



Georgia Department of Education

Georgia Student Wellness- Supporting the Whole Child

Krista Lowe, Program Manager
Residential Treatment Facilities
klowe@doe.k12.ga.us
(404) 463-3377

EDUCATING GEORGIA'S FUTURE

DECEMBER 2018



DECEMBER NATIONAL HEALTH OBSERVANCES

[Safe Toys and Celebrations Month](#)

Dec 1 [World AIDS Day](#)

Dec 2 - 8 [National Handwashing Awareness Week](#)

Dec 2 - 8 [National Influenza Vaccination Week](#)

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

Workshops...

[Children's Healthcare of Atlanta School Health Webinar- What School Nurses Need to Know About the Nurse Practice Act](#)

When? Tuesday, December 11th

10:00am-11:00am

Cost? Free

Nursing Contact Hours? Nursing credit is not applied to this live session

Presenter and special guest:

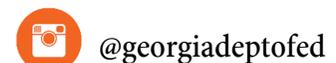
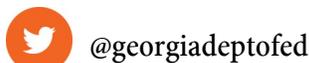
Jim Cleghorn- Executive Director of Georgia Board of Nursing

Click [HERE](#) to register

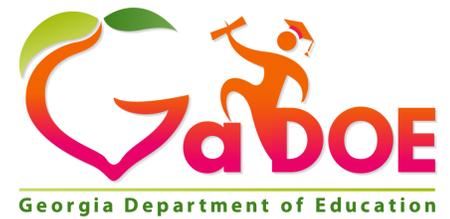


Many children in the U.S. go to emergency rooms every year due to injuries from unsafe toys.

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.



Georgia Student Wellness- Supporting the Whole Child



RESOURCES/WEBINARS

Webinar Addresses Substance Use Disorders Among Youth

If you need help talking to students about substance use, an upcoming webinar may provide some help. The Institute for Research, Education and Training in Addictions webinar will address developmental factors that make adolescents and young adults more vulnerable to substance use disorders. The webinar will also give some suggestions on how to speak to them about their substance use. [Review the webpage for more information.](#)

Video Gives Strategies for Preventing Heart Attacks and Strokes

A new video aims to help prevent heart attacks and strokes in the workplace. The video from the Centers for Disease Control and Prevention discusses data from the national Workplace Health in America Survey and strategies employers can take to help keep their employees healthy. [Watch the 24-minute video on YouTube.](#)

On Demand Course: Creating Asthma-friendly Environments and Promoting Access to Guidelines-based Care for Children with Asthma

Did you miss the opportunity to attend NASN's 50th Annual Conference in Baltimore, Maryland this summer? Don't worry! NASN has you covered! NASN partnered with the National Environmental Education Foundation to support development of skills and knowledge required by the school nurse to identify environmental triggers and implement evidence-based environmental interventions to effectively manage and improve health outcomes for students with asthma. This [course is available now, free](#) for NASN members and non members! Earn **3.0 CNE**.



FUNDING OPPORTUNITIES

Firehouse Subs Public Safety Foundation AED Grants

Thursday, February 28 at 5 p.m. for Quarter 2 2019 Grants

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

Apply for a Grant to Improve Your Community

If you have a plan for helping your community but need some money to get started, Walmart may be able to help. The Walmart Foundation's Community Grant Program awards grants to eligible kindergarten-through-12th grade public, private or charter schools that want to improve their communities through hunger relief and healthy eating, education, environmental sustainability and more. [Visit the Community Grant Program webpage for a complete list of eligibility requirements and areas of funding.](#)

Apply for Healthy Snacking Program Funding

Are you interested in creating a healthy snacking program in your school? The U.S. Apple Foundation and its partners will fund five healthy snacking programs on public school campuses across the country. The deadline to apply is **Dec. 31**. For a complete list of eligibility requirements, [visit the Apples4Ed webpage.](#)

Get a Salad Bar in Your School Cafeteria

Do you want a salad bar in your school cafeteria? The Salad Bars to Schools Program provides funding to eligible schools interested in providing fresh, healthy vegetables to students. [Access the webpage for more information.](#)



YOU STILL HAVE TIME TO REGISTER!!!



