



Georgia Department of Education

Georgia School Nurse NEWS

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EDUCATING GEORGIA'S FUTURE

FEBRUARY 2018

American



Heart Month

FEBRUARY NATIONAL HEALTH OBSERVANCES

- ⇒ [AMD/Low Vision Awareness Month](#)
- ⇒ [American Heart Month](#)
- ⇒ [National Children's Dental Health Month](#)
- ⇒ [Teen Dating Violence Awareness Month](#)
- ⇒ [National Radon Action Month](#)
- ⇒ [Feb. 1-7 African Heritage and Health Week](#)
- ⇒ [February 2- Give Kids A Smile Day](#)
- ⇒ [February 4- World Cancer Day](#)
- ⇒ [February 7-14 Congenital Heart Defect Awareness Week](#)
- ⇒ [February 14 National Donor Day](#)
- ⇒ [February 22 National Heart Valve Disease Awareness Day](#)
- ⇒ [February 28-March 3 National Eating Disorder Screening Program](#)

The articles and hyperlinks to external websites appearing in the School Nurse News are intended to be informational and do not represent an

*You Make a Difference
Thank You for all you do!*



DEFINITION OF SCHOOL NURSING

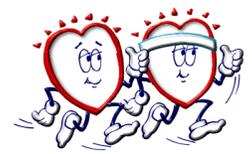
School nursing, a specialized practice of public health nursing, protects and promotes student health, facilitates normal development, and advances academic success. School nurses, grounded in ethical and evidence-based practice, are the leaders that bridge health care and education, provide care coordination, advocate for quality student-centered care, and collaborate to design systems that allow individuals and communities to develop their full potentials. **Approved by the NASN Board of Directors June 2016.**



UPCOMING WORKSHOPS

School Nurse Workshops...

- February 7th from 9:00am-12:00pm
Pioneer RESA 1342 GA-254 Cleveland, GA
- February 28th from 10:00am-11:00am
CHOA/DOE School Health Update (via webinar): Sports Medicine
<https://mentalhealthscreening.org/programs/initiatives>
- **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 14th- 1:00pm-3:30pm
 - ⇒ March 14th- 8:30am-11:00am
 - ⇒ April 17th- 1:00pm-3:30pm



Heart disease is the leading cause of death for men and women in the United States. Every year, 1 in 4 deaths are caused by heart disease. The good news? Heart disease can often be prevented when people make healthy choices and manage their health conditions. Communities, health professionals, and families can work together to create opportunities for people to make healthier choices. Make a difference in your community: Spread the word about strategies for preventing heart disease and encourage people to live heart healthy lives.

How can American Heart Month make a difference?

We can use this month to raise awareness about heart disease and how people can prevent it — both at home and in the community.

Here are just a few ideas:

Encourage families to make small changes, like using spices to season their food instead of salt.

- Motivate teachers and administrators to make physical activity a part of the school day. This can help students start good habits early.
- Ask doctors and nurses to be leaders in their communities by speaking out about ways to prevent heart disease.

How can I help spread the word?

We've made it easier for you to make a difference. This toolkit is full of ideas to help you take action today. For example:

- [Add information about living a heart healthy lifestyle to your newsletter.](#)
- [Tweet about American Heart Month.](#)
- [Host a community event where families can be active while learning about local health resources.](#)

Take action: Be the cure! Join the American Heart Association's national movement in support of healthier communities and healthier lives.



Heart Disease Prevention Tips

1. Get moving — exercise even moderate is one of the most important things you can do right now.
2. Keep your children active starting at a young age. We are now facing a new generation who have a shorter life span than their parents.
3. Stop eating processed foods.
4. Lower your sodium (salt) intake.
5. Eat more whole foods.
6. Control your daily stresses.
7. Get consistent and good quality sleep.
8. Quit smoking.
9. Limit your alcohol consumption to twice a week or less.
10. Dramatically decrease your consumption of sugar.

