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

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

- **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 - 1:00pm-3:30pm**
  
  **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 epctraining@choa.org

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.
Webinar Outlines Findings from Wellness Policy Study

Join Action for Healthy Kids on Jan. 23 at 3 p.m. for a webinar on local school wellness policies. The webinar will reveal findings from the National Wellness Policy Study, including stakeholder focus groups’ input and interviews about school nutrition and local school wellness policy implementation and evaluation. Review the registration page for more information.

Study: Kids’ good sleep habits tied to healthier weight as teens

The study included nearly 2,200 kids in 20 U.S. cities. One-third of them had consistent, age-appropriate bedtimes between ages 5 and 9, according to their mothers. Compared to that group, those who had no bedtime routine at age 9 got less sleep and had a higher body mass index — READ MORE

Curriculum Encourages Classrooms to Talk About Cancer

Did you know that 25 percent of cancer survivors in the United States have at least one school-aged child? The “LIVESTRONG at School” website has age-appropriate lessons plans aimed at generating discussions about cancer. Students will learn that they don’t have to be afraid to talk about cancer. Visit the website for more information.

ADA Issues Position Statement on Youth with Type 2 Diabetes

The American Diabetes Association (ADA) has issued Evaluation and Management of Youth-Onset Type 2 Diabetes: A Position Statement. According to ADA, these guidelines summarize available data specific to the comprehensive care of youth with type 2 diabetes. The objective is to enrich the recognition of type 2 diabetes in youth, its risk factors, its pathophysiology, its management, and the prevention of associated complications.

Webinar Addresses New Physical Activity Guidelines

Do you have questions about the new edition of the Physical Activity Guidelines for Americans? The Office of Disease Prevention and Health Promotion recently hosted a webinar introducing the guidelines and the new “Move Your Way” campaign. Watch the 56-minute video on YouTube.

Georgia Shape

Georgia Shape is the Governor’s statewide, multi-agency and multi-dimensional initiative that brings together governmental, philanthropic, academic and business communities to address childhood (0-18) obesity in Georgia. Over the next ten years Georgia Shape will work towards increasing the number of students in the Healthy Fitness Zone for Body Mass Index by ten percent. Other objectives set forth by the Governor and Georgia Shape include reaching disparate populations, increasing the aerobic capacity measure of Georgia’s youth, increasing the breast feeding rate across Georgia, and increasing the number of early care centers that excel in nutrition and physical activity measures. Click here to view Georgia’s latest fitness data for Georgia’s children
Get Free Cabbage Plants for Third Grade Classes

Do you want to teach your third grade students the importance of gardening and eating vegetables? The Bonnie Plants Cabbage Program provides free cabbage plants to third grade classrooms and teaches students the importance of agriculture, gardening and healthy eating. Registration deadlines and cabbage delivery times vary depending on the classroom’s zip code. Visit the webpage for more information.

Fact Sheet Promotes Benefits of HPV Immunization

The human papillomavirus (HPV) vaccine is a safe method of cancer prevention that keeps children protected. The National Association of School Nurses has developed an online fact sheet that includes a guide on HPV vaccination recommendations and a list of resources for parents and nurses. Read the fact sheet for more information.

Fact Sheet Addresses Internet Safety for Children

As children become more active online, parents and caregivers must teach them about internet safety. That’s why the National Child Traumatic Stress Network created “Staying Safe While Staying Connected: Tips for Caregivers,” a fact sheet to help parents and caregivers address online safety. The fact sheet includes information about bullying, privacy and identity protection. Download a PDF of the fact sheet.

Register for Safe Streets Webinar

Join America Walks on Feb. 13 at 1 p.m. for the “Creating Safer Streets for All” webinar. The webinar is an opportunity for communities to learn about resources and ideas to improve pedestrian safety. Register for the webinar now.
**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.

**Grant Focuses on Healthy Weight for Children**

The Robert Wood Johnson Foundation and the American Heart Association are offering grants to schools, communities and out-of-school time/early care programs that are focused on healthy eating and active living in children. Grant applications should support at least one Voices for Healthy Kids’ Policy Lever. For more information, visit the Voices for Healthy Kids webpage.

