Georgia Student Wellness

Educating the Whole Child

Educating Georgia’s Future

March 2020

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.

**April 8** — 1:00 to 3:30 p.m.
**June 2** — 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

March National Health Observances

**National Nutrition Month**

**World Hearing Day**

**National Poison Prevention Week**

**Multiple Sclerosis Education and Awareness Month**

**National Bleeding Disorders Awareness Month**

**National Colorectal Cancer Awareness Month**

**National Endometriosis Awareness Month**

**National Kidney Month**

**National Traumatic Brain Injury Awareness Month**

**Save Your Vision Month**

**Trisomy Awareness Month**

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.

Counseling & Social Services

**Register for Webinar Addressing Breakfast After the Bell and Absenteeism**

Did you know that school breakfast may be an effective tool to reduce chronic absenteeism? Join Attendance Works and the National School Boards Association April 22 at 12:00 PM CST for the webinar *Breakfast After the Bell Can Improve Chronic Absenteeism*. [Visit the registration page for more information](#).

**Webinar Addresses Trauma-Informed Care for Staff**

Watch the National Nurse-Led Care Consortium's webinar, *Building a Culture of Trauma-Informed Care for Staff*. Participants will learn ways in which trauma-informed care impacts staff satisfaction, retention, and performance. [Learn more and find registration information](#).
Physical Education

How to keep yourself and your kids active during the lockdown

So, what can we do to keep ourselves and our children sane as we apply this principle, and pull together for public health? One particular thing to emphasise is the importance of physical activity. Being physically active is an essential ingredient for the health and wellbeing of the human being. It positively benefits us in countless critical way, physically and psychologically. When we do not get the physical activity we are used to, it can affect us negatively. Read more HERE.

Healthy School Environment


CDC: Managing Anxiety and Stress During the COVID-19 Outbreak


Health Education

Teach Students to Cover Coughs and Sneezes

The Centers and Disease Control and Prevention created a short video for young students addressing proper coughing and sneezing etiquette. Show the video to your students so that they will learn to cover their coughs and sneezes.

Classroom Resources for Teachers, Parents, and Kids at Home

With the recent school closures due to Coronavirus Disease 2019 (COVID-19), we are sharing some of our classroom resources to help teachers, parents, and kids at home. BAM! Body and Mind Classroom Resources for Teachers has information on nutrition, physical education and activity, child development, health conditions and diseases, and much more.

School Health Services

The National Association of School Nurse’s website has many resources regarding COVID-19. This information may be found at NASN’s site regarding COVID. They have various resources for teaching children and guides for school nursing activities, as well as CDC guidance.

Community Involvement

On March 16, the President announced the Coronavirus Guidelines for America – 15 Days to Slow the Spread. The guidelines include actions like:

• Even if you are young, or otherwise healthy, you are at risk and your activities can increase the risk for others. It is critical that you do your part to stop the spread of the coronavirus;
• Avoid social gatherings in groups of more than 10 people;
• Avoid eating or drinking in bars, restaurants, and food courts – use drive-thru, pickup, or delivery options;
• Practice good hygiene, including washing your hands, avoid touching your face, sneeze or cough into a tissue or in the inside of your elbow, and disinfect frequently.

Nutrition Services

Ga. District Deploys Buses to Deliver Food

School buses in a Georgia community will be delivering meals to students while schools are closed. Cathy Johnson, Richmond County School System's nutrition services director, says the meals will help keep students fed and ready to learn while they study at home. Full Story: WRDW-TV/WAGT-TV (Augusta, Ga.)

Learn About Nutrition During National Nutrition Month

Want to teach your kindergarten students about healthy eating and physical activity? Check out the U.S. Department of Agriculture's Discover MyPlate.
Employee Wellness

Register for Webinar Addressing Staff Wellness and Summer Break
Join Action for Healthy Kids on April 9 at 3:00 PM CST for the Staff Wellness Series: Recharge, Refresh! Making the Most of Summer Break online webinar. Participants will explore the importance of staff wellness as it relates to building strong relationships with students and families. Visit the registration page for more information.

Funding Opportunities

Apply for ALDI Smart Kids Grants
ALDI is partnering with local organizations to make a positive impact on kids’ health and wellness. Grant funds can be used to support children through education, arts, or other activities that help kids stay active and healthy. Applicants can request either cash or ALDI gift cards ranging in value from $100 to $5,000. The application deadline is December 15, 2020. For more information on the program, visit the Aldi Smart Kids webpage.

Grant Promotes School Nutrition, Physical Activity Programs
Looking for funding to promote physical activity or healthy eating initiatives? Look no further than the Action for Healthy Kids’ Game On grants. Applications will be accepted through April 3. Visit the webpage for more information and register for the Game On grant webinar occurring Feb. 20 at 2 p.m.

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
- May 13, 2020 at 5 p.m. for Quarter 3 2020 Grants
- August 19, 2020 at 5 p.m. for Quarter 4 2020 Grants
- November 11, 2020 at 5 p.m. for Quarter 1 2021 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.

Fueling Georgia’s Future

Please mark your calendar for Georgia Agriculture Awareness Week—March 23-27
Each day of the week highlights a different theme:
Monday, March 23rd: Hands-On School Garden Day
Tuesday, March 24th: Buy Georgia Grown Day
Wednesday, March 25th: Ag Hero Day
Thursday, March 26th: Ag Literacy Day
Friday, March 27th: Make My Plate Georgia Grown Day
Be sure to check out the Georgia Ag Week and Georgia Farm to School websites for ideas and resources.

http://georgiaagweek.com/agweek2020/

Harvest of the Month

Root Vegetables
Root Vegetables marketing, promotion and food based learning activities are available.
http://gafarmtoschool.org/harvest-of-the-month-marketing-materials/

http://gafarmtoschool.org/harvest-of-the-month-marketing-materials/
Helpful Links from NASN

⇒ ASTHMA
⇒ CHILDHOOD OBESITY
⇒ COVID-19
⇒ CULTURAL COMPETENCY
⇒ DIABETES IN CHILDREN
⇒ DISASTER PREPAREDNESS
⇒ DOCUMENTATION IN SCHOOL HEALTH
⇒ DRUG ABUSE
⇒ ENVIRONMENTAL HEALTH
⇒ FOOD ALLERGIES & ANAPHYLAXIS
⇒ IMMUNIZATIONS
⇒ HEAD LICE
⇒ MENTAL 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, call 404-785-7202, or email schoolhealth@choa.org
Click here for more information or here to opt-in to receive School Health news.

CHOA Events and Trainings

Technology and CSEC: The Good, the Bad and the Ugly
Webinar– Thursday, April 2, 1:00 p.m. to 2:30 p.m.

Diabetes Caregiver Class
Tuesday, May 26, 8:30 a.m. to 1:00 p.m.

Webinar-Thursday, April 23, 1:00 p.m. to 2:30 p.m.

Supply and Demand: The Roles of Traffickers, Buyers and Gangs in CSEC
Webinar-Thursday, May 14, 1:00 p.m. to 2:30 p.m.

The Medical Evaluation of Victims of Child Sex Trafficking
Webinar-Thursday, May 21, 1:00 p.m. to 2:30 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

Children’s Healthcare of Atlanta

March 2020