the2ndact.ca



TEEN DATING VIOLENCE AWARENESS AND PREVENTION MONTH



February is Teen Dating Violence Awareness and Prevention Month and we have tons of amazing activities planned all month long. Help us celebrate healthy relationships and join us in taking action to help spread awareness and prevent dating violence! Here's how you can help:

***It's Time to Talk* is on February 2**

- [Start the conversation about dating violence and sexual assault](#) with your family, friends, co-workers, and more on this day -- or if you can't talk that day, commit to a setting a time and day this month to talk during Teen DV Month.
- Listen to our [Legal Services Manager Laila Leigh](#) and Kristen Rowe-Finkbeiner on Moms Rising podcast, [available to download on iTunes](#)
- Share the [warning signs of dating violence](#) with family and friends
- Let us know you had a conversation about dating violence and share your success [on our Facebook page](#)

***Respect Week* is February 8-12**

- Wear something orange to commemorate Teen DV Month on Wear Orange Day on February 9 and promote healthy relationships
- [Invite your friends to the event](#) and share your orange photos across Facebook, Twitter, Instagram, SnapChat and more using #Orange4Love
- [Join the Thunderclap](#) of the National Respect Announcement to help promote healthy relationships on Valentine's Day
- [Download the Respect Week Guide](#) and get ideas and activities for your school or organization to make an impact on your community
- Connect with [loveisrespect](#), our partnership with the [National Domestic Violence Hotline](#), and find helpful resources to support your Teen DV Month community activities

Share on Social Media with *Break the Cycle*:

- Don't just talk about it -- CHALK about it! **#ChalkAboutLove is February 14 and 29.** Chalk a sidewalk on your campus, school, neighborhood, workplace, or wherever you like about what love means to you and sharing your photos and videos with us
- Raise awareness with your friends by setting up a hangout to talk about healthy relationships
- Share your hangout selfies with us on social media

February is Teen Dating Violence Awareness Month



**You can help prevent it
before it ever starts!**

- ★ **Encourage teens to promote respectful relationships**
- ★ **Engage educators & community groups**
- ★ **Recognize and address risks for dating violence early**
- ★ **Empower witnesses to intervene**

WEBINARS AND RESOURCES

⇒ **Social and Emotional Learning Interventions under the ESSA**

In December 2017, the Rand Corporation published this [Evidence Review](#) (report), which may be downloaded, along with its [Research Brief](#). The report examines recent evidence on U.S.-based social and emotional learning (SEL) interventions for K-12 students and discusses opportunities for supporting SEL under the Every Student Succeeds Act (ESSA). Importantly, the report explains the standards of evidence required under ESSA and identifies SEL interventions that meet these standards and might be eligible for federal funds.

⇒ **Physical Activity (PA) Resources**

The American Heart Association provides [teacher resources](#) to help increase students' PA levels to the recommended 60 minutes per day. The resources include downloadable Physical Activity Breaks, Physical Activity Homework, and a Student Game Planner.

⇒ **From Farm to Fork**

Johns Hopkins University has made available free of charge its high school curriculum [FoodSpan](#), which includes downloadable lessons based on national standards in health and other subject areas. The curriculum provides students with a deep understanding of critical food system issues and empowers them to make healthy and responsible food choices.

⇒ **National Radon Action Month**

Radon is a naturally-occurring radioactive gas that can build up to unsafe levels in buildings and cause cancer. It can be easily detected with tests. Please refer to the [U.S. Environmental Protection Agency website](#) for information about radon testing in homes, schools, or other buildings.



Every Child Deserves a School Nurse

FUNDING OPPORTUNITIES

⇒ **Firehouse Subs Public Safety Foundation [AED Grants](#)**

Thursday, March 1, 2018 at 5:00 PM EST for 1st Quarter Grants

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

⇒ **Presidential Youth Fitness Program (PYFP) Grant—Deadline: March 2, 2018**

The 2018 PYFP grant is an opportunity for eligible schools and districts to secure resources to support fitness education programming (including fitness assessment) in the physical education classroom. Visit the [grant Web site](#) for more information.