**Home Improvement Chain Sponsors Grants for Renovations, Upgrades**

Looking for funding for facility renovations, safety improvements or technology upgrades? Lowe’s ‘Toolbox for Education’ program awards grants to eligible kindergarten-to-12th grade public and charter schools. The deadline to apply is Feb. 8, so apply today.

**Grant Aims to Increase Youth Gardens, Green Spaces**

Kids Gardening and the Scotts Miracle-Gro Foundation will award grants to eligible schools, nonprofits and tax exempt organizations that are interested in creating or expanding youth gardens or green spaces. The ‘Gro More Grassroots Grant’ application deadline is Feb. 15. Visit the webpage for more information.

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**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.

**Human Trafficking Awareness**

In recognition of Human Trafficking Awareness Month, Prevent Child Abuse Georgia is partnering with Carol Neal Rossi of the Georgia Center for Child Advocacy to educate Georgians on Senate Bill 401 and GA's Guide for Abuse Prevention Education. January 31, 2019 at 1 p.m. Register Now
Join us for this upcoming webinar!

**Stop It: Preventing Sudden Cardiac Death in the Young**

**January 17, 2019**
**12:30 - 1:30 pm**

**Faculty**
Robert Campbell, MD
Pediatric Cardiologist
Sibley Heart Center Cardiology
Atlanta, GA

Richard Lamphier, RN
Clinical Program Manager
Project S.A.V.E.
Atlanta, GA

Please register at: [https://attendee.gotowebinar.com/register/8768175717896587523](https://attendee.gotowebinar.com/register/8768175717896587523)

**Learning Objectives**

At the completion of this webinar, the learner will be able to:

Describe the purpose of Project S.A.V.E. and how the program improves prevention of sudden cardiac arrest in children, adolescents and others in Georgia communities.

Recognize warning signs and symptoms of pediatric heart conditions to prevent sudden cardiac arrest.

Identify resources developed by Project S.A.V.E. and describe how they can be utilized in your practice.

1.0 hours of CME offered to **Physicians**

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.

If you have any questions regarding this webinar, please contact Nutrition Coordinator, Kylia Crane, RDN, LD at [kcrane@gaaap.org](mailto:kcrane@gaaap.org) or 404.881.5093.
8 Most Commonly Abused Drugs

22 Million
The number of Americans 12 years & older who met clinical criteria for abuse, misuse or abuse of alcohol & marijuana in 2012.

Reasons Alcohol & Marijuana Are Most Commonly Abused
1. Easier to access, despite the age limits.
2. Cheaper than more expensive habits.

8 Most Commonly Abused Drugs in U.S.

<table>
<thead>
<tr>
<th>Type of Drug</th>
<th>Number of people (in millions)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alcohol</td>
<td>17.7 mil</td>
</tr>
<tr>
<td>Marijuana</td>
<td>4.3 mil</td>
</tr>
<tr>
<td>Pain Relievers</td>
<td>2.06 mil</td>
</tr>
<tr>
<td>Cocaine</td>
<td>1.12 mil</td>
</tr>
<tr>
<td>Depressants</td>
<td>0.76 mil</td>
</tr>
<tr>
<td>Heroin</td>
<td>0.47 mil</td>
</tr>
<tr>
<td>Hallucinogens</td>
<td>0.33 mil</td>
</tr>
<tr>
<td>Inhalants</td>
<td>0.16 mil</td>
</tr>
</tbody>
</table>

Sources
National Institute on Drug Abuse (NIDA): National Survey on Drug Use and Health
http://www.drugabuse.gov/publications/drugfacts/nationwide-trends

National Institute on Drug Abuse (NIDA): Commonly Abused Drugs
http://www.drugabuse.gov/publications/media-guide/commonly-abused-drugs

Prepared by Absolute Advocacy | Providing Quality DWI & Substance Abuse Services
www.AbsoluteAdvocacy.org
Monitoring the Future is an annual survey of 8th, 10th, and 12th graders conducted by researchers at the Institute for Social Research at the University of Michigan, Ann Arbor, under a grant from the National Institute on Drug Abuse, part of the National Institutes of Health. Since 1975, the survey has measured how teens report their drug, alcohol, and cigarette use and related attitudes in 12th graders nationwide; 8th and 10th graders were added to the survey in 1991.

