



Georgia Department of Education

Georgia Student Wellness- Supporting the Whole Child

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EDUCATING GEORGIA'S FUTURE

JANUARY 2019



JANUARY NATIONAL HEALTH OBSERVANCES

- [National Slavery and Human Trafficking Prevention Month](#)
- [Cervical Health Awareness Month](#)
- [National Birth Defects Prevention Month](#)
- [National Glaucoma Awareness Month](#)
- [Thyroid Awareness Month](#)
- [Jan 7-13 Folic Acid Awareness Week](#)
- [Jan 22-28 National Drug and Alcohol Facts 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.

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 cpctraining@choa.org

Georgia Student Wellness- Supporting the Whole Child



COUNSELING AND SOCIAL SERVICES

How teens handle stress can yield long-term health effects

How a teen handles chronic stress — whether they bottle up their emotions or put a positive spin on things — can affect processes in the body like blood pressure and how immune cells respond to bacterial invaders, according to new research published in the journal *Psychosomatic Medicine*. For the study, Penn State researchers looked at whether the strategies adolescents use to deal with chronic family stress can impact various metabolic and immune processes in the body. [READ MORE](#)



PHYSICAL EDUCATION

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](#)



HEALTHY SCHOOL ENVIRONMENT

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](#)

HEALTH EDUCATION

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.



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SCHOOL HEALTH SERVICES

Resource Addresses Managing Chronic Diseases in Schools

Looking for information on asthma, epilepsy, food allergies, oral health or diabetes in schools? Look no further than the Centers for Disease Control and Prevention's Managing Chronic Health Conditions in Schools webpage. The webpage includes tool kits, action plans and resources for managing these chronic diseases. [Access the webpage to learn more.](#)

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.](#)



COMMUNITY INVOLVEMENT

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.](#)



NUTRITION SERVICES

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.](#)

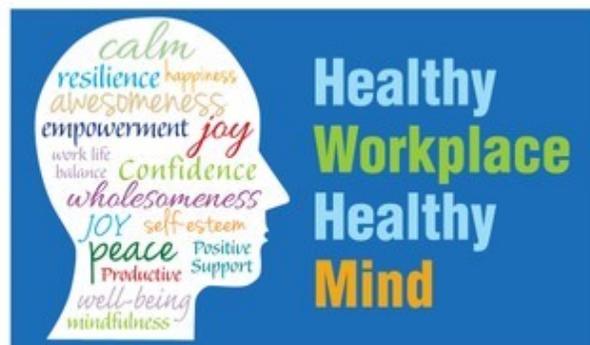
Infographic Explains Changes to New Nutrition Label

Do you understand the changes coming to nutrition labels? The Food and Drug Administration has released an infographic showing a side-by-side comparison of the current nutrition label with the new one. [Download a PDF of the infographic today.](#)

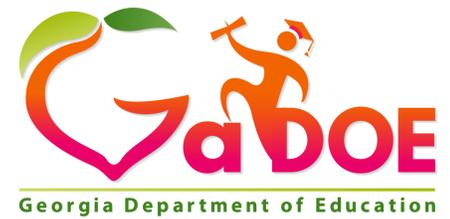
STAFF HEALTH PROMOTION

Make Wellness a Priority at Your School

Do you need help encouraging your coworkers to practice healthy behaviors at school? The Alliance for a Healthier Generation has employee wellness information to assist school in creating or improving their employee wellness programs. There's also a 5-minute video addressing staff wellness. [Visit the webpage to learn how to assess, evaluate and plan your program.](#)



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RESOURCES/WEBINARS

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](#)

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.

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.](#)





Georgia Chapter
American Academy of Pediatrics
*Georgia's leading voice for children and the
pediatricians & subspecialists who care for them.*



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>

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, Kyliya Crane, RDN, LD at kcrane@gaaap.org or 404.881.5093.