⇒ **Anthem Foundation**

The Anthem Foundation believes we must champion healthy behaviors, health-risk prevention and healthy environments. We fund specified public health-related issues that positively affect key health conditions and systems. Eligible organizations include tax exempt organizations with 501c3 status. Cycle One applications are due February 23, 2018. Cycle Two applications are due August 31, 2018. Deadline: February 23, 2018. [For More Information, Click Here](#)

⇒ **The Wellmark Foundation**

The Wellmark Foundation is most interested in funding sustainable initiatives that focus on providing one of the two initiatives: Access to and the consumption of healthy foods; Safe and healthy environments in which to be active. Large MATCH (challenge) grants to be matched 100 percent up to \$100,000 due February 23, 2018. [For More Information, Click Here](#)

WEBINARS AND RESOURCES

⇒ **Young Adults and Transitioning Youth with Autism Spectrum Disorder (ASD)**

The National Autism Coordinator of the U.S. Department of Health and Human Services submitted this [report](#) to Congress in August 2017. The report summarized existing federal investments focused on the transition period from childhood to adulthood for individuals with ASD. It also identified gaps in federal research, programs, and services that support youth with ASD during this critical period.

⇒ **CDC Webpage: Health and Academics**

The Centers for Disease Control and Prevention (CDC) recently updated its [Healthy Schools website](#) to include new information that supports the link between student health behaviors and academic grades. Research is based on the September 2017 Morbidity and Mortality Weekly Report (MMWR) [Health-Related Behaviors and Academic Achievement Among High School Students – United States, 2015](#). This report confirms the association between health and academics found in an earlier, systematic review of CDC research. The new webpage includes fact sheets, data tables, and other resources.

⇒ **Continuing Education: Influenza Prevention with Vaccines**

The [Centers for Disease Control and Prevention](#) highlighting a new continuing education (CE) opportunity provided by Medscape, LLC, which utilizes the CDC's August 2017 Morbidity and Mortality Weekly Report (MMWR) [Prevention and Control of Seasonal Influenza with Vaccines](#). Medscape will award 1.75 contact hours of CE credit for nurses. You can [register](#) free of charge or log in without a password.

⇒ **Resources to Fight the Flu**

With flu-like illness on the rise, Georgians can find the most up-to-date information on <https://dph.georgia.gov/georgia-flu-information>. Here are two that may be particularly helpful: [Information for Schools: Questions and Answers](#) (see “Flu Resources for Schools” section) and [How to Clean and Disinfect Schools](#).

⇒ **Preparing Youth to Thrive: Promising Practices for SEL**

The Social and Emotional Learning (SEL) Challenge was designed to identify promising practices for building skills in six areas: emotion management, empathy, teamwork, initiative, responsibility, and problem solving. The Field Guide, a product of the [SEL Challenge](#), shares best practices and collective expertise for equipping the rising generation with the SEL skills they need to thrive. Educators and out-of-school staff may download the [Field Guide](#) for use in developing SEL programming.

⇒ **Community Policing and Supporting Youth with Mental Health Needs**

This brief [Children's Bureau Express article](#) introduces the webisode [Diverting to Treatment](#). The hour-long webisode, created by the Substance Abuse and Mental Health Services Administration (SAMHSA), looks at developments related to crisis intervention training (CIT) and the shift in law enforcement and community perceptions. The goal of CIT is to decrease violence and unnecessary arrests while improving access to mental health services. One of the professionals featured in the webisode is a police captain and supervisor of school resource officers.



SCHOOL NURSE BULLETIN BOARD IDEAS





Families Fighting Flu

STAY IN THE
GAME

Helping Healthcare Professionals Fight Flu

Families Fighting Flu has partnered with the National Association of Pediatric Nurse Practitioners (NAPNAP) and HealthyWomen to develop a **Do You Know the Flu?** comprehensive toolkit for pediatric healthcare professionals in an effort to increase annual flu vaccination rates in the pediatric population.

We realize that as healthcare professionals, you have a lot of responsibilities when it comes to your patients, only one of which is flu prevention. However, we know you understand how serious the flu can be, even for healthy people. And we want to help you make a difference in the fight against flu.