What's New with Flu? Epidemiology & Surveillance Webinar

Thursday, December 13, 2018 at 12:30 - 1:30 pm

Join your colleagues for this live presentation and discussion with:

Audrey Kunkes, MPH

Influenza Surveillance Coordinator, Georgia Department of Public Health

Division of Health Protection, Epidemiology Program

Acute Disease Epidemiology Section, Atlanta, GA

Moderator: **Harry Keyserling, MD, FAAP**

Infectious Disease Committee Chair

Georgia Chapter, American Academy of Pediatrics

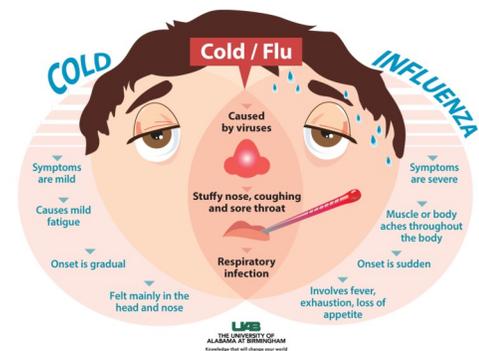
Intended Audience includes: Physicians, Physician Assistants, Nurse Practitioners, School Nurses, Nursing Staff, Medical Assistants, and other health care professionals.

Upon completion of this program the attendee shall be able to:

- Identify goals of influenza surveillance
- Explain how surveillance for influenza is conducted
- Discuss the epidemiology of the last flu season in the US and Georgia
- Identify how flu activity is tracked and monitored in Georgia
- Summarize the information contained in the Georgia Weekly Influenza Report

Do you have the Flu?

According to the CDC, flu vaccines reduce the risk of flu illness between 40% and 60% among the overall population during seasons when most circulating flu viruses are well-matched to the flu vaccine.



To register visit: <https://attendee.gotowebinar.com/register/8800181400960411137>

The application will be submitted to Georgia Nurses Association for approval to award contact hours. Please contact the Georgia Chapter office for more information.

The American Academy of Pediatrics – Georgia Chapter is accredited by the Medical Association of Georgia to provide continuing medical education for physicians.

The American Academy of Pediatrics – Georgia Chapter designates this live activity for a maximum of 1 *AMA PRA Category 1 Credit*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.



Georgia Chapter
American Academy of Pediatrics
*Georgia's leading voice for children and the
pediatricians & subspecialists who care for them.*



Early Brain Development and Early Literacy 101 Webinar

Tuesday, December 11, 2018

12:30 - 1:30 pm EST

Faculty:

Terri McFadden, MD, FAAP

Professor
General Pediatrics
Department of Pediatrics
Emory University School of Medicine
Director of Ambulatory Pediatrics
Hughes Spalding
Children's Healthcare of Atlanta
President, Georgia Chapter
American Academy of Pediatrics

Grab your lunch and tune in to this upcoming webinar on early brain development and early literacy.

There is no charge to attend.

Register at: <https://attendee.gotowebinar.com/register/3781710165366692354>

Who Should Attend: Pediatricians, pediatric nurses & PA's & other clinicians

Learning Objectives:

Upon completion of this course, the attendee will be able to:

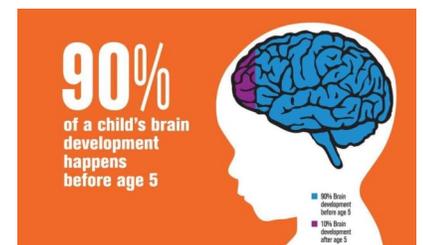
1. Describe how the infant brain is primed for learning
2. Identify social environmental factors that influence early brain development and early literacy
3. List social determinants of health that can influence health outcomes

CME Information: The American Academy of Pediatrics – Georgia Chapter is accredited by the Medical Association of Georgia to provide continuing medical education for physicians. The American Academy of Pediatrics – Georgia Chapter designates this live activity for a maximum of 1 AMA PRA Category 1 Credit™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Continuing Education Units: An application will be submitted to Georgia Nurses Association for approval to award contact hours.

More information: Please contact Fozia Khan Eskew at [feskeew@gaaap.org](mailto:feskew@gaaap.org) or 404-881-5074

Georgia Chapter of the American Academy of Pediatrics
1350 Spring Street, NW | Suite 700 | Atlanta, GA 30309
phone: 404-881-5020 | fax: 404-249-9503 | www.gaaap.org



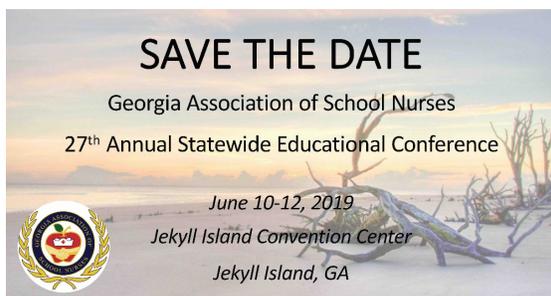
Georgia Student Wellness- Supporting the Whole Child



COUNSELING AND SOCIAL SERVICES

Mental and Behavioral Health Toolkit for Schools

The Austin Community Foundation and the Meadows Mental Health Policy Institute have released the Mental and Behavioral Health Roadmap and Toolkit for Schools. The resource provides schools with research-driven, evidence-based practices to help school personnel assess and address student mental and behavioral health needs. [Download the PDF for more information.](#)



