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.

August National Health Observances

- Children’s Eye Health and Safety Month
- Digestive Tract Paralysis Awareness Month
- Gastroparesis Awareness Month
- National Breastfeeding Month
- National Immunization Awareness Month
- Psoriasis Awareness Month
- August 1 - 8 World Breastfeeding Week
- August 4 - 10 National Health Center Week
- August 19 - 23 Contact Lens Health Week

The articles and hyperlinks to external websites appearing in this newsletter are intended to be informational and do not represent an endorsement by the GaDOE.

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.

August 12 — 1:30 to 4 p.m.
October 23 — 1 to 3:30 p.m.
December 5 — 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

View Informational Bulletin on Mental Health, Substance Use in Schools

The Substance Abuse and Mental Health Services Administration and the Centers for Medicare and Medicaid Services recently released a new joint informational bulletin addressing mental health and substance use issues in schools. Visit the webpage to view the bulletin.

Understand the Concept of Well-Being

Do you know if your students have a high level of well-being? According to the Centers for Disease Control and Prevention, well-being tells us how people perceive their life is going from their own perspective. It is associated with self-perceived health, longevity, mental and physical illness, social connectedness, and healthy behaviors. To learn more about well-being, visit the webpage.

Physical Education

Encourage Your Kids to Be Active This Summer

The Centers for Disease Control and Prevention wants everyone to get enough physical activity, especially children. Download a PDF copy of Chapter 3 of the Physical Activity for Americans, 2nd Edition. Chapter 3 addresses children and adolescents. Encourage your kids to be physically active this summer!

Read Data Brief on Adolescent Weight Loss

The Centers for Disease Control and Prevention recently released a data brief addressing adolescent attempts to lose weight. Based on the findings, 37.6% of adolescents aged 16–19 tried to lose weight in the past year. Weight loss attempts were higher among adolescent girls compared with adolescent boys. Exercise was the most commonly reported way to lose weight. Read the brief for more information.

Healthy School Environment

View Adolescent Connectedness Webpage

The Centers for Disease Control and Prevention released findings that suggest that youth who feel connected at school and at home were less likely to experience health risks related to mental health, violence, and substance abuse in adulthood. Access the new Adolescent Connectedness webpage for more information.

Strengthening Family Engagement

Research shows that strong family engagement with early childhood programs and schools is key to children’s healthy development, and supports children’s ability to maintain early learning gains. Teams are working to better understand how family school partnerships support optimal, positive trajectories for children as they move from pre-K to third grade.

Health Education

Teach Your Students About the Dangers of Drug Use

KidsHealth in the Classroom, brought to you by the Nemours Foundation, has a lesson plan for students in 3rd to 5th grade on the dangers of drug use. Download a PDF copy of the teacher’s guide, and visit the webpage for the handouts and quiz.

Teach Your Students About the Importance of Sleep

Are your students getting enough sleep at night? KidsHealth in the Classroom, brought to you by the Nemours Foundation, has a lesson plan for kindergarteners through 2nd graders about the importance of a good night’s sleep. Download a PDF copy of the teacher’s guide, and go to the webpage to access the student handout and quiz.
Georgia Student Wellness-Supporting the Whole Child

School Health Services

Take Free Course on Staphylococcus Aureus

The Centers for Disease Control and Prevention recently released a free continuing education activity called “Vital Signs: Epidemiology and Recent Trends in Methicillin-Resistant and in Methicillin-Susceptible Staphylococcus aureus Bloodstream Infections.” Visit the registration page to take the course.

ASHA Webinar: Implementing Trauma-Based Relational Intervention in Schools

This webinar will increase participants' knowledge of the principles of Trauma-Based RI and build skills on how to implement within a school classroom. This webinar will include an overview of Adverse Childhood Experiences, the three pillars of trauma-informed care, and implementation strategies to promote calming, co-regulation and self-regulation. Register here.

Community Involvement

Register for Safe Routes to School Conference

Do you want to promote walking to and from school in your community? Register for the Safe Routes to School National Conference November 12—14 in Tampa, Florida. Come ready to learn about walking school buses, crossing guards, walking in rural communities, and much more. Due to the high demand, early bird registration has been extended to July 19 so register today!

Report Explores the Evidence of School-Based Health Centers

A recent report from Global Pediatric Health reviews the structure and latest policy initiatives related to school-based health centers. The report also explores the financial, physical, mental, and educational impact of school-based health centers. Read the report to learn more.