Georgia Chapter of the American Academy of Pediatrics
1350 Spring Street, NW | Suite 700 | Atlanta, GA 30309
phone: 404-881-5020 | fax: 404-249-9503 | www.gaaap.org

8 Most Commonly ABUSED DRUGS

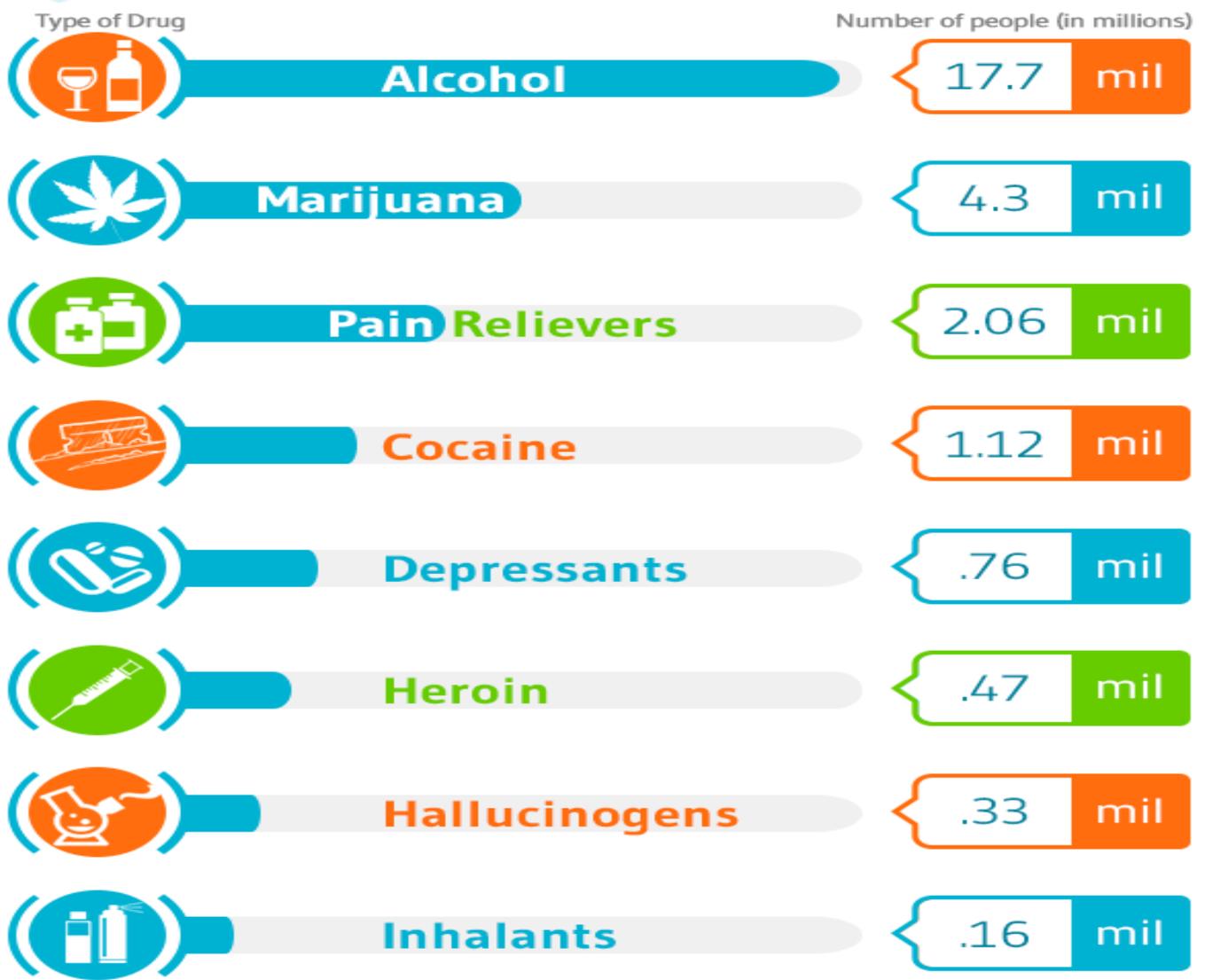
22 Million

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.



