



### 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.*

### 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

### 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 emphasize 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

For resources from the Centers for Disease Control and Prevention about COVID-19, please visit [www.cdc.gov/coronavirus/2019-ncov/index.html](http://www.cdc.gov/coronavirus/2019-ncov/index.html).

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

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

## 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.](#)

## 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 23<sup>rd</sup>: Hands-On School Garden Day

Tuesday, March 24<sup>th</sup>: Buy Georgia Grown Day

Wednesday, March 25<sup>th</sup>: Ag Hero Day

Thursday, March 26<sup>th</sup>: Ag Literacy Day

Friday, March 27<sup>th</sup>: 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/>



## 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.](#)

## 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](mailto: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](mailto: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, 1:00p.m. to 2:30 p.m.

[Diabetes Caregiver Class](#) Tuesday, May 26, 8:30 a.m. to 1:00 p.m.

[Talking to Children about Child Sexual Abuse Prevention: A Guide to Children's Books to Help Start the Conversation](#) Webinar-Thursday, April 23, 1:00p.m. to 2:30 p.m.

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

[The Medical Evaluation of Victims of Child Sex Trafficking](#) Webinar-Thursday, May 21, 1:00p.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