



HAPPY NEW YEAR

January National Health Observances

[Alzheimer's Disease Awareness Month](#)

[Cervical Health Awareness Month](#)

[National Blood Donor Month](#)

[National Birth Defects Prevention Month](#)

[National Glaucoma Awareness Month](#)

[National Radon Action Month](#)

[National Winter Sports TBI Awareness Month](#)

[Thyroid Awareness Month](#)

Jan. 6-12 [Folic Acid Awareness Week](#)

Jan 31 [Give Kids a Smile Day](#)

The articles and hyperlinks to external websites appearing in this newsletter are intended to be informational and do not represent an endorsement by the GaDOE.

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.

February 19 — 1:30 to 4:00 p.m.

April 8— 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

[Should N.J. schools screen every teenager for depression? The debate is starting.](#)

New Jersey schools are one step closer to mandatory depression screening amid [a mental health crisis](#) that's driving an increase in teen suicide. A state Assembly committee on Monday signed off on a bill requiring depression screening for public school students in seventh through 12th grade in the state as long as their parents consent. Students would take a computerized screening survey at school, and the district would notify parents if their child has been flagged for signs of depression. Parents would be advised by the school that the screening is not the same as a diagnosis, and they should share the results with their child's doctor.

Physical Education

[Integrate Classroom Physical Activity in Schools](#)

The Journal of Physical Education, Recreation and Dance (JOPERD) has published an article to help schools integrate activity in the classroom throughout the school day. [Read more.](#)

Healthy School Environment

[Listen to Podcast Exploring Radon Testing in Schools](#)

The Journal of School Nursing posted a December podcast addressing radon testing in schools. [Listen to the podcast](#) and read the article "Radon Testing in Schools by Radon Zone and School Location and Demographic Characteristics: United States, 2014."

[US on Track for one of the Worst Flu Seasons in Decades](#)

This flu season is shaping up to be one of the worst in decades, according to the United States' top infectious disease doctor. Dr. Anthony Fauci, director of the National Institute of Allergy and Infectious Diseases, said while it's impossible to predict how the flu will play out, the season so far is on track to be as severe as the 2017-2018 flu season, which was the *deadliest* in more than four decades, according to the US Centers for Disease Control and Prevention.

Health Education

[Understand Why Students Use E-Cigarettes](#)

According to the National Youth Tobacco Survey, more than 5 million youth reported having used e-cigarettes in the past 30 days, and 1 million youth use e-cigarettes daily. [View the report from the FDA](#) to understand why students use e-cigarettes and teach your students to say no!

[Highlighting the Importance of Health Literacy](#)

According to the U.S. Department of Health and Human Services, half of U.S. adults have limited health literacy. [Read more.](#)

School Health Services

[Midazolam Nasal Spray Available Now](#)

Midazolam nasal spray, used in treating seizures, was approved by the Food and Drug Administration in May. The medication is indicated for use in children ages 12 and older. [Read the article in Pharmacy Times.](#)

[FDA Oks Fast-acting Insulin Aspart Injection for Children](#)

Officials with the FDA today approved Novo Nordisk's insulin Aspart injection (Fiasp) for use as a new mealtime insulin option for children with diabetes. Insulin aspart injection 100 u/mL is available for use in children and adults as multiple daily injections, continuous subcutaneous insulin infusion pumps, and intravenous infusion under supervision by a health care professional.

Community Involvement

[Data Brief: Involving Families in Physical Activity in Schools](#)

Springboard to Active Schools has put out a data brief that highlights national data and identifies key strategies and ideas that parents and schools can use to improve family engagement. Read the [Data Brief: Involve Families in Physical Activity in Schools](#) to learn more.

[Register for Walkability for All Webinar](#)

Do you want to make your community more walkable? Join America Walks on Feb. 12 at 1:00 PM CT for the Walkability for All: Putting Equity into Practice webinar. Learn ways to take action and make your community walkable and movable. [Register today!](#)

Nutrition Services

[Nonprofit Helps Students Enjoy Healthy Eating](#)

The nonprofit FoodCorps is working with schools to encourage healthy eating among students, fueled by the belief that if students are exposed to fresh, nutritious food, they will want to eat more of it. The program was launched about a decade ago and is now in 400 schools and 18 states. [Read more.](#)

Fueling Georgia's Future

Kick off the new year with the heart healthy ideas.

Food Based Learning

100th Day of School Activities

<http://snp.wpgadoe.org/wp-content/uploads/2020/01/100th-day-of-school-2.pdf>

Have students research and discuss what 100 calories of various food items look like. Further the discussion by noting the nutrient density of 100-calorie items.

Show examples of what 100 calories look like for various food items.

Hip Hip Hooray!

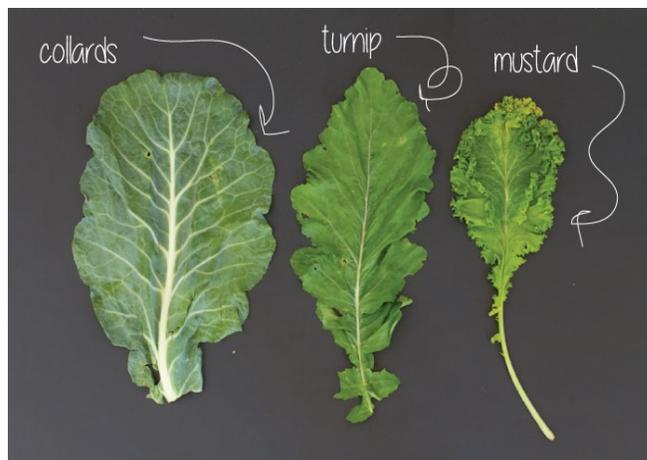
We've been here 100 days!

Display 100 various café items. Fan favorites like bananas can be written on using a food-safe marker.



Harvest of the Month: Greens

(Collard, Turnip, and Mustard)



Funding Opportunities

The Clif Bar Small Grants are awarded to support special projects and organizations. Funding priorities include: Protecting the Earth's beauty, creating a healthy food system, increasing outdoor activity opportunities and reducing environmental health hazards. The application deadline is Feb. 1, 2020.

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, contact **Gail Smith, MS, BSN**, at 404-785-7202, 404-395-8067 (cell), or schoolhealth@choa.org.

CHOA Events and Trainings

[Diabetes Caregiver Class](#) Tuesday, January 28, 8:30 a.m. to 1:00 p.m.

[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>