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>

COCAINE HOOKAHS SYNTHETICS ALCOHOL
PRESCRIPTIONS CIGARETTES COLD MEDICINES
ECSTASY CRACK VAPING MARIJUANA STEROIDS RITALIN
"BATH SALTS" INHALANTS ADDERALL
HEROIN SEDATIVES TRANQUILIZERS
CRYSTAL METHAMPHETAMINES
K2/SPICE SALVIA VICODIN

TEEN DRUG USE

MONITORING THE FUTURE 2018

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.**

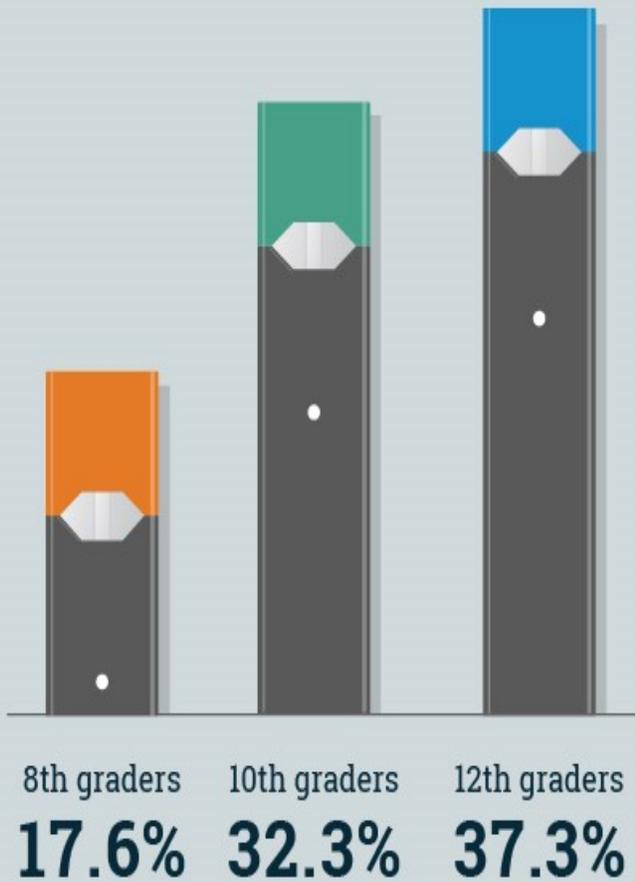


National Institute
on Drug Abuse

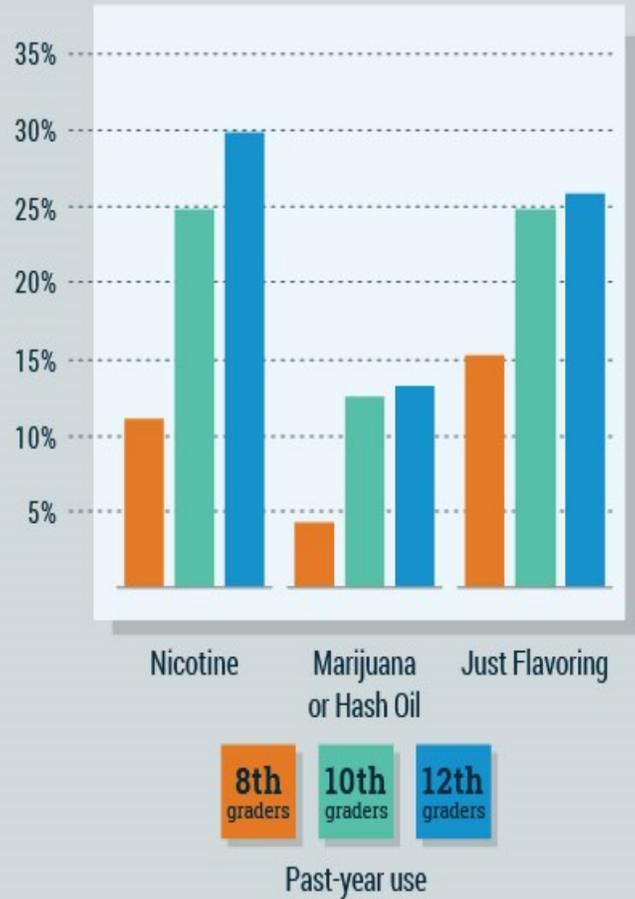
DRUGABUSE.GOV

TEENS USING VAPING DEVICES IN RECORD NUMBERS

PAST-YEAR VAPING



WHAT DO TEENS SAY THEY ARE VAPING?

