



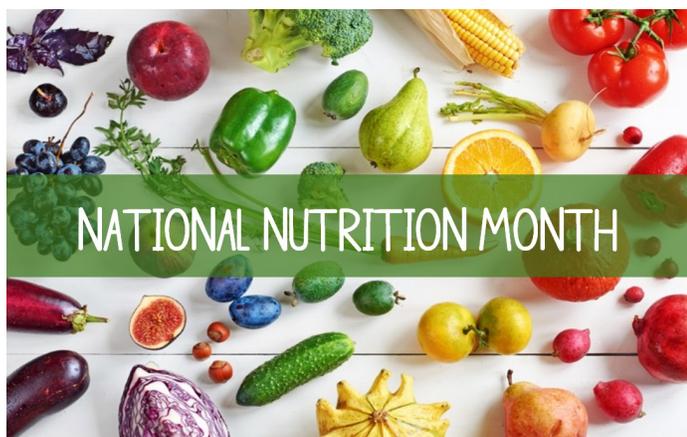
Georgia Department of Education

# 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

MARCH 2019



NATIONAL NUTRITION MONTH

MARCH NATIONAL HEALTH OBSERVANCES

[National Nutrition Month](#)®

[Save Your Vision Month](#)

[Trisomy Awareness Month](#)

[Bleeding Disorders Awareness Month](#)

[National Cheerleader Safety Month](#)

[National Kidney Month](#)

[Workplace Eye Wellness Month](#)

March 4 - 8 [National School Breakfast Week](#)

March 10 - 16 [Patient Safety Awareness Week](#)

March 11 - 17 [Brain Awareness Week](#)

March 11 - 17 [National Sleep Awareness Week](#)®

March 14 [World Kidney Day](#)

March 18 - 24 [National Poison Prevention 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.

**April 4- 1 to 3:30 p.m.**

**June 7- 1:30 to 4:00 p.m.**

**August 12- 1:30 to 4:00 p.m.**

### Training Location:

Children's Healthcare of Atlanta  
Office Park Learning Center  
1680 Tullie Circle NE  
Atlanta, GA 30329

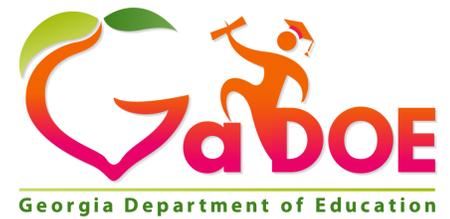
For more information, please contact Angie Boy at 404-785-5004 or email [cpctraining@choa.org](mailto:cpctraining@choa.org)

@georgiadeptofed

@georgiadeptofed

@georgiadeptofed

# Georgia Student Wellness- Supporting the Whole Child



## COUNSELING AND SOCIAL SERVICES

### **Register for Teen Mental Health Webinar**

Families for Depression Awareness will hold the Understanding Teen Depression webinar on March 21 at 7 p.m. Health care providers, parents and caregivers are encouraged to attend. The 75-minute webinar will address what teen depression is, treatment options, what to do if the teen refuses help and much more. [Visit the webpage to register.](#)

### **Register for Webinar on Adverse Childhood Experiences**

Many children experience traumatic events, and you can learn how to overcome their impact on child health. Join Live Smart Texas on April 3 at 1 p.m. for a webinar addressing Adverse Childhood Events, the impact they have on a child's health and how to overcome them. [Access the webpage to register for 10 Things to Know about Adverse Childhood Experiences.](#)

## PHYSICAL EDUCATION

### **Create a Healthy Culture at Your School**

Do you know the five components of a comprehensive school physical activity program? Visit SHAPE America's webpage and learn how families, communities, school staff and more can help build a healthy school culture. [Access the webpage for more information.](#)

### **Improve Physical Activity Opportunities at Your School**

Do you know the definition of recess or its benefits? Visit the Centers for Disease Control and Prevention's webpage to find the answers and download "Recess Planning in Schools." Learn how to turn your written school recess plan into action. [Access the webpage today.](#)



Active Students = Better Learners  
[www.cdc.gov/healthyschools/PEandPA](http://www.cdc.gov/healthyschools/PEandPA)

