



Georgia Department of Education

# Georgia School Nurse NEWS

Krista Lowe, State School Nurse Specialist  
klowe@doe.k12.ga.us  
(404) 657-8331

EDUCATING GEORGIA'S FUTURE

MAY 2018



## MAY NATIONAL HEALTH OBSERVANCES

- ⇒ [Food Allergy Action Month](#)
- ⇒ [Healthy Vision Month](#)
- ⇒ [Melanoma Detection and Prevention Month](#)
- ⇒ [Mental Health Month](#)
- ⇒ [National Asthma and Allergy Awareness Month](#)
- ⇒ [National Stroke Awareness Month](#)
- ⇒ [National Teen Pregnancy Prevention Month](#)
- ⇒ [May 2-8- Children's Mental Health Awareness Week](#)
- ⇒ [May 5- Hand Hygiene Day](#)
- ⇒ [May 9- National School Nurse Day](#)
- ⇒ [May 25- Heat Safety Awareness Day](#)
- ⇒ [May 31- World No Tobacco Day](#)

*The articles and hyperlinks to external websites appearing in the School Nurse News are intended to be informational and do not represent an endorsement by the Georgia Department of Education.*

## DEFINITION OF SCHOOL NURSING

School nursing, a specialized practice of public health nursing, protects and promotes student health, facilitates normal development, and advances academic success. School nurses, grounded in ethical and evidence-based practice, are the leaders that bridge health care and education, provide care coordination, advocate for quality student-centered care, and collaborate to design systems that allow individuals and communities to develop their full potentials. **Approved by the NASN Board of Directors June 2016.**



## UPCOMING WORKSHOPS

### School Nurse 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.
  - ⇒ May 22nd-1:00pm-3:30pm
  - ⇒ June 20th- 1:00pm-3:30pm
  - ⇒ July 10th- 1:00pm-3:30pm
  - ⇒ August 21st- 1:00pm-3:30pm

*You Make a Difference*  
*Thank You for all you do!*



## WEBINARS AND RESOURCES

### ⇒ CDC Feature—Adverse Childhood Experiences

Childhood experiences, both good and bad, frame future violence victimization and action as well as lifelong health and opportunity. With early experiences being an important public health issue, research has been dedicated to the area called Adverse Childhood Experiences (ACEs). ACEs can be prevented when given proper attention. Learn how to prevent ACEs by [visiting the CDC webpage](#).

### ⇒ ASCD Smart Brief: Spotting Student Hunger

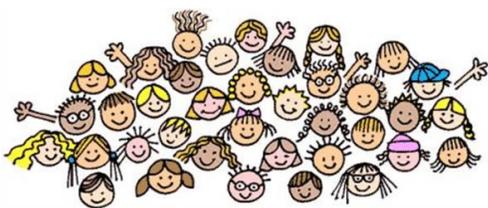
Student experiencing hunger can display their discomfort in a variety of ways. Some kids may be sleepy, some may be withdrawn, while other may be angry or energetic. Hungry students also come in all shapes and sizes, including obese and malnourished or frail and malnourished. To learn how to detect hungry kids, and support them in the school setting, [review the article](#).

### ⇒ CDC Feature—Measles: Make Sure Children are Fully Immunized

Measles is highly contagious and can be serious for young children. Measles can spread quickly in communities where people are not vaccinated. From January to March, 34 cases of measles have been seen in the U.S. To learn how to protect children and how to review vaccination records, [visit the CDC webpage](#).

### ⇒ After a Suicide: A Toolkit for Schools

Developed by the American Foundation for Suicide Prevention and the Suicide Prevention Resource Center the “After a Suicide: A Toolkit for Schools” assists schools in implementing a coordinated response to student suicide deaths. This second edition contains new information to help schools and communities cope as well as implement prevention strategies. [Access the toolkit online](#).



Every Child Deserves a School Nurse

## FUNDING OPPORTUNITIES

### ⇒ Firehouse Subs Public Safety Foundation [AED Grants](#)

**Thursday, May 24, 2018 at 12:00 AM EST for 2nd Quarter Grants**

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

### ⇒ Action for Healthy Kids: Parents for Healthy Kids Grant

Action for Healthy Kids is pleased to announce that grants are now available for the 2018-2019 school year. Their Parents for Healthy Kids Grants are for parents or parent groups that are interested in leading school based physical activity or nutrition programming that will engage more parents in student and family health. Grants of up to \$1,000 are available. Learn how to apply [online](#).