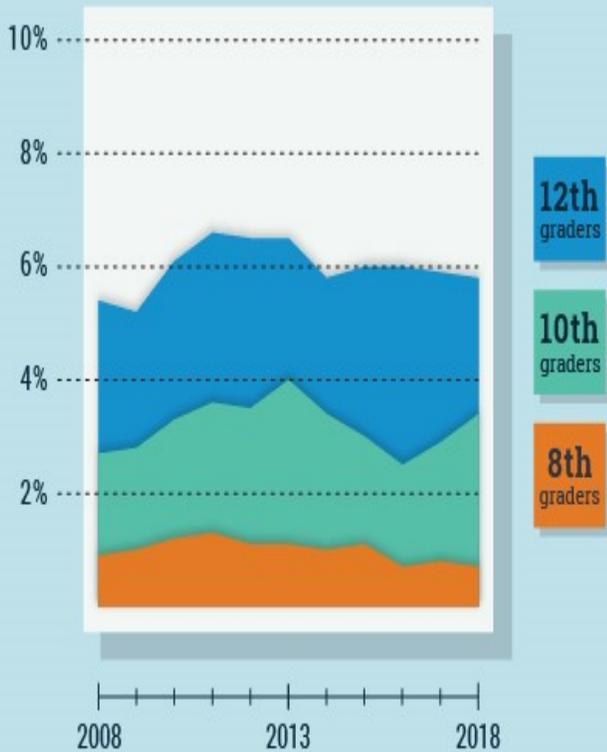


NEARLY 2 IN 5 STUDENTS IN 12TH GRADE REPORT PAST-YEAR VAPING, RAISING CONCERNS ABOUT THE IMPACT ON BRAIN HEALTH AND POTENTIAL FOR ADDICTION.