## HEALTHY SCHOOL ENVIRONMENT

### **Resources Address School Connectedness**

Do you want your students to know that you care about their well-being? According to the Centers for Disease Control and Prevention, students who feel connected to their school are less likely to engage in risky behaviors, including consuming alcohol, using tobacco products and joining gangs. [Read the webpage to learn about school connectedness.](#)

### **Don't Drive While Distracted**

Did you know that 13 percent of teen drivers involved in fatal car crashes were distracted by cell phones? The American Academy of Pediatrics has information for parents and caregivers to help keep teens safe while driving. [Visit the webpage to learn more](#), and read a [news release from the National Institutes of Health](#) about for the risk cell phones pose to teen drivers.

## HEALTH EDUCATION

### **Teach the Importance of Personal Health**

Do you want to educate your kindergarten through second grade students about how they can take responsibility and improve their own health? Visit KidsHealth in the Classroom, brought to you by the Nemours Foundation for lessons on fitness, summer safety, germs and much more. [Visit the webpage for more information.](#)

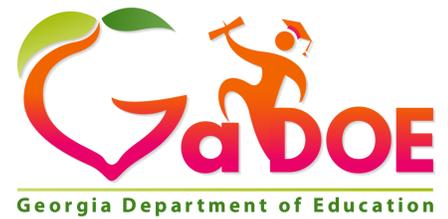
### **Lesson Plan Addresses Sun Safety**

Young people need at least 60 minutes of physical activity each day, and, as spring and summer approach, they'll be spending more time outside. Visit KidsHealth in the Classroom to teach high schoolers about skin cancer and sun safety. [Access the webpage, and scroll to the skin cancer resources.](#)

### **Teach Your Students About Safe Driving**

Do you want to educate your students about the dangers of distracted driving? Scholastic has a free lesson for 6th through 12th grade students to raise awareness about this issue. [Visit the webpage to learn more.](#)

# Georgia Student Wellness- Supporting the Whole Child



## SCHOOL HEALTH SERVICES

### **Report Explores School, Family Influence in Healthy Student Behavior**

The Centers for Disease Control and Prevention recently highlighted the importance of family and school-based approaches of promoting healthy adolescent behavior. As students enter adolescence, youths become more responsible for their own health care. [Review the Morbidity and Mortality Weekly Report to learn how to support student growth and development.](#)

### **Ask Your Students About Tobacco Use**

The Centers for Disease Control and Prevention recently released information on tobacco use by young people. Health care providers can specifically ask youths about e-cigarette use and warn them about the dangers. Schools can adopt and enforce tobacco-free campuses and reject the tobacco industry's prevention programs. [Visit the webpage for more information.](#)



## COMMUNITY INVOLVEMENT

### **Learn How to Build Healthy, Active Communities**

Want to make your town pedestrian and bicycle friendly? Visit the Safe Routes to School National Partnership and download the Complete Streets and Bicycle and Pedestrian Plans: Key Tools for Supporting Healthy, Active Communities. The webpage also includes two fact sheets to assist communities. [Visit the webpage today.](#)

### **Register for Webinar on Making Communities Accessible**

Do you want to help make your community more inclusive and accessible for individuals with disabilities? Register for a webinar, "Stronger Together: Partnering with the Disability Rights Movement," on March 13 at 1 p.m. The webinar will focus on tools and resources communities can use to become more inclusive. [Access the registration page for more information.](#)



## NUTRITION SERVICES

### **Cook Healthy Dishes at Your School**

Looking for healthy recipes for your cafeteria? Check out Team Nutrition's Main Dishes webpage. Find recipes for chicken burritos, meatball madness, vegetable pizza and much more. [Access the webpage to see all the recipes.](#)

### **Breakfast Infographic Aimed at Families**

The U.S. Department of Agriculture wants to teach families about the importance of eating a healthy breakfast. [Visit the MyPlate Guide to School Breakfast webpage to download a PDF of the infographic.](#)

### **Check Out New School Food Items**

The U.S. Department of Agriculture (USDA) is introducing new and reformulated food products based on feedback from schools and states. The new products include frozen sweet cherries, blue cornmeal and sliced cheddar cheese. [Visit the website to see the complete list of new food and download the New Product Preview Sheets.](#)