### ⇒ CDC Grant— Physical Activity and Nutrition Programs

CDC has announced the availability of funds to implement CDC-RFA-DP18-1807: State Physical Activity and Nutrition (SPAN) Programs. The grant will fund up to 15 applicants to work with state and local partners that support communities to improve nutrition and to support safe and accessible physical activity. Independent school districts are eligible to apply. Electronically submitted Applications are due June 14, 2018 by 5:00p.m. EST. [Review the application criteria online](#).



## WEBINARS AND RESOURCES

### ⇒ Operation Prevention's Classroom Resources

Operation Prevention's Classroom Resources provides educators with engaging tools that are aligned with national health and science standards. Through hands-on activities kids can learn the science behind opioids and their effects on the mind and body. [Review the resources for elementary, middle, and high school classes online.](#)

### ⇒ Webinar—SNAP Ed Success Stories

Join the USDA Food and Nutrition Service for a webinar on May 8, 2018 at 12:00pm EST. Three SNAP-Ed agency program leaders with experience developing and sharing effective success stories will share their methods and recommendations for sharing stories. Success stories can be powerful in engaging readers and stakeholders in the local community. [Register for the webinar online.](#)

### ⇒ Hallways to Health Webinar 3—Assessing Wellness and Planning Action

Join the School Based Health Alliance on May 8, 2018 at 2:00pm EST for a webinar discussing the benefits of conducting school wide needs assessments. Learn how to use school wide data to inform and design school wide wellness approaches. School wide strategies for obesity prevention, social and emotional health and school employee wellness will also be discussed. [Register for the webinar online.](#)

WHOLE SCHOOL, WHOLE COMMUNITY, WHOLE CHILD



### ⇒ NASN Archived Podcast—Suicide Prevention for School Communities

Released Tuesday April 17, 2018 the latest NASN School Nurse podcast examines an educational article to be included in the May, 2018 Edition of the NASN School Nurse editorial. The article "Suicide Prevention for School Communities: An Educational Initiative for Student Safety" is broken down and discussed. To read the article or listen to the broadcast, [visit the NASN archive.](#)

### ⇒ Using Needs Assessments to Connect Learning and Health

The Alliance for a Healthier Generation, as a part of their Healthy Schools Campaign has released a publication discussing opportunities in the Every Student Succeeds Act (ESSA) for using needs assessment to connect learning and health. Using needs assessment required by ESSA, schools can learn how to address poor health conditions that can be correlated to poor academic performance. To learn more, download the tool online.

### ⇒ Later school start times improve sleep time

A new study published by Oxford University Press revealed that delaying school start times results in positive effects on students' health. After the implementation of a 45 minute delayed start time, students reported lower levels of subjective sleepiness, improvements in wellbeing, and increased time in bed by an average of 23 minutes; marking many students getting the recommended eight hours of sleep. [To review the other results of this study, go online.](#)



# STOP THE BLEED TRAININGS

## HCSD “Stop The Bleed” Training

On February 26, 2018, members of the district office staff at the Hall County Board of Education took part in a training session that is part of the national “Stop the Bleed” campaign. Mamie Coker, Health Services Coordinator for the Hall County Schools, had organized the training in cooperation with Region 2 Regional Trauma Advisory Council (RTAC). The goal is to highlight the commitment that Hall County School District has made to have this important, potentially life-saving training for teachers and staff and volunteers in all schools. The district is on track to have training complete and to have the bleeding control kits delivered to all schools by the end of the current school-year.

The “Stop the Bleed” campaign is a national initiative of the American College of Surgeons and the Hartford Consensus which helps train and prepare citizens to respond rapidly in the event they are witness to an emergency bleeding situation. In 2017, the Georgia Trauma Commission along with the Georgia Trauma Foundation, The Georgia Society of the American College of Surgeons, and the Georgia Committee on Trauma collaboratively launched the nationwide “Stop the Bleed” campaign in Georgia. The Georgia General Assembly approved funding (1 million dollars) to train and equip all Georgia public schools with bleeding control kits. The bleeding control kits are designed to enable bystanders to control life threatening bleeding and provide immediate care to the injured while awaiting the arrival of professional responders. The bleeding control kits contain a tourniquet, wound packing materials, and gloves to prevent further exposure. In order to provide training to every public school in the state, each EMS region has been tasked with developing a plan to train the schools in their respective region. Hall County is one of 13 counties in EMS Region 2. The Region 2 Regional Trauma Advisory Council (RTAC) is leading efforts in EMS Region 2 with the assistance of many volunteers across the region. The goal is to provide life-saving education to all the schools in the region then to equip each school with the bleeding control kits. In Hall County, RTAC member Courtlan McQueen is assisting the coordination and education planning for all of the public schools.



