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.

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.
### Great American Smokeout - November 16

**Quit for you and everyone who cares for you.**

**How does your body recover after quitting ...**

<table>
<thead>
<tr>
<th>Timeframe</th>
<th>Recovery Effect</th>
</tr>
</thead>
<tbody>
<tr>
<td>20 minutes</td>
<td>Your heart rate and blood pressure drop.</td>
</tr>
<tr>
<td>12 hours</td>
<td>The carbon monoxide level in your blood drops to normal.</td>
</tr>
<tr>
<td>2 weeks to 3 months</td>
<td>Your circulation improves, and your lung function increases.</td>
</tr>
<tr>
<td>1–9 months</td>
<td>Coughing and shortness of breath decrease; cilia start to regain normal function in the lungs, increasing the ability to handle mucus, clean the lungs, and reduce the risk of infection.</td>
</tr>
<tr>
<td>1 year</td>
<td>The excess risk of coronary heart disease is half that of someone who continues to smoke. Your heart attack risk drops dramatically.</td>
</tr>
<tr>
<td>5 years</td>
<td>The risk of cancer of the mouth, throat, esophagus, and bladder is cut in half. Cervical cancer risk falls to that of a non-smoker after 2-5 years.</td>
</tr>
<tr>
<td>10 years</td>
<td>The risk of dying from lung cancer is about half that of a person who is still smoking. The risk of cancer of the larynx (voice box) and pancreas decreases.</td>
</tr>
<tr>
<td>15 years</td>
<td>The risk of coronary heart disease is that of a non-smoker’s.</td>
</tr>
</tbody>
</table>

*Source: cancer.org/healthy/stayaway/fromtobacco/benefits-of-quitting-smoking-over-time*

To get help and learn more, visit cancer.org/smokeout or call 1-800-227-2345 for free tips and tools. #greatamericansmokeout
**Global/Georgia Partnership for Telehealth** (GPT) is excited to announce a major milestone: serving over 100 public schools in the state of Georgia! This has been a market segment that GPT is very passionate about. According to Loren Nix, Director of School-Based Telehealth at GPT, the key to GPT’s school-based telehealth success lies in its unique approach in developing telehealth around each school system’s needs and existing medical community. “As we begin initial planning with schools interested in implementing telehealth, we strongly encourage them to conduct a local scavenger hunt to assess and tap into existing healthcare providers in their area; it should never be the intention of school-based telehealth centers to erode the local medical community.” GPT believes school-based telehealth should work to enhance existing medical services and provide better access to care. GPT’s robust network of providers can then step in to support healthcare needs not met locally.

Global Partnership for Telehealth (GPT), a not-for-profit state-wide telehealth network based in Waycross, Georgia, is changing the face of school-based healthcare by partnering with more than 25 Georgia school systems to provide telehealth services to students and staff. GPT’s school-based telehealth program began as a pilot project in Berrien Elementary School in 2009 and has since grown to more than 100 schools with telehealth services in place across Georgia. GPT’s model provides the telehealth equipment infrastructure needed for school nurses, counselors, and other staff to connect patients with healthcare providers for acute care, specialty care, and behavioral health needs. GPT, however, is more than just an equipment vendor, providing programmatic support, training, end-user IT support, scheduling assistance, and a dedicated regional account manager to assist with telehealth needs and program success.

To learn more about GPT and its school-based telehealth program, contact Loren Nix at loren.nix@gpth.org.
Flu Activity in Georgia

Each year from October to mid-May, Georgia's Department of Public Health tracks flu activity throughout the State and reports the findings in the Georgia Weekly Influenza Report. Along with other surveillance components, influenza-like illness is tracked with the help of volunteer sentinel providers (private providers, occupational health providers, student health clinics and emergency departments) as part of CDC's ILINet program. While each individual case of influenza is not reportable to health authorities, we monitor flu activity by watching the percent of doctors' visits that are for "influenza-like illness" (fever >100º F and cough and/or sore throat). When these doctors' visits for "influenza-like illnesses" begin to increase compared to baseline levels, we suspect that influenza is active in an area. Baseline levels are considered to be 0-3%.