## STAFF HEALTH PROMOTION

### **Help Make Your Community More Active**

Looking for ways to promote physical activity in your town? At your next community gathering, use the "Move Your Way" PowerPoint presentation which was created by the Office of Disease Prevention and Health Promotion. [Visit the webpage to download the presentation.](#)

## Employee wellness



# Georgia Student Wellness- Supporting the Whole Child



## RESOURCES/WEBINARS

### **March Is Brain Injury Awareness Month**

Are you a school coach, or does your child play sports? This month, join the Centers for Disease Control and Prevention (CDC), and help raise awareness about sports-related head injuries, including concussions and other brain injuries. [Visit the CDC's HEADS Up to School Sports page to learn more information](#), and [visit CheerSafe.org to learn about cheerleading safety](#).



### **Federal Commission on School Safety Releases Comprehensive Resource Guide**

The Federal Commission on School Safety released the final report based on their research with programs and stakeholders from across the nation. The report is a comprehensive resource guide broken into three broad areas: prevention; protect and mitigate; and respond and recover.

### **Department of Public Health– School Health Program**

The Georgia Department of Public Health employs a Deputy Chief Nurse for School Health to provide leadership, training, and consultation as it relates to school nursing practice and public health to all health districts, school districts, and nurses serving children in the school setting.

Among the goals of the School Health Nursing Program are to improve the quality of school nursing practice and school health programs, including the health and learning of children and youth.

For more information contact:

**Sara Kroening, RN, MSN, FNP-BC, AE-C**  
Deputy Chief Nurse for School Health  
Georgia Department of Public Health  
2 Peachtree Street, N.W., 9th Floor  
Atlanta, GA 30303  
[schoolhealth@dph.ga.gov](mailto:schoolhealth@dph.ga.gov)



## FUNDING OPPORTUNITIES

### **Firehouse Subs Public Safety Foundation AED Grants**

**Wednesday, May 22 at 5 p.m. for Quarter 3 2019 Grants**

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

### **Apply for Healthy Choices Grant**

Looking for funding for nutrition and physical activity opportunities? Apply for a Health Choices Grant. Level one grants are awarded for a single school year or a summer program. Level two grants are awarded for two-year or longer programs. Programs should focus on the prevention of childhood obesity. The deadline to apply is April 15. [View the webpage for more information](#).

### **Grants Fund Physical Activity Programs**

Are you looking for funding for healthy eating and physical activity projects at your school? Apply for a “Fuel Up to Play 60” grant which opens next Wednesday, March 6 and closes April 10. [Visit the webpage, and get ready to apply for a grant!](#)

### **Wal-Mart Community Grant Program**

Awards grants of \$250 to \$5,000 through Walmart stores, Sam's Clubs and Logistics facilities. Eligible nonprofit organizations must operate within the service area of the facility from which they are requesting funding. The 2019 grant cycle begins February 15, with an application deadline of December 31. An application may be submitted at any time during this funding cycle. Please note that applications will only remain pending in our system for 90 days. [Apply here](#).



# March is **National Kidney Month**

Get to know your hard working kidneys

## 6 WAYS KIDNEYS KEEP YOU HEALTHY



Regulate fluid levels

Activate Vitamin D for healthy bones

Filter wastes from the blood

Directs production of red blood cells

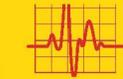
Regulate blood pressure

Keep blood minerals in balance

## 8 PROBLEMS KIDNEY DISEASE CAN CAUSE



Nerve damage



Cardiovascular disease



Heart attack



Stroke



Anemia/ low red blood cell count



Weak bones



High blood pressure



Kidney Failure

## 4 RISK FACTORS

Diabetes

High blood pressure

Age 60+

Family history

## 7 SYMPTOMS



Swelling: face, hands, abdomen, ankles, feet

Blood in urine  
Foamy urine

Puffy eyes

Difficult, painful urination

Increased thirst

Fatigue

## 2 TESTS YOU CAN TAKE (BLOOD AND URINE)



**Urine albumin-to-creatinine ratio** estimates the amount of a type of protein, albumin, that you excrete in your urine.