# NATIONAL SCHOOL NURSE DAY



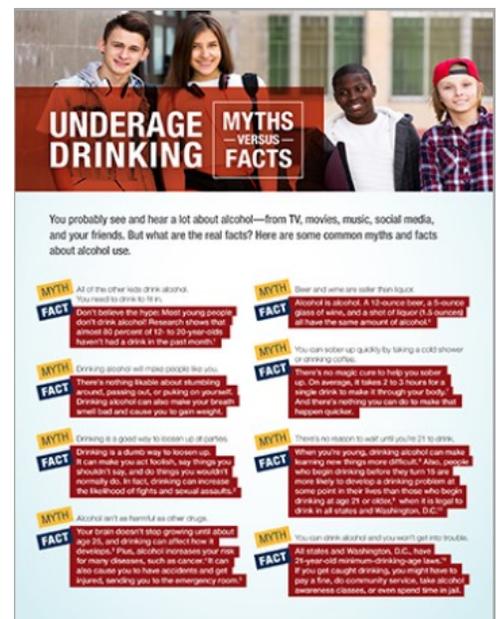
## It's Almost National School Nurse Day!

Wednesday, May 9, 2018 is National School Nurse Day! We honor more than 95,000 school nurses in the United States who make a difference in the lives of children every day! The theme this year is School Nurses: Advocates for 21st Century Student Health. Listen to NASN President Nina Fekaris share how school nurses lead the way to advance health and support education by ensuring that students are safe, healthy, and ready to learn. Let's celebrate our school nurses! Learn more at: [www.schoolnurseday.org](http://www.schoolnurseday.org).



## Free SAMHSA Resource— Underage Drinking: Myths vs. Facts

The Substance Abuse and Mental Health Services Administration (SAMHSA) has released a free resource detailing underage drinking myths and facts. The one page resource quiets underage drinking myths, by providing facts about drinking behaviors, supported by evidence based research. [Download the flyer online.](#)



# What is JUULing?

You may have heard of JUUL. It's one brand of [e-cigarette](#) that has gotten very popular lately—so popular that the term “JUULing” is becoming common. While we usually don't discuss brand names on the blog, some experts think the name “JUUL” might become like “Kleenex” or “Xerox”; these brands became so popular that people often use those names instead of “tissue” or “copy.”

Will “JUUL” become the new term for “e-cigs”? Whatever you call them, and whatever brand they are, there are too many unknowns about the health effects of these devices if you start using them in your teen years.

## Quitting—or starting?

The company that makes [JUUL](#) says they designed the device for adults who are trying to quit smoking regular cigarettes; the company has educational programs for teens about waiting until they're adults to use these devices. But JUUL is still being used by teens, who think teachers and other adults won't notice because the JUUL doesn't look like a regular e-cig.

A JUUL is a small, rectangular, box-shaped device that looks more like a flash drive than a cigarette. Like most e-cigs, they come in [flavors that appeal to young people](#).

## Different look, same danger

Teens have been hiding things like e-cigs from adults for decades. In the 1950s, they spent a lot of time trying to hide their cigarettes from adults. But once teens began to learn about the disastrous health effects of tobacco cigarettes, they stopped using them as much. Now, teens are [smoking less than ever](#).

So, while the JUUL design may look pretty slick, don't let it fool you: Inside, it has the same [nicotine](#) that's in regular cigarettes. In fact, according to the manufacturer, just one JUUL “pod” (the cartridge inserted into the device) delivers about as much nicotine to the user as a *whole pack* of cigarettes.

## Next stop, tobacco?

There's also evidence that many teens using e-cigs [switch to regular cigarettes](#), sometimes within just a few months. Remember: You can get [addicted](#) to nicotine, and regular cigarettes deliver it to the body more efficiently than e-cigs do. Inhaling the tobacco smoke from cigarettes leads to horrible diseases and death.

