



Georgia Student Wellness

Educating the Whole Child

Educating Georgia's Future

February 2020

February is
American Heart Month



February National Health Observances

[Age-Related Macular Degeneration Awareness Month](#)

[American Heart Month](#)

[Gallbladder and Bile Duct Cancer Awareness Month](#)

[International Prenatal Infection Prevention Month](#)

[National Cancer Prevention Month](#)

[National Children's Dental Health Month](#)

February 7 - 11 [Congenital Heart Defect Awareness Week](#)

February 9 - 15 [Cardiac Rehabilitation Week](#)

February 14 - 21 [Alzheimer's Disease and Dementia Care Staff Education Week](#)

February 23-29 [National Eating Disorder 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 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.

April 8— 1:00 to 3:30 p.m.

June 2— 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

Counseling & Social Services

[View Webinar Addressing Grief in School](#)

The National Child Traumatic Stress Network has a recorded webinar discussing schools, grief, and helping students cope with death. [Create a free account to watch the webinar.](#)

[Video Highlights Importance of School Attendance](#)

The American Academy of Pediatrics recently hosted the webinar "Improving Children's Health by Attending to Attendance." Viewers will learn the physical and emotional causes of chronic absenteeism, identify evidence-based interventions addressing the causes, and identify steps healthcare providers can take to address chronic absenteeism in their practice or community. [The hour-long video is available on YouTube.](#)



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Physical Education

[Is It Physical Education or Physical Activity? Understanding the Difference](#)

With heightened attention on childhood obesity prevention efforts, there seems to be some confusion between the terms "physical education" and "physical activity." Often the words are used interchangeably but they differ in important ways. Understanding the difference between the two is critical to understanding why both contribute to the development of healthy, active children. SHAPE America believes every child in the United States deserves both a quality physical education and physical activity program. [Read more.](#)

Healthy School Environment

[What is a Healthy School?](#)

"At Healthy Schools Campaign, we believe that prioritizing health in schools will yield lifelong benefits for the 52 million children currently attending America's schools—and that our nation's future hinges on giving all children a chance for a healthy, brighter tomorrow." [Read more.](#)

Health Education

[Videos Address Vaping Risks](#)

The National Institute on Drug Abuse for Teens recently released three videos addressing the risks of vaping. The video [What are the Health Risks of Vaping?](#) explores the short-term and long-term risks of vaping. [Is Vaping Liquid Safe?](#) explains that inhaling some flavors from e-cigarettes may be dangerous, and [Does Heat Affect Vaping?](#) explains that heating e-cigarette liquid can create toxic compounds. Watch all three videos on YouTube.

[Lesson Plan Explores Dangers of Nicotine](#)

Did you know that one in five deaths in the United States is caused by smoking tobacco or secondhand smoke? Visit the National Institutes of Health [Mind Matters: The Body's Response to Nicotine](#) to download the nicotine lesson plan.

School Health Services

[Register for Society for Public Health Education Conference](#)

Calling all health education specialists! The Society for Public Health Education (SOPHE) will host its annual conference March 17-20 in Atlanta.

[Go to the conference webpage and review the March 20 School Health Track.](#)

Community Involvement

[Learn What to Do if Your Child Is Falling Behind in School](#)

If your child is falling behind in school, the American Academy of Pediatrics recommends talking to your child's pediatrician. After completing an evaluation, the pediatrician may be able to advocate for the best Individualized Education Program (IEP) or 504 plan. [Read the article on HealthyChildren.org for more information.](#)

[Join Active People, Healthy Nation Initiative](#)

The Centers for Disease Control and Prevention recently launched the [Active People, Healthy Nation](#) program to encourage 27 million Americans to be more physically active by 2027. [The Active Communities Tool \(ACT\): An Action Planning Guide and Assessment Modules to Improve Community Built Environments to Promote Physical Activity](#) supports cross-sector teams in the action planning for improving community-built environments that promote physical activity consistent with their community context. Visit the webpages for more information.

Nutrition Services

[Review USDA Foods Available List for School Year 2020-2021](#)

The U.S. Department of Agriculture recently released the [Foods Available List for School Year 2021 for Schools and Institutions.](#)

Employee Wellness

[Learn About Heart-Healthy Best Practices for Employees](#)

Heart disease is the leading cause of death for men and women in the United States. That's according to the American Heart Association. To learn what your employer can do to help promote healthy employee hearts, download a PDF copy of **[Workplace Best Practices for Heart Healthy Employees](#)**, from the Centers for Disease Control and Prevention.

Fueling Georgia's Future

Food Based Learning:

Activities for Heart Health and Valentine's Day

<http://snp.wpgadoe.org/wp-content/uploads/2020/01/Valentines-Day.pdf>

Dates to Remember:

I Heart Georgia Milk Day

<http://snp.wpgadoe.org/wp-content/uploads/2020/01/FBL-I-Heart-GA-Milk.pdf>

Harvest of the Month:

Cabbage

Cabbage marketing, promotion and food based learning activities are available.

<http://gafarmtoschool.org/harvest-of-the-month-marketing-materials/>



Funding Opportunities

[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.](#)**

[Grant Promotes School Nutrition, Physical Activity Programs](#)

Looking for funding to promote physical activity or healthy eating initiatives? Look no further than the Action for Healthy Kids' Game On grants. Applications will be accepted through April 3. **[Visit the webpage for more information and register for the Game On grant webinar occurring Feb. 20 at 2 p.m.](#)**

[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, 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

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.

Diabetes Caregiver Class Tuesday, April 28, 8:30 a.m. to 1:00 p.m.

Diabetes Caregiver Class Tuesday, May 26, 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>



Children's
 Healthcare of Atlanta