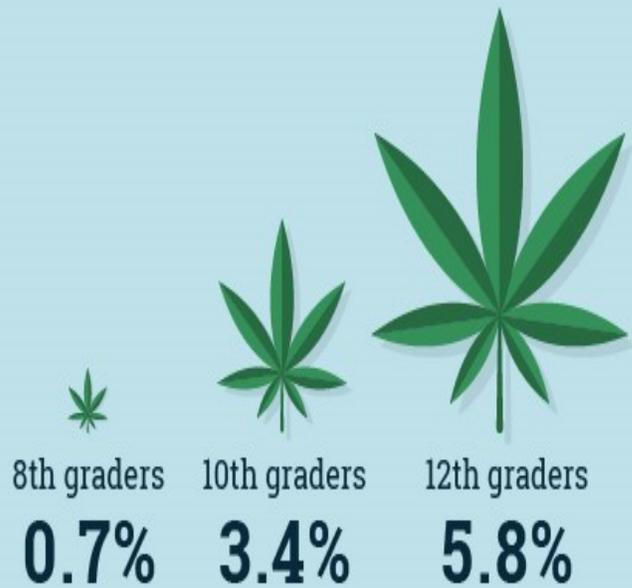


DAILY MARIJUANA USE MOSTLY STEADY

2008 – 2018



2018

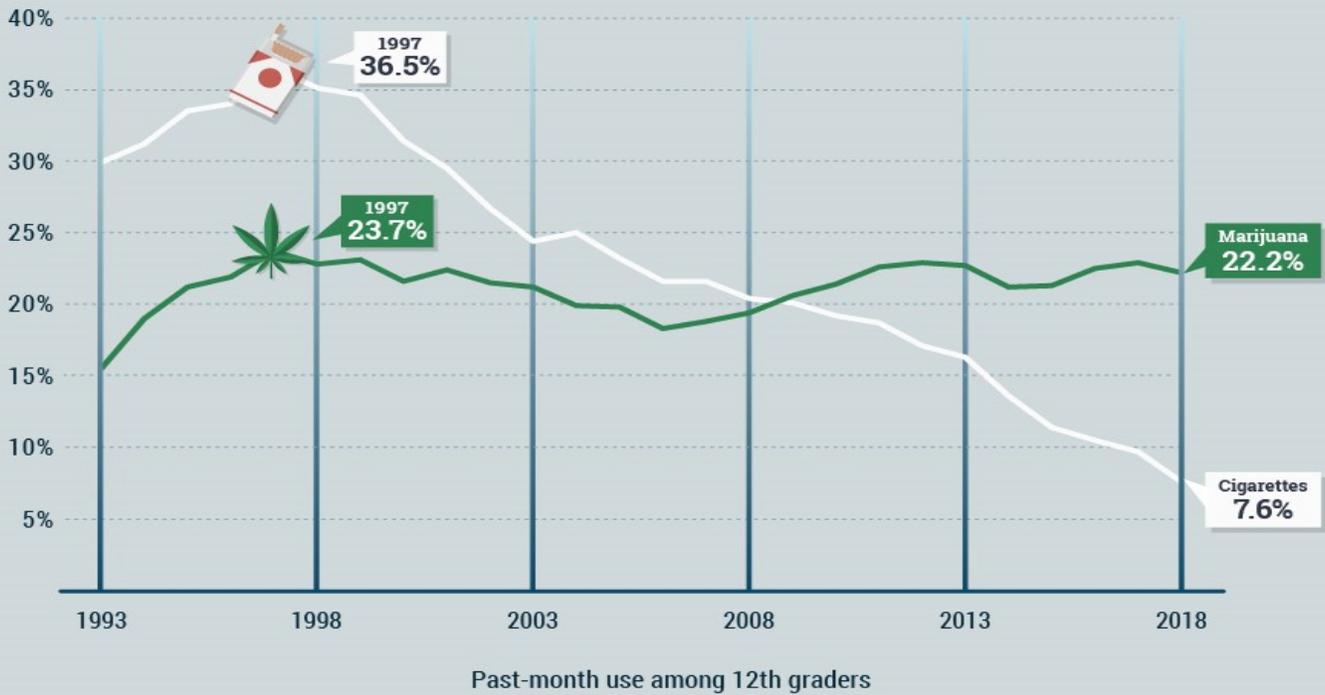


FIVE-YEAR TRENDS IN DAILY MARIJUANA USE REMAINS STEADY FOR 10TH AND 12TH GRADERS BUT SHOWS A DECLINE IN 8TH GRADERS.