There's still a lot we don't know about how using e-cigs (which don't contain actual tobacco) will affect your health. But if you're a teen, the government [won't let you buy them](#), and for [good reasons](#). Anything with nicotine is bad news for your health—no matter how fancy it might look or how well you can hide it from grown-ups.





# Mental Health Awareness Month

May is Mental Health Awareness Month! Raise awareness and educate yourself with a month full of activities and learning opportunities. Everyone is welcome.

## TAKE THE #4MIND4BODY CHALLENGE!



MAY IS 2  
MENTAL 0  
HEALTH 1  
MONTH 8  
[#4mind4body](#)

Join us this May as we challenge ourselves each day to make small changes - both physically and mentally - to create huge gains for our overall health. Visit [bit.ly/MHACHallenge](http://bit.ly/MHACHallenge) or follow Mental Health America on Facebook, Twitter or Instagram for the challenge of the day. Share your progress by posting with [#4mind4body](#).

LEARN MORE AT [MENTALHEALTHAMERICA.NET/MAY](http://MENTALHEALTHAMERICA.NET/MAY)

[www.mentalhealthamerica.net/may](http://www.mentalhealthamerica.net/may)

## 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, B.S.N., R.N.**  
Regional School Nurse Coordinator  
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](#)

# GASN SUMMER CONFERENCE

## SAVE THE DATE

Georgia Association of School Nurses

School Nurses Bridging the Gap:  
Whole Child, Whole School and Whole Community

The Classic Center, Athens, GA  
June 19-20, 2018



## BENEFITS OF JOINING GEORGIA ASSOCIATION OF SCHOOL NURSES

### HOW TO JOIN?

[With our new website you can now join online.](#) Just fill out the form and submit your payment to get instant access to member only content. (We use PayPal, but you don't have to have an account – very secure)

### WHY JOIN?

When you join online you can immediately access the Members Only area, giving you access to Bylaws, Committees, Officers & Officers History, Complete Membership List (you can email directly to) and Newsletter. Here's how your membership helps:

### SCHOOL NURSE ADVOCACY

- 1.GASN supports child health needs with state policy-makers & organizations.
- 2.GASN collaborates with state agencies, organizations, and policy-makers regarding school nurse issues.
- 3.GASN promotes National School Nurse Day to raise awareness of the school nurse role.
- 4.GASN affiliates with NASN to access and support NASN's Publications, Position Statements and Issue Briefs about the school nurse role.

### LEGISLATIVE ADVOCACY

- 1.GASN executive officers facilitate promoting school nurse issues in state legislature.
- 2.GASN has been instrumental in advocating for school nurse funding in Georgia and for language in the A+ Education Act supporting school nurse staffing for all Georgia Schools.
- 3.GASN campaigns to include funding and legislation for a nurse for every Georgia School Campus.

### EDUCATIONAL OFFERINGS

GASN provides a vehicle for school nurses to interact with others who understand their needs and can provide solutions to school health problems. GASN collaborates with Children's Hospital of

Atlanta who provides quarterly school nurse updates related to current children's health issues.

### DISCUSSION GROUPS

GASN has a list serve to communicate School Nursing news and questions to all members.

### SCHOOL NURSE RECOGNITION

GASN receives nominations for Georgia School Nurse of the Year, Georgia LPN of the Year, and Georgia School Nurse Administrator of the Year.

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# Do You Know Someone Who Would Like to Become a School Nurse?

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](#)



## PRACTICAL NURSING

The Practical Nursing diploma program is designed to prepare students to write the NCLEX-PN for licensure as practical nurses. The program prepares graduates to give competent nursing care. This is done through a selected number of academic and occupational courses providing a variety of techniques and materials necessary to assist the student in acquiring the needed knowledge and skills to give competent care. A variety of clinical experiences is planned so that theory and practice are integrated under the guidance of the clinical instructor. Program graduates receive a practical nursing diploma and have the qualifications of an entry-level practical nurse. Students most commonly will have to submit a satisfactory criminal background check as well as a drug screen in order to be placed in a clinical health care facility to complete the clinical portions of their educational training.

[FIND WHERE THIS PROGRAM IS OFFERED](#)