Nutrition Services

Remember to Support Domestic Agriculture in School Meals

The U.S. Department of Agriculture recently released a new infographic for school meals program operators promoting domestic agriculture. It's an important reminder to safeguard the well-being of our students while supporting the U.S. economy. View the infographic to learn more.

Read Study on Sodium Reduction in School Meals

The U.S. Department of Agriculture recently released findings from a study focusing on successful approaches to sodium reduction in school meals. The study identifies strategies most often used by schools that have met sodium targets. View the webpage to read the results.

Staff Health Promotion

Learn About Extreme Heat and Employee Safety

Did you know that heat kills more than 600 people in the United States each year? Preventing heat-related illnesses is important for everyone. The National Institute for Occupational Safety and Health has information employers to use to keep employees safe while working in the heat. Visit the Centers for Disease Control and Prevention to view the information.

Review 10 Employee Wellness Ideas

Looking for ideas to incorporate in your school's wellness program? Forbes magazine has an article addressing 10 popular employee wellness initiatives. Read the article and enhance your school's program.
Georgia Student Wellness-Supporting the Whole Child

Helpful Links from NASN

⇒ 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

Funding Opportunities

Apply for Donated Sports Equipment and Apparel
Does your school need sports apparel and equipment? If so, apply 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 Food Pantry, Soup Kitchen Grant
Do you want to start or improve a community food pantry or soup kitchen? Apply for a local community grant from Walmart. Kindergarten through 12th grade public, private, and charter schools are eligible. The proposed project must benefit the community at large. View the webpage for more information.

Target Field Trip Grants
Since 2007, the Target Company has donated more than $16 million in grants to the improvement of education. As part of their efforts, Target seeks to expand the parameters of the classroom by providing opportunities for you to fund educational excursions for your classes. 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. Funds may be used for transportation, registration for events, admission prices and other field trip expenditures.

Firehouse Subs Public Safety Foundation AED Grants
Wednesday, August 28 at 5 p.m. for Quarter 4 Grants
Wednesday, November 13 at 5 p.m. for 1st Quarter Grants
What are the Foundation funding guidelines?
Life-saving equipment, prevention education, scholarships and continued education, disaster relief and military support.

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.
8 TIPS for Healthy Eyes: Look, See and Feel Better!

1. Schedule eye exams for your whole family. A comprehensive eye exam can detect serious problems, like diabetes, before you even know they exist.

2. Wear sunglasses to protect your eyes from the sun’s UV rays, which can be dangerous even on cloudy days.

3. Rest your eyes once every 20 minutes for 20 seconds while on your cell phone, tablet or computer, to help prevent eye strain.

4. If you smoke, quit! Smoking increases your risk of cataracts and sight-threatening eye diseases.

5. Be active. Regular exercise can delay the onset of age-related macular degeneration (the leading cause of permanent vision loss later in life).

6. Wear safety goggles. An estimated 2.4 million eye injuries occur in the United States each year, and 90 percent of them can be avoided with protective eyewear.

7. Eat your greens. A diet rich in fruits, leafy greens and omega-3 fatty acids can help reduce your risk of dry eyes, macular degeneration, glaucoma and more.

8. Drink lots of water. Without enough water, you can’t produce enough tears to keep your eyes moist and nourished.
## The Unbelievable Impact of Vaccines

### U.S. Edition

<table>
<thead>
<tr>
<th>Year</th>
<th>Event</th>
<th>Number</th>
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<tbody>
<tr>
<td>1923</td>
<td>1560 contracted tetanus</td>
<td>37</td>
</tr>
<tr>
<td>1941</td>
<td>894,134 contracted measles</td>
<td>55</td>
</tr>
<tr>
<td>1968</td>
<td>152,209 contracted mumps</td>
<td>229</td>
</tr>
<tr>
<td>1969</td>
<td>576,686 contracted rubella</td>
<td>9</td>
</tr>
<tr>
<td>1992</td>
<td>20000 contracted Haemophilus influenza b</td>
<td>2.5</td>
</tr>
</tbody>
</table>

- **In 1901,** 48,164 contracted smallpox
- **In 1921,** 2,069,393 contracted diphtheria
- **In 1952,** 212,690 contracted polio

- In 2013, in the US, the combined number of people who contracted diphtheria, smallpox and polio... was **0**

- In 2010, in one day, 169 more people reached the summit of Mt Everest than contracted measles in the US in 2013.
- The same number as those who contracted tetanus in the US in 2013.
- More Americans die each year from falling out of bed than contracted Mumps in 2013.
- That’s more than the number of Americans who contracted Rubella in the US in 2013.
- In the US, the average home owned more TVs than the number of Americans that contracted Haemophilus influenza b in 2011.
10 WAYS SCHOOLS CAN PROMOTE POSITIVE MENTAL HEALTH