In this toolkit, you will find the following educational resources:

- A personal note from a pediatric nurse practitioner that highlights why healthcare professionals are so important for flu prevention
- Family stories that illustrate just how serious flu can be for children, even healthy children
- Benefits of flu vaccination to share with your patients
- A **Do You Know the Flu?** quiz to test your flu knowledge
- Key flu messages for patient/parent conversations
- A conversation road map on how to address tough flu-related questions
- Flu facts
- A public service announcement called Play It Safe
- Resources to share with parents, including two infographics

[DOWNLOAD HEALTHCARE PROFESSIONAL TOOLKIT - ENGLISH](#)

[DOWNLOAD HEALTHCARE PROFESSIONAL TOOLKIT - SPANISH](#)

How do you Keep Flu Out of School?



PreventChildhoodInfluenza.org/school



DO YOU *KNOW* the Flu?

Here are three steps to take to help keep your family healthy this flu season . . .



The Flu is NO Fun

Know the Facts



Flu is a highly-contagious disease that easily spreads via droplets created when someone coughs, sneezes, or talks.



Children have the highest rate of infection due to flu.



In the U.S., more than 1,472 children have died due to the flu between 2004-2017.^{1,2,3,4} Historically, 80-85% of flu deaths are in unvaccinated children.⁵



Have a Flu Vaccination Game Plan



Annual flu vaccination for everyone 6 months of age and older is the best way to protect against the flu.



Make getting your annual flu vaccination a FUN, family activity.

HERE'S HOW:

#1 Get your family vaccinated... **TOGETHER.**

#2 Afterwards, enjoy a family activity, such as going to the movies or to your favorite restaurant.



Practice Healthy Habits, too



In addition to an annual flu vaccination, it's also important to remember to:

- Wash hands often
- Stay home if you don't feel well
- Avoid touching your eyes, nose, or mouth - germs spread this way
- Cough into elbows, not hands to avoid sharing germs
- Clean and disinfect surfaces at home, work, or school, especially when someone is sick



Getting your annual flu vaccination and practicing healthy habits protects you **AND** everyone around you, too!

Remember: It's Not 'JUST' the Flu – It's a Serious Disease!

For more information visit: www.familiesfightingflu.org
or follow us on Twitter: [@famfightflu](https://twitter.com/famfightflu)

Made possible through an educational collaboration with Sanofi Pasteur

1. FluView. Influenza Associated Pediatric Mortality 2004-2008. Available at: <https://gis.cdc.gov/GRASP/Fluview/PedFluDeath.html>. Accessed October 6, 2017.
2. FluView. Influenza Associated Pediatric Mortality 2008-2012. Available at: <https://gis.cdc.gov/GRASP/Fluview/PedFluDeath.html>. Accessed October 6, 2017.
3. FluView. Influenza Associated Pediatric Mortality 2012-2016. Available at: <https://gis.cdc.gov/GRASP/Fluview/PedFluDeath.html>. Accessed October 6, 2017.
4. FluView. Influenza Associated Pediatric Mortality 2016-2017. Available at: <https://gis.cdc.gov/GRASP/Fluview/PedFluDeath.html>. Accessed October 6, 2017.
5. Centers for Disease Control and Prevention. CDC: Reported Flu Deaths in Children Surpass 100 for 2016-17. Available at: <https://www.cdc.gov/flu/news/report-ed-flu-deaths-children.htm>. Accessed October 6, 2017.



Fight the Flu

Flu Activity in Georgia

Each year from October to mid-May, Georgia's Department of Public Health tracks flu activity throughout the State and reports the findings in the [Georgia Weekly Influenza Report](#). Along with other [surveillance components](#), influenza-like illness is tracked with the help of volunteer sentinel providers (private providers, occupational health providers, student health clinics and emergency departments) as part of CDC's [ILINet](#) program. While each individual case of influenza is not reportable to health authorities, we monitor flu activity by watching the percent of doctors' visits that are for "influenza-like illness" (fever >100° F and cough and/or sore throat). When these doctors' visits for "influenza-like illnesses" begin to increase compared to baseline levels, we suspect that influenza is active in an area. Baseline levels are considered to be 0-3%.