After House Bill 198 passed in the 2017 Legislative session, schools are required to provide information to parents and guardians of students in grades 6 through 12 on influenza and its vaccine whenever other health information is provided. Below you will find many resources on Influenza and the flu vaccine.

Influenza Resources

- About Influenza
- Influenza Terms
- Influenza Prevention
- Novel Influenza A Infection-H3N2v

Influenza Related Pages

- Influenza: What You Need to Know
- Frequently Asked Questions
- Influenza Surveillance in Georgia
- Vaccine Information Sheet Influenza
- Flu Activity in Georgia
- Novel Influenza A Infections

Georgia Pandemic Influenza

Preparedness Information
The Staggering Costs of Diabetes

GROWING EPIDEMIC

Diabetes affects over 30 million children and adults in the U.S.

That's 1 in 11 Americans.

84 million Americans have prediabetes and are at risk for developing type 2 diabetes.

90% of them don't know they have it.

Every 21 seconds someone in the U.S. is diagnosed with diabetes.

HUMAN COSTS

African Americans and Hispanics are over 50% more likely to have diabetes than non-Hispanic whites.

People with diabetes are at higher risk of serious health complications:

STROKE  BLINDNESS  KIDNEY DISEASE  HEART DISEASE  LOSS OF TOES, FEET, OR LEGS

ECONOMIC COSTS

The total cost of diabetes and prediabetes in the U.S. is $322 billion.

The average price of insulin nearly tripled between 2002 and 2013.

People with diabetes have health care costs 2.3x greater than those without diabetes.

Learn more at diabetes.org
FoodFinderGA is a free smartphone app developed by a Georgia Public Schools graduate - it’s available on the Apple App Store or Google Play right now (search: foodfinder), or online at www.foodfinderga.org.

The app creates a 100% anonymous, direct connection between students & families who need food and their closest free food providers.

Both the FoodFinderGA app and the website showed a dramatic increase in use over the Thanksgiving break:
• Thanksgiving week visits to FoodFinder = +496% vs. weekly average during this school year-to-date.
• Average Daily use during Thanksgiving week = +500% vs. the daily avg this school year.
• Peak usage was Monday 11/21, the 1st full week without school lunch this school year = +1,269% daily average

Please download the app today, and tell your students about it before the Holiday break.

Food Finder Georgia

Funding Opportunities

⇒ Firehouse Subs Public Safety Foundation AED Grants
• Thursday, November 30, 2017 at 5:00 PM for 1st Quarter Grants (Q1 2018)

⇒ Community Change Micro Grants
• Applications Due: November 10, 2017, America Walks is excited to extend its third round of $1,500 grants to schools and other organizations for projects that promote walking and walkable communities. Applications must be submitted online by 4:00 p.m. CST. See the 2016 grantees.

⇒ Apples4Ed Healthy Snack Grants
• The School Nutrition Association, National Association of State Departments of Agriculture, and the U.S. Apple Association are funding this initiative to support healthy snacking programs. Students, parents, educators, or administrators can nominate their school for a $10,000 grant. Nomination forms must be submitted by November 30, 2017. All schools with students enrolled from Kindergarten through 12th grade are eligible. Check out the 2016 finalists.

⇒ Saucony Run for Good Grants—Applications Due: December 15, 2017
• The Saucony Run for Good Foundation is accepting applications for grants to help run down the childhood obesity epidemic. The grants are open to community nonprofit organizations that initiate and support running programs for kids. See this guide to determine if your organization qualifies for a grant.
⇒ Webinar: Integrating Movement into a Well-Rounded Education
On November 8, 2017, at 4:00-4:30 p.m. EST, the Action for Healthy Kids (AFHK) will present this webinar. AFHK partner schools will share ideas for creating active classrooms through manageable movement strategies, games, and lesson plans.

