



December National Health Observances

Safe Toys and Celebrations Month

1 - 7 National Influenza Vaccination Week

1 World AIDS Day

2-6 Older Driver Safety Awareness Week

2 - 8 National Handwashing Awareness 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.

February 13 — 1:30 to 4:00 p.m.

April 4 — 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

Understanding Trauma Online Training

The Clough Foundation Training and Access Project (TAP) is an initiative within the Boston Children's Hospital Neighborhood Partnerships Program (BCHNP) in the Department of Psychiatry at Boston Children's Hospital. BCHNP is a community based behavioral health program that partners with Boston Public Schools. To reach schools beyond Boston, TAP has developed a series of free online trainings for educators and school communities everywhere. [Visit the website to learn more and register for the courses.](#)

Physical Education

[Walking Classroom Studies Show Positive Results](#)

Two studies tested the impact of learning during physical activity. The focus was on student short-term and long-term learning retention, cognitive performance, mood and attitudes toward learning. The results indicated a positive impact on student learning. [Read the full articles on the Walking Classroom webpage.](#)

Healthy School Environment

[Free Year-Long Classroom Resources Address Bullying](#)

The National Bullying Prevention Center has free, weekly year-long classroom resources designed to create environments in which every student is included, involved and invested in preventing and addressing bullying. [Register to begin receiving the weekly resources on the NBPC webpage.](#)

[Restoring Safety in Student Relationships](#)

ASCD has published a case study on strategies that work in restoring student relationships. [Read the article on the ASCD Express: Ideas from the Field webpage.](#)

Health Education

[What Is the Flu?](#)

Looking for a health lesson for your sixth through eighth grade students? Kids Health in the Classroom has a Cold and Flu lesson that will help students explore the immune system and find out how we get sick. [Download a PDF of the teacher's guide and go to the webpage for a handout and quiz.](#)

[Study on Children and Hypertension](#)

A new study published in the Journal of the American Medical Association states that globally the prevalence of hypertension in children and adolescents ages 19 years or younger is 4 percent. [Read a summary of the article on the Healio Infectious Diseases in Children webpage.](#)

School Health Services

[Anorexia Nervosa in Adolescents](#)

Nursing2019 published an article related to anorexia nervosa in adolescents. The article covers risk factors, signs and symptoms and nursing considerations. [Read the article and locate the CE test](#) on the webpage.

[Screen Time vs Lean Time Infographic](#)

Kaiser Family Foundation found that kids ages 8-18 spend on average 7.5 hours in front of a screen for entertainment each day. That adds up to 114 full days of watching a screen for fun. [View the infographic](#) that shows how much screen time kids get by age group.

Community Involvement

[WSCC Fact Sheets Available](#)

The Society for Public Health Education's (SOPHE's) new fact sheets on the Whole School, Whole Community, Whole Child (WSCC) model focus on strengthening relationships of school health leaders, community partners, and youth to build an equity framework that supports students. [Visit SOPHE's website to get the fact sheets.](#)

Nutrition Services

[Making Time for School Lunch](#)

The Center for Disease Control and Prevention has released a research brief on encouraging schools to allow students to have at least 20 minutes of meal time once they are served and seated. [Read the research article on the CDC Healthy Schools webpage.](#)

[Healthy Food Choices During the School Year](#)

Nutrition is important to normal growth processes, and parents may need resources to ensure their child consumes a well-balanced diet. Healthychildren.org has many resources to support a healthy diet [For information to share with parents, visit the webpage.](#)

Staff Health Promotion Holiday Lights

The holiday season is upon us, which for many of us means holiday gatherings, busy schedules and extra indulgent meals and treats. Here are some tips and tricks to lighten up the holiday stress and keep us healthy as we move into 2020.

When it comes to holiday entertaining, stress is hard to escape. A cheese board served with a whole grain crackers, fresh and dried fruit and vegetables, and nuts is a no cook, no hassle choice for the host and a wow factor for your family or guests. Focus on offering a variety of colors with the options that you serve for both a festive and nutritious display.

Enjoy all that the season has to offer with family meals and special recipes. Holiday meals can nourish us both physically and mentally, especially when we design our meals/plates after the USDA MyPlate. Fill half of your plate with fruits and vegetables, one quarter- lean protein and the other quarter- whole grains. And don't forget the dairy! When we provide something from each of the food groups, we consume balanced meals that keep us satisfied.

What about exercise? It can be difficult to maintain during the holidays. Yes, but steps do not have to be logged at the gym. They can be achieved by adding small activities throughout the day like parking in the back of the parking lot when holiday shopping, taking the stairs instead of the elevator or dancing to your favorite holiday song as a family. Find ways to stay active with friends and family as a group this season as this will help keep us physically and mentally healthy.

Enjoy the holidays remembering these tips that encourage us to stay light on stress and focus on our overall health. Design your plates after MyPlate and stay active by moving daily for at least 30 minutes. Let's all encourage and support one another in healthy ways as we look forward to a bright new year.

To learn more visit: www.eatright.org

Focus on Food Safety

December is a great time to focus on food safety education in schools (and at home). Consider exploring these resources during the month of December.

Food Safety Education Activities

<http://snp.wpgadoe.org/wp-content/uploads/2018/12/Focus-on-FS-Education.pdf>

Food Safety Books

<http://snp.wpgadoe.org/wp-content/uploads/2018/11/Food-Safety-Reading-List-PreK-12th-grade.pdf>

Food Safety Education Games and Activities

<https://www.fightbac.org/winter/kids-games-and-activities/>

Funding Opportunities

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

- February 26, 2020 at 5 p.m. for Quarter 2 2020 Grants
- May 13, 2020 at 5 p.m. for Quarter 3 2020 Grants
- August 19, 2020 at 5 p.m. for Quarter 4 2020 Grants

[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](#)
- ⇒ [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*](#)

School Health Resources

Department of Public Health– School Health Program

The GA Department of Public Health employs a Deputy Chief Nurse for School Health to provide leadership, training, and consultation to all health districts, school districts, and nurses serving children in the school setting.

For more information contact:

Sara Kroening, RN, MSN, FNP-BC, AE-C
schoolhealth@dph.ga.gov



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, contact **Gail Smith, MS, BSN**, at 404-785-7202, 404-395-8067 (cell), or schoolhealth@choa.org.

CHOA Events and Trainings

[Child Sex Trafficking Webinar Series: Technology and CSEC: The Good, the Bad and the Ugly](#), Thursday, December 12, 1:00 p.m. to 2:30 p.m.

[Diabetes Caregiver Class](#) Tuesday, January 28, 8:30 a.m. to 1:00 p.m.

[Children's Pediatric Nutrition Conference 2020](#) Monday, Feb. 24, 2020 to Tuesday, February 25, 2020

[Diabetes Caregiver Class](#) Tuesday, February 25, 8:30 a.m. to 1:00 p.m.

[Pediatric Orthopedics and Sports Medicine Seminar](#), Saturday, March 7 8:00 a.m. to 5:00 p.m.

[Diabetes Caregiver Class](#) Tuesday, March 24, 8:30 a.m. to 1:00 p.m.

Visit the [school health events calendar](#) to learn more and register.

Not on the CHOA School Health mailing list? Go to this link to subscribe: <http://pages.choa.org/School-Nurse-OptIn.html>

