THE MAMA BEAR EFFECT, INC 2014

80% of children that die are under the age of **4**

1:4 girls & 1:6 boys are estimated to be sexually abused*



Only 10% of abusers are strangers

the majority are people known, trusted and often loved by the child and family

90%
of child sexual abuse is
never reported

Child abuse is preventable through education and action!

If you suspect abuse call:
1.800.4.A.CHILD (1.800.422.4453)



This message sponsored by **The Mama Bear Effect**

TheMamaBearEffect.org | Connect with us on:   

Educated. Vigilant. Fearless. Protecting children starts with us.

*Source: CDC. <http://www.cdc.gov/ncipc/prevention/childabuse>

Concussion: Head to Toe



- Headache
- Dizziness
- Memory loss
- Slurred speech



- Blurred vision
- Sensitivity to light
- Vacant stare



- Ringing (tinnitus)
- Noise sensitivity



- Paleness of skin
- Tingling in limbs



- Nausea
- Vomiting

The Concussion Institute at Gwinnett Medical Center-Duluth knows that while concussions may be common, they don't have to be game-changers. With the latest methods of care available, GMC is committed to improving concussion treatment for athletes of all ages and levels of play. Learn more by visiting gwinnettmedicalcenter.org/concussion.



**Gwinnett
Medical Center**
Lawrenceville • Duluth



Does Your School Staff Need Mental Health Resources?

Online Trauma/Brain 101: Understanding the Impact of Trauma on Children/ Youth and Brain Development

Directions for accessing the training [Online Trauma/Brain 101](#)

Instructional Hours: 3

CEUs: 3 hours MSW (core), LPC & LMFT (related), and DECAL



Course Description

This online course will provide participants with foundational knowledge about child trauma, child traumatic stress and how adversity and trauma can impact children and youth and their brain development. Participants will also be introduced to brain architecture and early brain development in children and youth.

Topics and Learning Objectives

Child Trauma and Child Traumatic Stress

- Explain the term child traumatic stress
- Describe the three types of trauma, and the types of experiences that constitute childhood trauma
- Recognize role in responding to child traumatic stress

How Trauma Affects Children

- Explain the relationship between a child's lifetime trauma history and his/her behaviors and responses
- Describe the effects of adversity and child traumatic stress on brain development
- Identify the impact of trauma on child development

Brain Systems

- Describe the basic architecture of the brain
- Explain the term brain health
- Describe the process of brain development in young children and adolescents
- Identify the types of experiences and situations that can impact brain development
- Describe the impact of toxic stress and complex trauma on the developing brain

Adverse Childhood Experiences and Brain Development

- Describe the relationships between ACEs (adverse childhood experiences) and brain development in children and adolescents
- Describe the relationship between ACEs and lifetime health risks

Resilience and Brain Development

- Define the term resilience
- Describe the relationship between resilience and brain health
- Describe how establishing trusting and supportive relationships with children and adolescents can impact resilience

Georgia Student Wellness-Supporting the Whole Child

Children's Resources

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, BSN, RN
 School Health
 Phone: 404-785-7202
 Cell: 404-395-8067
 Email: schoolhealth@choa.org

Web Page: <http://www.choa.org/schoolhealth>

Want to receive School Health News:

<http://pages.choa.org/School-Nurse-OptIn.html>

Helpful Links

- ⇒ [ASTHMA](#)
- ⇒ [CHILDHOOD OBESITY](#)
- ⇒ [CULTURAL COMPETENCY](#)
- ⇒ [DIABETES IN CHILDREN](#)
- ⇒ [DISASTER PREPAREDNESS](#)
- ⇒ [DOCUMENTATION IN SCHOOL HEALTH](#)
- ⇒ [DRUG ABUSE](#)
- ⇒ [ENVIRONMENTAL HEALTH](#)
- ⇒ [FOOD ALLERGIES & ANAPHYLAXIS](#)
- ⇒ [IMMUNIZATIONS](#)
- ⇒ [HEAD LICE](#)
- ⇒ [MENTAL HEALTH](#)
- ⇒ [ORAL 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](#)*

Do You Know Someone Who is Looking for a Career?

Students interested in entering a field in which there are plenty of job openings can choose to enroll in one of 17 programs of study for which **free tuition** is available! The HOPE Career Grant can be the boost a student needs to get started on a rewarding career in a well-paying job, and without accumulating a lot of student debt. It also helps Georgia employers by creating a pipeline of skilled workers they can hire well into the future. To learn more, or find out which campuses offer these programs, click on one of the programs below. To be eligible for the HOPE Career Grant, students must first qualify for and be receiving the HOPE Grant. The two grants together will cover all tuition in these 17 programs of study. Students will still be responsible for student fees and any equipment necessary, although in some cases, financial aid is available for those as well.

- ◆ [Automotive Technology](#)
- ◆ [Aviation Technology](#)
- ◆ [Certified Engineer Assistant](#)
- ◆ [Commercial Truck Driving](#)
- ◆ [Computer Programming](#)
- ◆ [Computer Technology](#)
- ◆ [Construction Technology](#)
- ◆ [Diesel Equipment Technology](#)
- ◆ [Early Childhood Care and Education](#)
- ◆ [Electrical Lineman Technology](#)
- ◆ [Health Science](#)
- ◆ [Industrial Maintenance](#)
- ◆ [Logistics/Transportation Technology](#)
- ◆ [Movie Production Set Design](#)
- ◆ [Practical Nursing](#)
- ◆ [Precision Manufacturing](#)
- ◆ [Welding and Joining Technology](#)

FREE TUITION!

If you enroll in one of 46 designated programs, Georgia's NEW **HOPE CAREER GRANT** could pay your tuition!

MRI & CT Specialist	Commercial Truck Driving	Practical Nursing	Film & TV Production	Early Childhood Care & Education	Pharmacy Technology	Welding & Joining Technology
Nurse Aide	Computer Networking	Surgical Technology	Web Site Design	Diesel Equipment Technology	Computer Programming	and many more!