⇒ Webinar: Addressing Obesity and Eating Disorders
On November 8, 2017, at 1:00 p.m. EST, the School-Based Health Alliance will host “Addressing Obesity, Feeding and Eating Disorders, and Body Dysmorphic Disorder among LGBTQ Youth.” Many LGBTQ youth experience bullying, rejection, and other identity-related stressors at home and at school. This webinar will teach providers how to use a culturally-responsive approach to preventing, identifying, and treating these conditions.

⇒ Webinar: A Proactive Approach to IAQ—November 9, 2017
From 1:00 to 2:30 p.m. EST, the U.S. Environmental Protection Agency (EPA) will host Saving Money and Protecting Health with Preventative Maintenance. Join the webinar to hear about the benefits of transforming your approach to indoor air quality (IAQ) management from reactive to proactive.

⇒ Webinar: Drinking Water and Lead Exposure—November 7, 2017
Why Are We Talking About It? is the first of three webinars in the series “Let’s Tackle Drinking Water Safety!” The University of California will co-present the webinar at 2:00 p.m. EST. A simple overview will be provided regarding the importance of safe drinking water in schools, plumbing, and lead exposure in tap water.

⇒ Preparing Youth to Thrive: Promising Practices for SEL
The Social and Emotional Learning (SEL) Challenge was designed to identify promising practices for building skills in six areas: emotion management, empathy, teamwork, initiative, responsibility, and problem solving. The Field Guide, a product of the SEL Challenge, shares best practices and collective expertise for equipping the rising generation with the SEL skills they need to thrive. Educators and out-of-school staff may download the Field Guide for use in developing SEL programming.

⇒ Disaster Relief Resources
The Healthy Schools Campaign (HSC) points out that when disaster strikes, schools become even more important as a stabilizing force in students’ lives. In addition to maintaining a healthy and safe environment, schools can make sure that needed services are provided. The HSC promotes the Hurricane Relief Resources compiled by The School Superintendents Association (AASA).
Talking to Children About Shootings
In consideration of the tragic events in Las Vegas, please share this free resource from the National Center for School Crisis and Bereavement on talking to children about shootings and tragedies they will likely hear about at school or on the news.

Third and Fourth Graders Who Own Cell Phones are More Likely to be Cyberbullied
American Academy of Pediatrics
Most research on cyberbullying has focused on adolescents. But a new study discovered cell phone ownership among children third to fifth grades finds they may be particularly vulnerable to cyberbullying.

Parents Increasingly Fret About Bullying, and With Good Reason
Ask parents what they're most worried about regarding the wellness of their children as a new school year begins, and stress and anxiety are high on the list. So are obesity and lack of exercise, along with smoking and alcohol and drug use. But for several years, the top answer is the same: bullying and cyber-bullying...About one in five middle and high school students is a victim of bullying, according to a 2015 study by the National Center for Education Statistics.

East Tenn. School Says Father Can't Administer Hemp Oil to Son on School Grounds
James Griebe's son suffers involuntary twitching from a disorder called Tardive Dyskenisia. "It kills me to see him like this," he said. But he uses hemp oil to control it...But his son's school district is barring him from taking the oil to class....According to Tennessee law, marijuana is illegal, but that does not include 'Industrial Hemp'. Griebe said his oil, 'Charlotte's Web' from Colorado, falls under that category with less than 0.3 percent THC. The district also said they need a doctor's note to give the drug. Griebe disagrees, saying he doesn't because it's not a controlled substance.

Need for Epinephrine in Schools — And Staff Trained to Administer It
American Academy of Pediatrics
With school nurses often covering multiple buildings, researchers find that nearly one in five students who experience severe allergic reactions are given potentially life-saving epinephrine injections from unlicensed staff or students.

School settles claim it didn't evacuate disabled student during fire alarm
The Watchung Hills Regional High School District Board of Education agreed to settle claims that staff failed to evacuate at least one disabled student during an unplanned fire alarm and did not have policies for evacuating students with disabilities.
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  
Web Page: [http://www.choa.org/schoolhealth](http://www.choa.org/schoolhealth)

**Want to receive School Health News:**  

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***Resources obtained from the National Association of School Nurses Website***