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
FEBRUARY 2019

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.

FEBRUARY NATIONAL HEALTH OBSERVANCES

American Heart Month
Low Vision Awareness Month
National Children’s Dental Health Month
Teen Dating Violence Awareness Month
Feb. 1-7 African Heritage and Health Week
Feb. 1 Go Red for Women
Feb. 4 World Cancer Day
Feb. 7-14 Congenital Heart Defect Awareness Week
Feb. 7 National HIV/AIDS Awareness Day
Feb. 24– March 2 National Eating Disorder Screening Program

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 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.

  *April 4- 1:00pm-3:30pm*
  *June 7- 1:30pm-4:00pm*
  *August 12- 1:30pm-4:00pm*

  **Training Location:**
  Children’s Healthcare of Atlanta
  Office Park Learning Center
  1680 Tullie Circle NE
  Atlanta, GA 30329

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

@georgiadeptofed @georgiadeptofed @georgiadeptofed
Georgia Student Wellness-Supporting the Whole Child

COUNSELING AND SOCIAL SERVICES

Learn Tips for Mental Health Screenings in Schools

Schools play a critical role in the comprehensive approach to student behavioral health. To assist schools in mental health screening, the National Center for School Mental Health at the University of Maryland recently released the School Mental Health Screening Playbook and the School Mental Health Teaming Playbook.

Awareness Week Highlights Importance of Body Acceptance

Join the National Eating Disorders Association Feb. 25—March 3 for National Eating Disorders Awareness Week. This year’s theme is “Come as You Are” highlighting the importance of accepting people during all stages of body acceptance and eating disorder recovery. Visit the webpage for more information.

HEALTHY SCHOOL ENVIRONMENT

February Is National School-Based Health Care Awareness Month

Celebrate the role school-based health centers (SBHCs) play in student success. SBHCs help ensure students have access to health care. Visit the School-Based Health Alliance webpage for more information.

Parents for Healthy Schools

Parents have a powerful role in supporting children’s health and learning. Engaged parents help guide their children successfully through school, advocate for their children, and can help shape a healthy school environment. CDC has developed a set of resources called Parents for Healthy Schools to help schools and school groups (e.g., parent teacher associations (PTA), parent teacher organizations (PTO), school wellness committees) engage parents to create healthy school environments.

PHYSICAL EDUCATION

Physically Active Students Have Better Grades

Schools, health agencies, parents, and communities share a common goal of supporting the link between healthy eating, physical activity, and improved academic achievement of children and adolescents.

HEALTH EDUCATION

February is National Teen Dating Violence Awareness Month: Know what healthy relationships look like.

"Every year, approximately 1.5 million high school students nationwide experience dating violence from a dating partner. About 1 in 10 teens who have been on a date have also been physically abused by a boyfriend or girlfriend in the last year. 25% of high school girls have experienced physical abuse, sexual abuse or date rape. Youth violence is a leading cause of death and nonfatal injuries in the United States."

One percent of US teenagers are using flakka -- but it could be more

"Just under 1% of American teenagers are knowingly using the synthetic drug flakka, according to new research....The study found that of the students who said they had used flakka in the previous year, 19.2% had used it more than 40 times...’What really stands out about flakka is the wacky behavior that is sometimes associated with its use,’ Palamar said. ‘It is bizarre, and you will see that word, even in medical journals, because there is no other way to describe it.’"
**Report Supports Effectiveness of School Nutrition Policies**

New research shows that school nutrition policies can be effective in preventing obesity. Researchers from Yale University and the University of Connecticut found that implementing nutrition policies alone or in conjunction with physical activity policies helped students maintain their weight. Physical activity policies alone did not make significant changes to students’ body mass index. Read the report for more information.

**Curriculum Encourages Healthy Breakfasts**

Do you want to teach your 6th grade students about the importance of a balanced breakfast? Visit the U.S. Department of Agriculture’s webpage for the Start Smart with Breakfast lesson. The project-based learning activity includes a lesson plan, handouts, a quiz and much more. Your students will learn why eating breakfast matters and what makes up a balanced breakfast. For more information, read the webpage.

**Focus on Fitness in the New Year**

Is your New Year’s resolution to be more active in 2019? The Centers for Disease Control and Prevention has tips and resources for employers to create or expand programs encouraging employees to be physically active. Visit the webpage to learn about interventions you can implement in your workplace.

**School Staff Play Important Role in Encouraging Healthy Behaviors**

Visit the Centers for Disease Control and Prevention website to learn about staff role modeling.

---

**Tool Provides Easy Access to Health-Risk Behavior Data**

Do you want to find out the leading causes of death and disability among young people? Look no further than the Centers for Disease Control and Prevention’s new Youth Risk Behavior Surveillance System Analysis Tool. The results can help schools create appropriate interventions to help students be healthy. Access the tool through the Youth Online webpage.

---

**Register for Webinar on Making Communities Accessible**

Do you want to help make your community more inclusive and accessible for individuals with disabilities? Register for Stronger Together: Partnering with the Disability Rights Movement. The webinar will address tools and resources communities can use to become more inclusive. Register today.