PHYSICAL EDUCATION

Engage Students in Physical Education in Urban Settings

Do you work in an urban school? If you do, a recent article in the Journal of Physical Education, Recreation, and Dance has strategies teachers can use to enhance student engagement. It's also available on the [National Institutes of Health website.](#)

Keep Students Moving During 'Out of School Time'

According to the Centers for Disease Control and Prevention (CDC), more than 10 million children attend after school programs. "Out of School Time" is a supervised program that young people regularly attend when school is not in session. The CDC believes these programs should include physical activity as part of the Whole School, Whole Community, Whole Child approach to student development. [Visit the CDC's Out of School Time webpage to learn how your school can enhance its program.](#)

HEALTHY SCHOOL ENVIRONMENT

View Webinar on Bullying

If you want to help prevent bullying at your school, the Children's Safety Network has a tool for you. Techniques in the recorded webinar "How Social and Emotional Learning Can Help Prevent Bullying" help children and adolescents learn how to manage their emotions, develop positive relationships and empathize with others. [Watch the webinar today.](#)

Report Details Impact of School Buildings on Student Health

A new study links ambient air pollution in schools to absenteeism, shedding new light on how the indoor environment within school buildings affects students. Researchers with Schools for Health outlined their findings on the impact of natural light, noise and inadequate ventilation on students in "Foundations for Student Success." [Access the webpage to download a PDF of the report.](#)



HEALTH EDUCATION

Incorporate Hand-Washing into Your Lessons

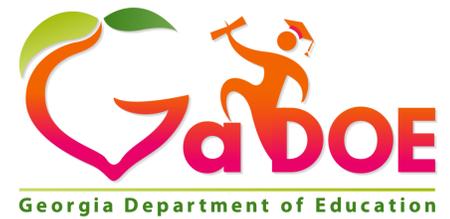
Want your 9-to-13-year-old students to wash their hands? The Centers for Disease Control and Prevention (CDC) has information for teachers and Students on the importance of hand-washing. CDC experts say teachers should incorporate hand-washing into regular classroom activities. [Visit the CDC's "Buzz on Scuzz" handwashing webpage for more information.](#)

New Series Teaches About Effects of Drugs on Brain

The National Institute on Drug Abuse has introduced its new "Mind Matters" booklets for middle school students. The materials explore how opioids, marijuana and nicotine affect a student's brain, body and life. The institute's website also has an online teacher's guide with lesson plans, activities and additional information to boost student learning. [For more information, go to the website.](#)



Georgia Student Wellness- Supporting the Whole Child



SCHOOL HEALTH SERVICES

Visit New Whole School, Whole Community, Whole Child Webpage

The Centers for Disease Control and Prevention has released a new “Whole School, Whole Community, Whole Child” interactive webpage. The webpage addresses the five youth tenets, the coordination ring and the school components of the model. [Access the webpage today.](#)

Access Online Training for Pediatric Mild Traumatic Brain Injury

The Centers for Disease Control and Prevention and the American Academy of Pediatrics have developed a free, online training for health care providers on pediatric mild traumatic brain injury. The course provides strategies for caring for young patients. [Take the “HEADS UP to Healthcare Providers” course today.](#)



COMMUNITY INVOLVEMENT

Data Shed Light on Obesity in Young People

Nine of the 10 states with the highest rates of obesity are located in the South, according to the Robert Wood Johnson Foundation’s newest study. [Visit the webpage to see how Georgia compares to other states.](#)

Guide Helps Parents Talk to Kids About the Dangers of Vaping

In response to the increase in vaping among teens and young adults, the Partnership for Drug-Free Kids has created an online guide for parents. The guide describes what vaping is, its appeal to young people, and the health risks associated with vaping. The guide also provides talking points for tough questions that a child may ask. [Review the guide for more information.](#)



NUTRITION SERVICES

Increase Students’ Access to Drinking Water

Does your school offer enough drinking water? Review the Centers for Disease Control and Prevention’s “Increasing Access to Drinking Water in Schools” tool kit to determine if your school meets the free drinking water requirements in the National School Lunch Program and the School Breakfast Program. The tool kit includes a needs assessment checklist and planning guide. [Download the PDF for more information.](#)

Resource Promotes the Importance of School Gardens

To promote the importance of school gardens, the U.S. Department of Agriculture (USDA) has created the School Gardens handout. The handout addresses food safety in gardens, funding for school gardens and how gardens can thrive in all climates. [Download the PDF for more information.](#)

STAFF HEALTH PROMOTION

Learn Strategies to Improve Employee Wellness

The National Association of Chronic Disease Directors has released “[Healthy School, Healthy Staff, Healthy Students: A Guide to Improving School Employee Wellness.](#)” The guide is intended to assist school districts and schools in establishing or enhancing an employee wellness initiative. Evidence-based school employee wellness programs have the potential to increase employee productivity and performance, improve the health of staff and students, and support student academic success.