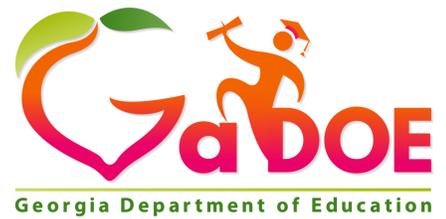
**Glomerular Filtration Rate (GFR)** tells how well your kidneys are working to remove wastes from your blood. It is the best way to check kidney function. Doctors measure blood creatinine (waste build up) levels and perform a calculation based on race, age and gender.



National  
Kidney  
Foundation®

Learn more at [kidney.org](http://kidney.org)

# Georgia Student Wellness- Supporting the Whole Child



## RESOURCES/WEBINARS

National Nutrition Month  
*Everything You Eat Matters*

There's no one diet that is right for everyone. You can follow a healthy eating plan that's packed with tasty foods and that keeps your unique lifestyle in mind.

**When developing your plan:**

- Choose whole fruits
- Vary your veggies
- Opt for whole grains
- Choose low-fat or fat-free dairy
- Pick healthy proteins

You can also try exploring new foods and flavors to make it more exciting.



To learn more, visit:  
[www.health.mil/Nutrition](http://www.health.mil/Nutrition)

### **Register for Webinar on Adverse Childhood Experiences**

Many children experience traumatic events, and you can learn how to overcome their impact on child health. Join Live Smart Texas on April 3 at 12 p.m. for a webinar addressing Adverse Childhood Events, the impact they have on a child's health and how to overcome them. [Access the webpage to register for 10 Things to Know about Adverse Childhood Experiences.](#)

### **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**.

# Webinar Bulletin



Stephanie V. Blank Center for Safe and Healthy Children

## Mandated Reporting of Child Abuse in Georgia

Register today for the Mandated Reporting of Child Abuse in Georgia webinar. Use the link below to register for the webinar.

### Event details

Wednesday, March 13

1 p.m. to 2:30 p.m.

### Webinar description

This webinar will focus on recognizing risk factors or signs that physical and sexual abuse, neglect, and sexual exploitation may be occurring. You will also learn about the basics of the mandatory reporting laws relating to child abuse in Georgia. Significant changes were made to the Mandated Reporter Law (O.C.G.A. §19-7-5) in the 2016-17 legislative session, including requiring reporting for suspected instances of child endangerment. These changes will be presented because they affect everyone who works with children, including volunteers. We will also discuss policies and procedures related to filing a report of suspected child abuse.

*This activity has been submitted to Alabama State Nurses Association for approval to award contact hours.*

*Alabama State Nurses Association is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.*

*Children's Healthcare of Atlanta is accredited by the Medical Association of Georgia to provide continuing medical education (CME) for physicians. Credit is pending for this live activity for a maximum of 1.0 AMA PRA Category 1 credit(s)<sup>TM</sup>. Each physician should claim only the credit commensurate with the extent of their participation in the activity.*

*Credit has not yet been approved but is pending for 1.0 unit of continuing education credit for physicians, physician assistants, nurse practitioners, emergency medical services (EMS) personnel, social workers, licensed professional counselors and law enforcement officers.*