---

**Host a Community Town Hall Meeting to Prevent Underage Drinking**

Do you want to help prevent underage drinking? Join the Substance Abuse and Mental Health Services Administration and host or support a Communities Talk event in your community to address underage drinking. Access the webpage for more information.

---

**Register for Webinar on Making Communities Accessible**

Do you want to help make your community more inclusive and accessible for individuals with disabilities? Register for Stronger Together: Partnering with the Disability Rights Movement. The webinar will address tools and resources communities can use to become more inclusive. Register today.

---

**Host a Community Town Hall Meeting to Prevent Underage Drinking**

Do you want to help prevent underage drinking? Join the Substance Abuse and Mental Health Services Administration and host or support a Communities Talk event in your community to address underage drinking. Access the webpage for more information.

---

**Focus on Fitness in the New Year**

Is your New Year’s resolution to be more active in 2019? The Centers for Disease Control and Prevention has tips and resources for employers to create or expand programs encouraging employees to be physically active. Visit the webpage to learn about interventions you can implement in your workplace.

---

**School Staff Play Important Role in Encouraging Healthy Behaviors**

Visit the Centers for Disease Control and Prevention website to learn about staff role modeling.
Scientists develop accurate, non-invasive tool to predict asthma in children

"The prediction of childhood asthma has been an obstacle for healthcare professionals and medical experts. An American study published in the Journal of Allergy and Clinical Immunology tackles this medical concern by introducing an innovative solution for determining the risk of asthma in children. Titled the Pediatric Asthma Risk Score (PARS), this prediction tool enables medical experts to detect the likelihood of asthma and effectively implement the preventative measures necessary earlier on."

Federal Commission on School Safety Releases Comprehensive Resource Guide

The Federal Commission on School Safety released the final report based on their research with programs and stakeholders from across the nation. The report is a comprehensive resource guide broken into three broad areas; prevention; protect and mitigate; and respond and recover.

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. Additionally, the Deputy Chief Nurse for School Health collaborates across program disciplines within the Department of Public Health to promote physical, social, emotional, and educational growth of children and adolescents 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

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 School Breakfast Grant

Looking for funding to help pay for students’ school breakfasts? Action for Healthy Kids has provided $8.7 million in grants aimed at student wellness since 2009. If you want to start or expand your school breakfast program, apply between Feb. 4 and April 5. Visit the grant webpage for more information. If you have questions about the grant, register for the Breakfast Grant Webinar on Feb. 21.

Program Donates Equipment and Apparel for Sports

Does your school need help getting sports equipment and apparel? If it does, 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 between ages 3-18 years old, and more than half of the student body must be eligible for free or reduced lunches. Read the webpage for more information.

Wal-Mart Community Grant Program

Awards grants of $250 to $5,000 through Walmart stores, Sam’s Clubs and Logistics facilities. Eligible nonprofit organizations must operate within the service area of the facility from which they are requesting funding. The 2019 grant cycle begins Feb. 15, 2019 and the application deadline to apply is Dec. 31, 2019. An application may be submitted at any time during this funding cycle. Please note that applications will only remain pending in our system for 90 days. Apply here.

Resources/Webinars

Georgia Student Wellness—Supporting the Whole Child

Scientists develop accurate, non-invasive tool to predict asthma in children

"The prediction of childhood asthma has been an obstacle for healthcare professionals and medical experts. An American study published in the Journal of Allergy and Clinical Immunology tackles this medical concern by introducing an innovative solution for determining the risk of asthma in children. Titled the Pediatric Asthma Risk Score (PARS), this prediction tool enables medical experts to detect the likelihood of asthma and effectively implement the preventative measures necessary earlier on."

Federal Commission on School Safety Releases Comprehensive Resource Guide

The Federal Commission on School Safety released the final report based on their research with programs and stakeholders from across the nation. The report is a comprehensive resource guide broken into three broad areas; prevention; protect and mitigate; and respond and recover.

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. Additionally, the Deputy Chief Nurse for School Health collaborates across program disciplines within the Department of Public Health to promote physical, social, emotional, and educational growth of children and adolescents 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

Don't miss a funding opportunity!
February is American Heart Month

HEART ATTACK SYMPTOMS:
MEN VS. WOMEN

MEN
...often, but not always, experience the classic signs of a heart attack:

- **Pressure**, fullness, squeezing or pain in the center of the chest that goes away and comes back
- **Pain** that spreads to the shoulders, neck or arms
- **Chest discomfort** with lightheadedness, fainting, sweating, nausea, or shortness of breath

Trigger: Men most often report physical exertion prior to heart attacks.

WOMEN
...may experience the classic symptoms, but rather they are often milder:

- **Shortness of breath** or difficulty breathing
- **Nausea**, vomiting or dizziness
- Back or jaw **pain**
- Unexplained **anxiety**, weakness or fatigue
- **Palpitations**, cold sweats or paleness
- Mild, **flu-like symptoms**

Trigger: Women most often report emotional stress prior to heart attacks.
February Is American Heart Month

Learn how to prevent heart disease and prepare for sudden cardiac arrest (SCA). According to Parent Heart Watch, SCA is the number one killer of student athletes. Visit the National Institutes of Health for heart health information, and visit Parent Heart Watch for SCA emergency response information.

