



Georgia Student Wellness

Educating the Whole Child

Educating Georgia's Future

August 2020



August National Health Observances

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

[Gastroparesis Awareness Month](#)

[National Breastfeeding Month](#)

[National Immunization Awareness Month](#)

[Psoriasis Awareness Month](#)

[World Breastfeeding Week](#) (Aug. 1–7)

[National Health Center Week](#) (Aug. 9–15)

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.

October 14— 1:00 to 3:30 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

View Recorded Webinar Addressing Supporting Children During COVID-19

The National Child Traumatic Stress Network (NCTSN) joined the Centers for Disease Control and Prevention to present a 56-minute webinar addressing possible ways to support young people during COVID-19. The webinar also outlined how to have conversations with children and adolescents about what is happening. [View the webinar for more information.](#)

Register for Webinar Addressing Teen Depression and Substance Use

Families for Depression Awareness is hosting a webinar Sept. 23 at 6:00 PM EST addressing navigating teen depression and substance use as a family. Participants will learn about the process of prevention and treatment. [Register today!](#)



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COVID-19 Resources

[EPA Indoor Air and Coronavirus](#)

[EPA Air Cleaners, HVAC Filters, and Coronavirus](#)

[CDC's Checklists for Going Back to School](#)

[CDC's Preparing for a Safe Return to School](#)

[CDC's Operating Schools During COVID-19](#)

Healthy School Environment

[View Resource About Healthy Noise Levels](#)

Do your students listen to loud music? They probably do. Do you want to help protect your students' hearing? [Download a PDF copy of *How Loud Is Too Loud?*](#) brought to you by the Centers for Disease Control and Prevention.

Health Education

[Visit CDC Healthy Schools Webpage](#)

If you need resources on nutrition, physical activity, or other aspects of student health, the Centers for Disease Control and Prevention (CDC) Healthy Schools webpage has it all! School health guidelines and school wellness policies are also provided. [Review the resources online.](#)

[View Online Course on Modeling Healthy Behaviors](#)

The Alliance for a Healthier Generation has an online webinar that you can view at your convenience addressing the importance of modeling healthy behaviors for your students. The webinar, *Walk the Talk – Modeling Healthy Behaviors*, explores the connection between staff and students' health behaviors and strategies to increase staff modeling healthy behaviors. [Create a free account to view the course.](#)

School Health Services

[Review Asthma Resources for Schools During COVID-19](#)

The Asthma and Allergy Foundation of America created a COVID-19 and Asthma in Schools toolkit. The toolkit provides supplemental guidance to assist schools as they develop policies and procedures. [View the toolkit.](#)

Community Involvement

[Don't Forget to Get Your Daily Exercise](#)

The Centers for Disease Control and Prevention (CDC) wants to remind everyone to be physically active during the COVID-19 pandemic. Social distancing may prevent some activities, but families can do jumping jacks while watching TV. [View more physical activity tips from CDC.](#)

[Eat Healthier as a Family](#)

The U.S. Department of Agriculture is encouraging families to make healthier nutrition choices. Drink low-fat or fat-free milk. Snack on lean protein. Keep fruit on hand for "grab-and-go". [Learn about more nutritious tips.](#)

[Keep Children Safe Around Hand Sanitizer](#)

The AAP is reminding parents to keep children safe from accidental hand sanitizer poisonings. Swallowing a small amount of hand sanitizer can be dangerous. Children have also been poisoned by using hand sanitizer containing methanol. For more information, visit [HealthyChildren.org](#).

Nutrition Services

[Review Nutrition Tips for Teen Boys and Girls](#)

Do you to help your students develop healthy eating habits? The U.S. Department of Agriculture has helpful tips for teenage boys and girls. Tips include choosing vegetables that are rich in color, eating whole grains, and more. View the tips for [boys](#) and [girls](#).

Employee Wellness

Help Increase Physical Activity Levels of Your Employees

The Institute for Health and Productivity Studies at John Hopkins Bloomberg School of Public Health has a guide for employers to help promote physical activity in the workplace. Learn tips and evidence-based strategies to get your employees motivated and moving. [Download a PDF copy of Physical Activity in the Workplace today!](#)

Fueling Georgia's Future

August Harvest of the Month

Watermelon

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 Nov. 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

[Diabetes Caregiver Class](#) Thursday, September 10, 8:30 a.m. to 1:00 p.m.

[Diabetes Caregiver Class](#) Thursday, September 22, 8:30 a.m. to 1:00 p.m.

[Behavioral Health Symposium: Resilience Building and Behavioral Health Management—A Whole Child Approach](#) Saturday, September 26, 8:00 a.m. to 1:00 p.m.

[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](http://pages.choa.org/School-Nurse-OptIn.html) to subscribe: <http://pages.choa.org/School-Nurse-OptIn.html>



Children'sSM
Healthcare of Atlanta

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