November 7, 2018

Dear CDC School Health Partners:

Classroom physical activity can help improve students' concentration and attention, classroom behavior, engagement in learning, and grades. Classroom physical activity should be offered in addition to physical education and recess and at all school levels (elementary, middle, and high school). Still, only 45% of schools in the United States have students participate in regular physical activity breaks during the school day.

To address this issue, CDC and Springboard to Active Schools have developed new resources to help bring physical activity to the classroom. These resources provide educators with evidence-based strategies for integrating classroom physical activity and include:

- **Strategies for Classroom Physical Activity in Schools.** This document describes 10 evidence-based strategies for promoting and planning for classroom physical activity.
- **Integrate Classroom Physical Activity in Schools: A Guide for Putting Strategies into Practice.** This guide provides key questions and activities, along with practical templates that teachers and other champions can use to help them adopt, promote, enhance, or sustain the strategies identified in *Strategies for Classroom Physical Activity in Schools*.

You can find these resources for school administrators, school staff, parents, and others on the [CDC Healthy Schools website](#). We hope that you can use them in training and technical assistance with your districts and schools.

In addition, we have also worked with Springboard to Active Schools to create a Classroom Physical Activity Promotion Kit you can find [here](#). Please join us in promoting the new classroom physical activity resources by using the ideas in the promotion kit.

Please contact us if you have questions about the information and materials.

Thank you.

Holly Hunt

Holly Hunt, Chief
CDC Healthy Schools (School Health Branch)
Division of Population Health
National Center for Chronic Disease Prevention and Health Promotion
www.cdc.gov/healthyschools





What is Included in a Strong Vision Health System of Care?

12 Components of a Strong State System

The National Center for Children's Vision and Eye Health at Prevent Blindness has partnered with the NASN to provide [national guidance for school nurses and others involved in front-line vision screening](#). The goal is to standardize approaches to vision health, facilitate follow-up eye care for students who do not pass vision screening, provide family/caregiver friendly educational information, and consult with leading pediatric eye care providers to promote best practices.

12 Components of a Strong Vision Health System of Care

1. Family Education
2. Comprehensive Communication/Approval Process
3. Vision Screening Tools and Procedures
4. Vision Health for Children with Special Healthcare Needs (CSHCN)
5. Standardized Approach for Re-Screening
6. Comprehensive Vision Screening Results
7. Systemized Approach to Follow-Up
8. Resources for Eye Care
9. Collect Eye Examination Results
10. Effective Communication with the Medical Home
11. Adherence to Treatment
12. Annual Vision Health Program Evaluation

For more information about Prevent Blindness Georgia, to schedule a screening at your school or to request vouchers for glasses, please contact **Shavette Turner, Director of Children's Programs for [Prevent Blindness Georgia](#)**.



Shavette L. Turner
Director of Children's Programs
Prevent Blindness Georgia
739 West Peachtree Street, NW, Suite 200
Atlanta, GA 30308
404-266-2020 Office
404-266-1548 Direct
404-273-3379 Cell
sturner@pbga.org

THE FLU



Findatopdoc.com

MYTHS VS FACTS

MYTH

You can catch the flu from the vaccine.

FACTS

The vaccine is made from an inactivated virus that can't transmit infection.

FACTS

The influenza virus changes (mutates) each year. So getting vaccinated each year is important.

FACTS

20% to 30% of people carrying the influenza virus have no symptoms.

MYTH

Getting the flu vaccination is all you need to do to protect yourself from the flu.

MYTH

Healthy people don't need to be vaccinated.

MYTH

The flu is just a bad cold.

MYTH

You can't spread the flu if you're feeling well.

FACTS

Avoid contact with people who have the flu, wash your hands frequently, and consider taking anti-viral medications if exposed.

FACTS

Influenza may cause bad cold symptoms. But in the United States alone, 36,000 people die and more than 200,000 are hospitalized each year.

FACTS

Current guidelines suggest that children ages 6 months to 19 years old, pregnant women, and anyone over age 65 be vaccinated each year.

MYTH

You don't need to get a flu shot every year.

MYTH

You can catch the flu from going out in cold weather without a coat, with wet hair or by sitting near a drafty window.

FACTS

Flu season coincides with the cold weather, but they are not related.



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



CHOA SCHOOL HEALTH 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!