Course Addresses Youth and Brain Injuries

The Children’s Safety Network is hosting a free webinar discussing traumatic brain injuries in youths on Feb. 21 at 1 p.m. The webinar will identify the major causes of traumatic brain injury, explain the signs and symptoms of sports-related concussions and much more. Space is limited, so register today.

Attend ‘Conference for Every Educator’

Get empowered! Grab your colleagues and attend the Association for Supervision and Curriculum Development (ASCD) Empower19: The Conference for Every Educator March 16—18 in Chicago. Session topics include social-emotional learning, supporting the whole child, family engagement, mental health, physical education and much more. For more information, access the website.

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.

You Can Save A Life FROM SUDDEN CARDIAC ARREST

CALL 911 to Get Help

PUSH To Triple Chance of Survival

SHOCK To Restart Heart
THE NUMBERS

1 in 3 seventh grade U.S. students report being a victim of dating violence.

44% of ALL students have been in an abusive relationship by the time they graduate from college.

1 in 5 college students are currently in an abusive relationship.

More than 1 in 3 (38%) would not know how to get help on campus if they were in an abusive relationship.

Sources
WHO ARE SCHOOL COUNSELORS?

School counselors are certified/licensed educators who improve student success for ALL students by implementing a comprehensive school counseling program.

EMPLOYED AT ALL LEVELS

- Elementary
- Middle/Junior High
- High School

Also employed in district supervisory positions; and school counselor education positions

SCHOOL COUNSELOR QUALIFICATIONS

- Hold, at minimum, a master’s degree in school counseling
- Meet the state certification/licensure standards
- Fulfill continuing education requirements
- Uphold ASCA ethical and professional standards

SCHOOL COUNSELOR’S ROLE

School counselors are vital members of the education team and maximize student success

Help all students:
- apply academic achievement strategies
- manage emotions and apply interpersonal skills
- plan for postsecondary options (higher education, military, work force)

Appropriate duties include providing:
- individual student academic planning and goal setting
- school counseling classroom lessons based on student success standards
- short-term counseling to students
- referrals for long-term support
- collaboration with families/teachers/administrators/community for student success
- advocacy for students at individual education plan meetings and other student-focused meetings
- data analysis to identify student issues, needs and challenges

IDEAL CASELOAD

250 students per school counselor

For more information, resources please visit www.schoolcounselor.org
THE ROLE OF A SCHOOL SOCIAL WORKER

School Social Workers are the link between school and community in providing services to students, families and school personnel to promote and support students’ academic and social success.

SERVICES TO SCHOOL PERSONNEL

- Assessing students with mental health concerns.
- Developing staff in-service training programs.
- Assisting teachers with classroom management.

SERVICES TO STUDENTS

- Providing crisis intervention.
- Develop intervention strategies to increase academic success.
- Help conflict resolution and anger management.
- Helping children develop social-emotional skills.

SERVICES TO PARENTS/FAMILIES

- Interview the family to assess problems affecting the child’s education.
- Work with parents to facilitate support in their children’s school adjustment.
- Alleviate family stress for the child to function more effectively in school.

SERVICES TO DISTRICTS

- Develop alternative programs for dropouts, truants, delinquents, etc.
- Identify and report child abuse and neglect.
- Providing prevention programs for school violence, substance abuse, & teen pregnancy.
- Helping districts assess school climate and develop school safety plans.

SCHOOL-COMMUNITY LIAISON

- Obtain and coordinate community resources to meet students’ needs.
- Helping school districts receive adequate support from social and mental health agencies.

School Social Work Association of America
Mental Health and Mental Illness in Children and Teens

TITLE
Mental Health and Mental Illness in Children and Teens

DATE Friday, February 22, 2019
TIME 10:00 am – 11:30am EST
LOCATION online webinar

DESCRIPTION
Children’s Healthcare Strong4Life Team is collaborating with Georgia National Alliance on Mental Illness and Georgia Department of Education to provide an educational offering on childhood mental health and mental illness. A question and answer session will be included.

NURSE PLANNER & MODERATOR
Gail Smith
School Health – Strong4Life
Children’s Healthcare of Atlanta

PRESENTERS
Cheryl Benefield
Program Manager
Safe and Drug Free Schools
Department of Education

Jennifer Cardenas
CYA Program Manager
NAMI Georgia

Kathleen Hill
Wellness Program Coordinator
Children’s Healthcare of Atlanta

Kim Jones
Executive Director
NAMI Georgia

AUDIENCE
This webinar will be helpful for anyone providing care to children and teens.

DETAILS
No cost
This will be a live and recorded event.

REGISTRATION LINK
https://goto.webcasts.com/starthere.jsp?ei=1230290&tp_key=8059ea8925

Questions? Email SchoolHealth@choa.org

This activity is provided by Children’s Healthcare of Atlanta. Children’s Healthcare of Atlanta is an approved provider of continuing nursing education by the Alabama State Nurses Association, an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation. Contact hours: 1.50
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
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


**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***
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