ENCOURAGE
students and teachers be honest and open with each other

PROVIDE
mental health support to students as well as teachers

EDUCATE
students about mental health and the stigma associated to it

ADOPT
a whole school approach to mental health

HELP
students to express themselves in a creative way

DEVELOP
strategies to help support students who are experiencing mental health problems

BUILD
programmes that help to develop positive psychological skills such as resilience

WORK
with other organisations to help provide interventions to pupils

Support
teachers as well as students. Make sure they are looking after their own mental health

CREATE
a positive school environment where students feel safe to speak about issues or problems they are facing
Georgia's MTSS
~and~
Why Do You Need It?

Georgia's Tiered System of Supports for Students

1. Improve Efficiency
   Develop a continuum of evidence-based, system-wide practices to support a rapid response to academic and behavioral needs.

2. Improve Effectiveness
   Refine evidence-based practices and systems that can be generalized for implementation across the district while building capacity for leading, training, and coaching.

3. Professional Learning
   Participate in training and coaching to support Georgia's MTSS implementation provided for administrators and teachers.

4. Sustain and Refine
   Develop infrastructure to support Georgia's MTSS implementation and establish an ongoing self-correcting feedback loop with data-based decision-making.

5. Applications
   Open January 22, 2019

Apply to participate by February 28, 2019.
www.gadoe.org/MTSS

The contents of this presentation were developed under a grant from the U.S. Department of Education, #H323A170010. However, those contents do not necessarily represent the policy of the U.S. Department of Education, and you should not assume endorsement by the Federal Government.
Project Officer, Jennifer Coffey.
Georgia Student Wellness-Supporting the Whole Child

School Health Resources

**Department of Public Health– School Health Program**

The Georgia Department of Public Health employs a Deputy Chief Nurse for School Health to provide leadership, training, and consultation as it relates to school nursing practice and public health to all health districts, school districts, and nurses serving children in the school setting.

Among the goals of the School Health Nursing Program are to improve the quality of school nursing practice and school health programs, including the health and learning of children and youth.

For more information contact

**Sara Kroening, RN, MSN, FNP-BC, AE-C**
Deputy Chief Nurse for School Health
Georgia Department of Public Health
2 Peachtree Street, N.W., 9th Floor
Atlanta, GA 30303

Schoolhealth@dph.ga.gov

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**Children’s Healthcare of Atlanta – School Health Program**

- 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

Events and Trainings

**Children’s Healthcare of Atlanta** offers continuing education units (CEUs) to help you stay at the forefront of advancements in your field. Below is a list of upcoming events and trainings:

**Stewards of Children**, Monday, Aug. 12, 1:30 to 4 p.m.

**Understanding and Managing Visual Deficits in Children**, Friday, Aug. 16 - Saturday, Aug. 17, 8:30 a.m. to 3:30 p.m.

**Strong4Life Provider Training**, Thursday, Aug. 22, 6 to 8 p.m.

**Diabetes Caregiver Class**, Tuesday, Aug. 27, 8:30 a.m. to 1:30 p.m.

**Scoliosis Screening Conference**, Friday, Sept. 6, 8 a.m. to 3 p.m.

**Assessment & Treatment Tools for Pediatric Tracheostomy: An Interactive Seminar**, Saturday, Sept. 7, 8 a.m. to 4:30 p.m.

**Stephanie V. Blank Center for Safe and Healthy Children Yearly Conference**, Thursday, Sept. 12, 8:30 a.m. to 4 p.m.

**Scoliosis Screening Conference**, Tuesday, Sept. 24, 9 a.m. to 1 p.m.

**Diabetes Caregiver Class**, Tuesday, Sept. 24, 8:30 a.m. to 1:30 p.m.

Visit our [school health events calendar](http://pages.choa.org/School-Nurse-OptIn.html) to learn more and register.
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!

<table>
<thead>
<tr>
<th>MRI &amp; CT Specialist</th>
<th>Commercial Truck Driving</th>
<th>Practical Nursing</th>
<th>Film &amp; TV Production</th>
<th>Early Childhood Care &amp; Education</th>
<th>Pharmacy Technology</th>
<th>Welding &amp; Joining Technology</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nurse Aide</td>
<td>Computer Networking</td>
<td>Surgical Technology</td>
<td>Web Site Design</td>
<td>Diesel Equipment Technology</td>
<td>Computer Programming</td>
<td>and many more!</td>
</tr>
</tbody>
</table>