44,482 students from 392 public and private schools participated in the 2018 survey.

NIH National Institute on Drug Abuse

DRUGABUSE.GOV
NEARLY 2 IN 5 STUDENTS IN 12TH GRADE REPORT PAST-YEAR VAPING, RAISING CONCERNS ABOUT THE IMPACT ON BRAIN HEALTH AND POTENTIAL FOR ADDICTION.
DAILY MARIJUANA USE MOSTLY STEADY

2008 – 2018

<table>
<thead>
<tr>
<th>Year</th>
<th>8th graders</th>
<th>10th graders</th>
<th>12th graders</th>
</tr>
</thead>
<tbody>
<tr>
<td>2008</td>
<td>10%</td>
<td>8%</td>
<td>6%</td>
</tr>
<tr>
<td>2013</td>
<td>8%</td>
<td>6%</td>
<td>4%</td>
</tr>
<tr>
<td>2018</td>
<td>6%</td>
<td>4%</td>
<td>2%</td>
</tr>
</tbody>
</table>

2018

8th graders 0.7%
10th graders 3.4%
12th graders 5.8%

FIVE-YEAR TRENDS IN DAILY MARIJUANA USE REMAINS STEADY FOR 10TH AND 12TH GRADERS BUT SHOWS A DECLINE IN 8TH GRADERS.
Teens more likely to use marijuana than cigarettes

Past-month use among 12th graders

Teens vaping nicotine or marijuana increased across all grades

Past-month use

Past-month vaping of nicotine or marijuana jumped across all grades. Past-month use of marijuana is steady as cigarette use declines.
BINGE DRINKING* RATES CONTINUE DOWNWARD TREND

*Binge drinking is defined as having 5 or more drinks in a row in the last 2 weeks.

BINGE DRINKING: SIGNIFICANT DROP IN PAST FIVE YEARS ACROSS ALL GRADES.
PAST-YEAR MISUSE OF PRESCRIPTION/OVER-THE-COUNTER VS. ILLICIT DRUGS

PRESCRIPTION/OTC

- 5.0% Sedatives/Tranquilizers
- 4.6% Adderall®
- 3.4% Opioids
- 3.4% Cough/Cold Medicine
- 0.9% Ritalin®

ILLICIT DRUGS

- 35.9% Marijuana/Hashish
- 3.5% Synthetic Cannabinoids*
- 3.2% LSD
- 2.3% Cocaine
- 2.2% MDMA (Ecstasy/Molly)
- 1.6% Inhalants
- 0.4% Heroin

Past-year use among 12th graders

VICODIN® VS. OXYCONTIN®

- 2003: 11%
- 2008: 10.5%
- 2013: 4.5%
- 2018: 2.3%

Past-year misuse of Vicodin® and OxyContin® among 12th graders has dropped dramatically in the past 15 years.

KEY

- Vicodin®
- OxyContin®

STUDENTS REPORT LOWEST RATES SINCE START OF THE SURVEY

Across all grades, past-year use of illicit drugs other than marijuana holding steady at the lowest levels in over 20 years.

*Synthetic cannabinoids are called “synthetic marijuana” in the survey.
**The Flu: Myths vs. Facts**

**Myth**
You can catch the flu from the vaccine.

**Fact**
The vaccine is made from an inactivated virus that can’t transmit infection.

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

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

**Myth**
Healthy people don’t need to be vaccinated.

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

**Myth**
The flu is just a bad cold.

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

**Myth**
You can’t spread the flu if you’re feeling well.

**Fact**
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.

**Myth**
You don’t need to get a flu shot every year.

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

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

FREE TUITION!

If you enroll in one of 46 designated programs, Georgia’s NEW HOPE CAREER GRANT could pay your tuition!