After House Bill 198 passed in the 2017 Legislative session, schools are required to provide information to parents and guardians of students in grades 6 through 12 on influenza and its vaccine whenever other health information is provided. Below you will find many resources on Influenza and the flu vaccine.

Influenza Resources

[About Influenza](#)

[Influenza Terms](#)

[Influenza Prevention](#)

[Novel Influenza A Infection-H3N2v](#)

Influenza Related Pages

[Influenza: What You Need to Know](#)

[Frequently Asked Questions](#)

[Influenza Surveillance in Georgia](#)

[Vaccine Information Sheet Influenza](#)

[Flu Activity in Georgia](#)

[Novel Influenza A Infections](#)

[Georgia Pandemic Influenza](#)

[Preparedness Information](#)



GASN SUMMER CONFERENCE

SAVE THE DATE

Georgia Association of School Nurses

School Nurses Bridging the Gap:
Whole Child, Whole School and Whole Community

The Classic Center, Athens, GA
June 19-20, 2018



BENEFITS OF JOINING GEORGIA ASSOCIATION OF SCHOOL NURSES

HOW TO JOIN?

[With our new website you can now join online.](#) Just fill out the form and submit your payment to get instant access to member only content. (We use PayPal, but you don't have to have an account – very secure)

WHY JOIN?

When you join online you can immediately access the Members Only area, giving you access to Bylaws, Committees, Officers & Officers History, Complete Membership List (you can email directly to) and Newsletter. Here's how your membership helps:

SCHOOL NURSE ADVOCACY

- 1.GASN supports child health needs with state policy-makers & organizations.
- 2.GASN collaborates with state agencies, organizations, and policy-makers regarding school nurse issues.
- 3.GASN promotes National School Nurse Day to raise awareness of the school nurse role.
- 4.GASN affiliates with NASN to access and support NASN's Publications, Position Statements and Issue Briefs about the school nurse role.

LEGISLATIVE ADVOCACY

- 1.GASN executive officers facilitate promoting school nurse issues in state legislature.
- 2.GASN has been instrumental in advocating for school nurse funding in Georgia and for language in the A+ Education Act supporting school nurse staffing for all Georgia Schools.
- 3.GASN campaigns to include funding and legislation for a nurse for every Georgia School Campus.

EDUCATIONAL OFFERINGS

GASN provides a vehicle for school nurses to interact with others who understand their needs and can provide solutions to school health problems. GASN collaborates with Children's Hospital of

Atlanta who provides quarterly school nurse updates related to current children's health issues.

DISCUSSION GROUPS

GASN has a list serve to communicate School Nursing news and questions to all members.

SCHOOL NURSE RECOGNITION

GASN receives nominations for Georgia School Nurse of the Year, Georgia LPN of the Year, and Georgia School Nurse Administrator of the Year.

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- 2.GASN has been instrumental in advocating for school nurse funding in Georgia and for language in the A+ Education Act supporting school nurse staffing for all Georgia Schools.
- 3.GASN campaigns to include funding and legislation for a nurse for every Georgia School Campus.

Do You Know Someone Who Would Like to Become a School Nurse?

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](#)



PRACTICAL NURSING

The Practical Nursing diploma program is designed to prepare students to write the NCLEX-PN for licensure as practical nurses. The program prepares graduates to give competent nursing care. This is done through a selected number of academic and occupational courses providing a variety of techniques and materials necessary to assist the student in acquiring the needed knowledge and skills to give competent care. A variety of clinical experiences is planned so that theory and practice are integrated under the guidance of the clinical instructor. Program graduates receive a practical nursing diploma and have the qualifications of an entry-level practical nurse. Students most commonly will have to submit a satisfactory criminal background check as well as a drug screen in order to be placed in a clinical health care facility to complete the clinical portions of their educational training.

[FIND WHERE THIS PROGRAM IS OFFERED](#)

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, B.S.N., R.N.
Regional School Nurse Coordinator
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](#)