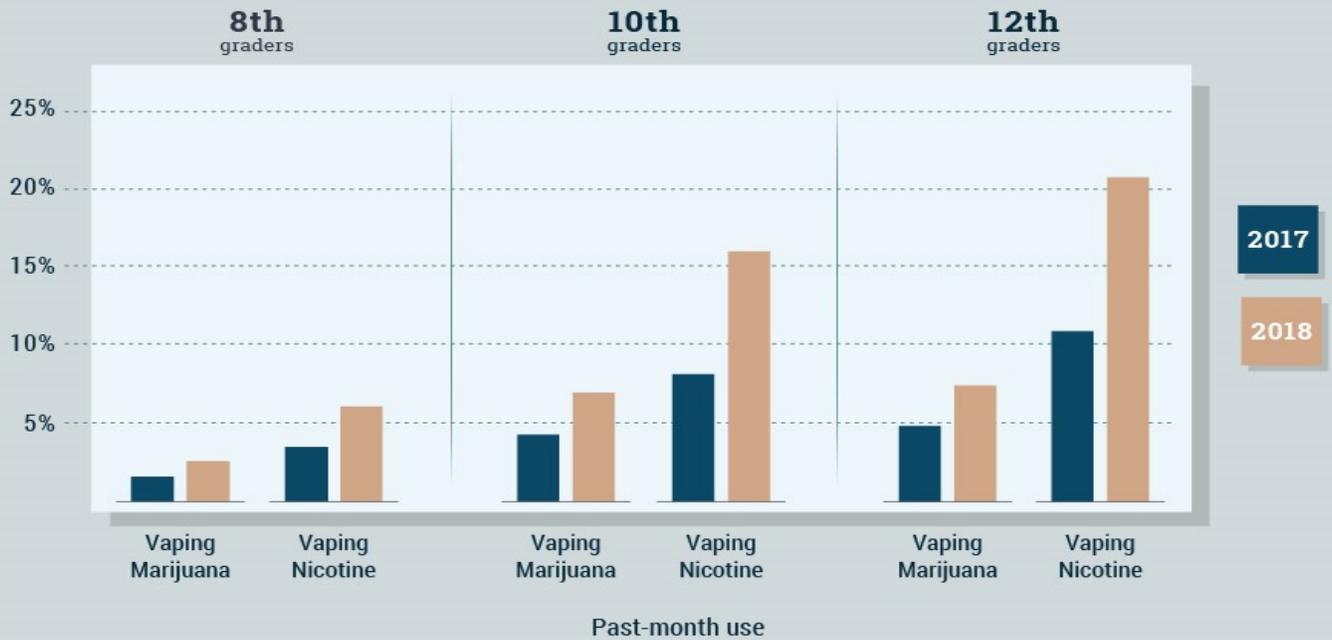


DRUGABUSE.GOV

TEENS MORE LIKELY TO USE MARIJUANA THAN CIGARETTES



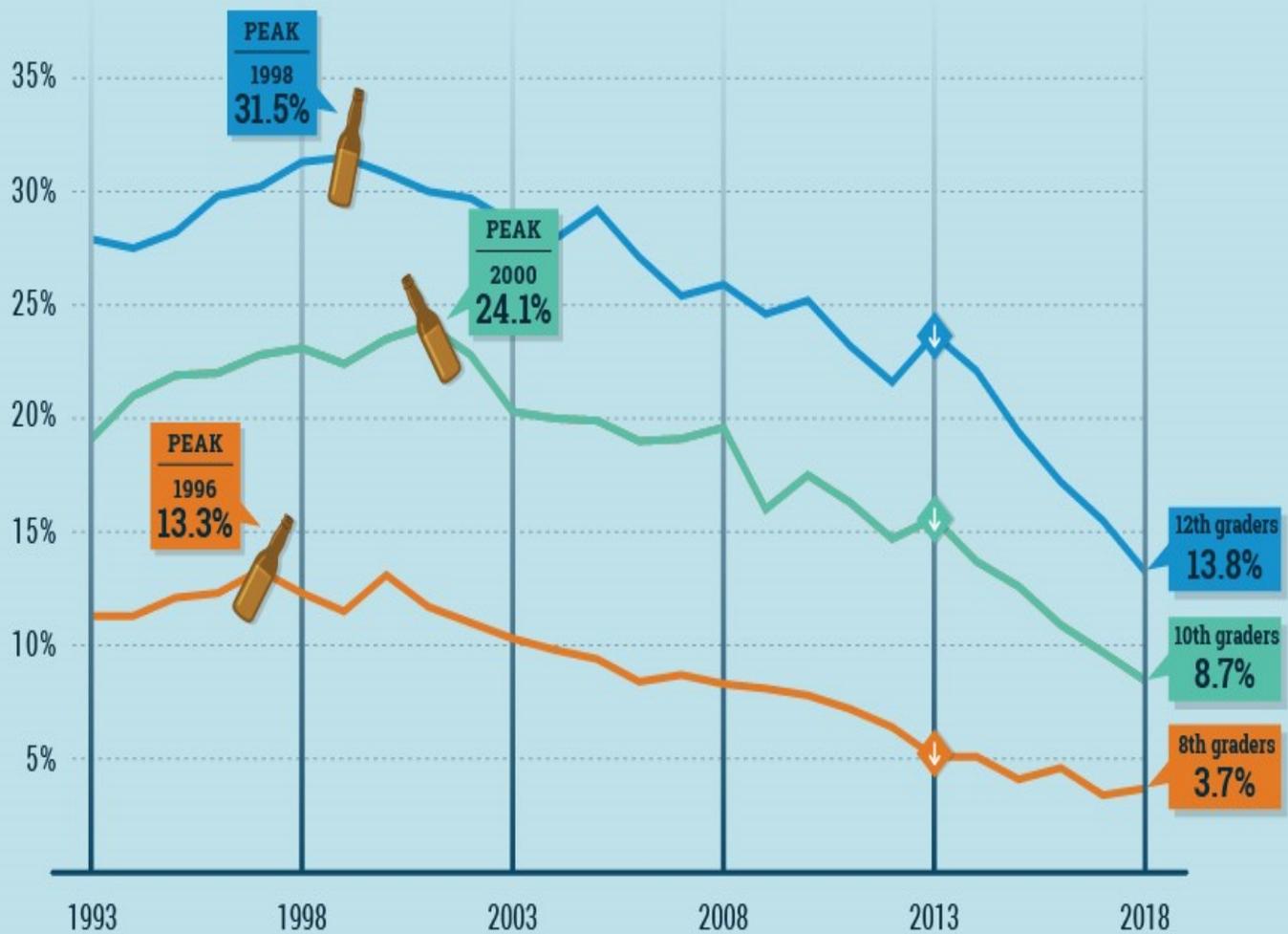
TEENS VAPING NICOTINE OR MARIJUANA INCREASED ACROSS ALL GRADES



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.**

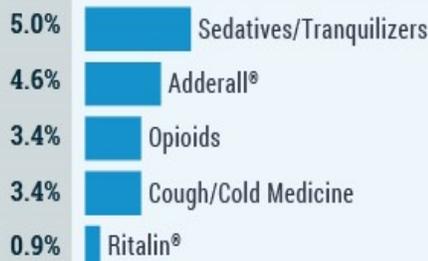


National Institute
on Drug Abuse

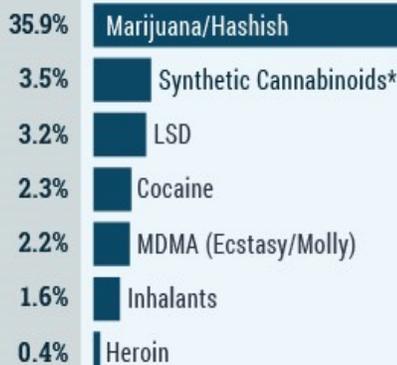
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PAST-YEAR MISUSE OF PRESCRIPTION/OVER-THE-COUNTER VS. ILLICIT DRUGS

PRESCRIPTION/OTC



ILLICIT DRUGS



Past-year use among 12th graders

VICODIN® VS. OXYCONTIN®



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



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.



DRUGABUSE.GOV

THE FLU



Findatopdoc.com

MYTHS VS FACTS

MYTH

You can catch the flu from the vaccine.

FACTS

The vaccine is made from an inactivated virus that can't transmit infection.

FACTS

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

FACTS

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

MYTH

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

MYTH

Healthy people don't need to be vaccinated.

MYTH

The flu is just a bad cold.

MYTH

You can't spread the flu if you're feeling well.

FACTS

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

FACTS

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.

FACTS

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

MYTH

You don't need to get a flu shot every year.

MYTH

You can catch the flu from going out in cold weather without a coat, with wet hair or by sitting near a drafty window.

FACTS

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



Does Your School Staff Need Mental Health Resources?

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



Georgia Student Wellness- Supporting the Whole Child



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, BSN, RN
School Health
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](#)



Do You Know Someone Who is Looking for a Career?



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!

MRI & CT Specialist	Commercial Truck Driving	Practical Nursing	Film & TV Production	Early Childhood Care & Education	Pharmacy Technology	Welding & Joining Technology
Nurse Aide	Computer Networking	Surgical Technology	Web Site Design	Diesel Equipment Technology	Computer Programming	and many more!