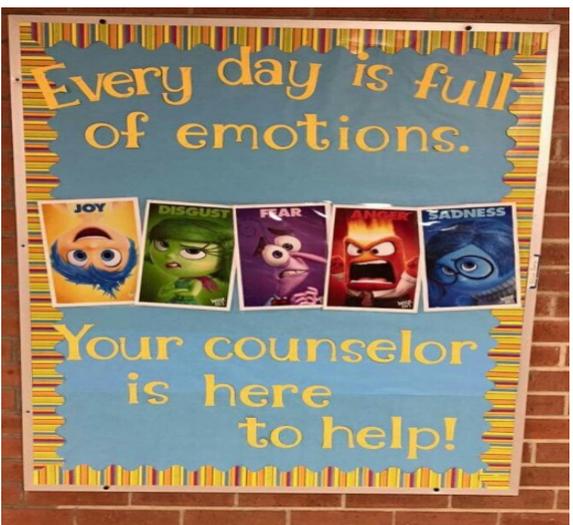
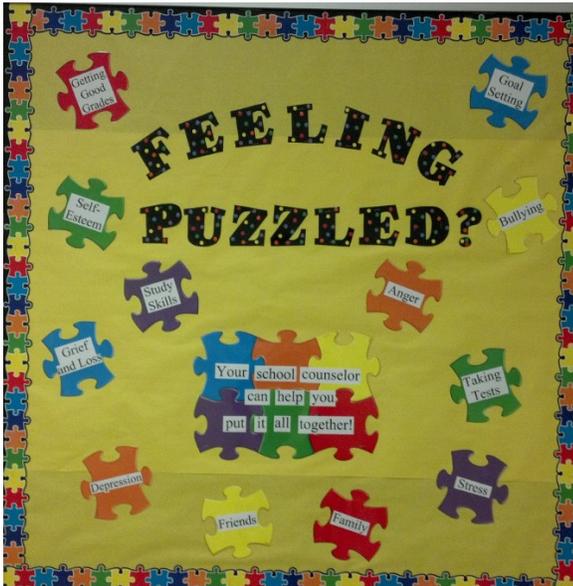
[Register now](#)

### Contact us



Contact the center at [cpwebinars@choa.org](mailto:cpwebinars@choa.org) for more information.

# Bulletin Board Ideas





# WHO ARE SCHOOL COUNSELORS?

School counselors are certified/licensed educators who improve student success for ALL students by implementing a comprehensive school counseling program.

## EMPLOYED AT ALL LEVELS



Also employed in district supervisory positions; and school counselor education positions



## SCHOOL COUNSELOR QUALIFICATIONS

- ▶ **Hold, at minimum, a master's degree in school counseling**
- ▶ **Meet the state certification/licensure standards**
- ▶ **Fulfill continuing education requirements**
- ▶ **Uphold ASCA ethical and professional standards**



## SCHOOL COUNSELOR'S ROLE

School counselors are vital members of the education team and maximize student success

- ▶ **Help all students:**
  - apply academic achievement strategies
  - manage emotions and apply interpersonal skills
  - plan for postsecondary options (higher education, military, work force)
- ▶ **Appropriate duties include providing:**
  - individual student academic planning and goal setting
  - school counseling classroom lessons based on student success standards
  - short-term counseling to students
  - referrals for long-term support
  - collaboration with families/teachers/administrators/community for student success
  - advocacy for students at individual education plan meetings and other student-focused meetings
  - data analysis to identify student issues, needs and challenges

## IDEAL CASELOAD

250 students per school counselor



AMERICAN  
SCHOOL  
COUNSELOR  
ASSOCIATION

For more information,  
resources please visit  
[www.schoolcounselor.org](http://www.schoolcounselor.org)

# 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



# THE ROLE OF A SCHOOL SOCIAL WORKER

School Social Workers are the link between school and community in providing services to students, families and school personnel to promote and support students' academic and social success.

## SERVICES TO SCHOOL PERSONNEL

- Assessing students with mental health concerns.
- Developing staff in-service training programs.
- Assisting teachers with **classroom** management.



## SERVICES TO STUDENTS

- Providing crisis intervention.
- Develop intervention strategies to increase academic success.
- Help conflict resolution and anger management.
- Helping children develop social-emotional skills.

## SERVICES TO PARENTS/FAMILIES

- Interview the family to assess problems affecting the child's education.
- Work with parents to facilitate support in their children's school adjustment.
- Alleviate family stress for the child to function more effectively in school.



## SERVICES TO DISTRICTS

- Develop alternative programs for drop-outs, truants, delinquents, etc.
- Identify and report child abuse and neglect
- Providing prevention programs for school violence, substance abuse, & teen pregnancy.
- Helping districts assess school climate and develop school safety plans.

## SCHOOL-COMMUNITY LIAISON

- Obtain and coordinate community resources to meet students' needs.
- Helping school districts receive adequate support from social and mental health agencies.



School Social Work  
Association of America

# 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](mailto: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!