Georgia Student Wellness- Supporting the Whole Child

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Georgia Department of Education

EDUCATING GEORGIA'S FUTURE — NOVEMBER 2018

NOVEMBER NATIONAL HEALTH OBSERVANCES

- ⇒ American Diabetes Month
- ⇒ Diabetic Eye Disease Month
- ⇒ Lung Cancer Awareness Month
- ⇒ National Alzheimer's Disease Awareness Month
- ⇒ National Family Caregivers Month
- ⇒ National Healthy Skin Month
- ⇒ National Hospice and Palliative Care Month
- ⇒ Nov. 9 National Diabetes Heart Connection Day
- ⇒ Nov. 13-19 U.S. Antibiotic Awareness Week
- ⇒ Nov. 16 Great American Smokeout
- ⇒ Nov. 17 International Survivors of Suicide Loss Day
- ⇒ Nov. 20-26 Gastroesophageal Reflux Disease Awareness 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

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.
  - ⇒ November 13- 1:00pm-3:30pm
  - ⇒ December 6– 1:00pm-3:30pm

You Make a Difference
Thank You for all you do!

SCHOOL STAFF

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RESOURCES/WEBINARS

What You Need to Know to Improve Asthma Adherence Webinar

Thursday, November 15, 2018, 4 p.m.
During this Allergy & Asthma Network webinar hear research-based practical strategies to help improve asthma patient adherence and outcomes. Register today.

Preventing Adverse Childhood Experiences Trainings

The Centers for Disease Control and Prevention recently launched two online introductory training modules to help understand, recognize and prevent adverse childhood experiences. Educators, caregivers and medical professionals are encouraged to take the trainings. View the training modules today.

New NASN Resource for Chronic Health Conditions

NASN has a new resource for you to support the school nurse leadership role in building school communities through collaboration to support students with chronic health conditions. Visit the new NASN Collaboration to Support Students with Chronic Health Conditions resource page.

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**.

FUNDING OPPORTUNITIES

Firehouse Subs Public Safety Foundation AED Grants

Thursday, November 29 at 5 p.m. for Quarter 1 2019 Grants
What are the Foundation funding guidelines? Life-saving equipment, prevention education, scholarships and continued education, disaster relief and military support.

Grant Aims to Protect Kids' Recreation Areas from Sun

The American Academy of Dermatology is encouraging sun safety by offering grants for permanent shade structures. The group's Shade Structure Grant Program awards up to $8,000 to eligible public schools and nonprofit organizations for installing permanent shade structures for outdoor locations that aren't protected from the sun, including playgrounds and recreational spaces. The deadline to apply is Dec. 31, so apply today.

Apply for Healthy Snacking Program Funding

Are you interested in creating a healthy snacking program in your school? The U.S. Apple Foundation and its partners will fund five healthy snacking programs on public school campuses across the country. The deadline to apply is **Dec. 31**. For a complete list of eligibility requirements, visit the Apples4Ed webpage.

10 things
teachers should know
about having a student with type 1 diabetes

When your student has type 1 diabetes, the body doesn't make the insulin needed to metabolize sugar into energy. People with type 1 must either give injections of insulin or wear an insulin pump to stay alive.

Basic info: Food raises blood sugar. Exercise and activity lower blood sugar.

1. **An insulin pump isn't a cure**
   It is hard to have diabetes,even when I have an insulin pump. My blood sugars will vary every day and there is no such thing as "control" with Type 1. Please be patient while I deal with low and high blood sugars.

2. **I wear super cool gadgets that help keep me alive.**
   My insulin pump and/or continuous glucose monitor may look like the latest ipod or mobile phone – some alarms even sound like a ring tone. Please don't take them away from me – you would be putting my health in danger.

3. **Sometimes I need to eat in class**
   I need to keep glucose tabs and snacks in my desk (or pockets) in case of emergency. If go low, even a trip to the nurse's office could be too risky without immediate fast acting sugar.

4. **I may not be brave enough to speak up for myself**
   I depend on you to put my health and well being first. It's not always easy to speak up when I'm low or high and need to take care of diabetes. It helps to know you're looking out for my best interests.

5. **I need immediate attention when I tell you I feel low**
   I may also need your help. Please give me a snack or let me check my blood sugar immediately. Don't leave me alone or send me to the nurse's office by myself. My body and brain won't be functioning properly and I could make a wrong turn or collapse in the hallway. I also cannot finish a test or complete my work until I have treated my low.

6. **When my blood sugar is high, I use the restroom frequently**
   This will not change, no matter how old I get. Please be patient when I need to take multiple restroom breaks throughout the day. This typically means my blood sugar is high and my body is reacting normally to flush extra glucose. When my blood sugar is high, I also need to drink more to help it go down.

7. **Please don't call me diabetic**
   Because I am defined by WHO I am, not by diabetes.

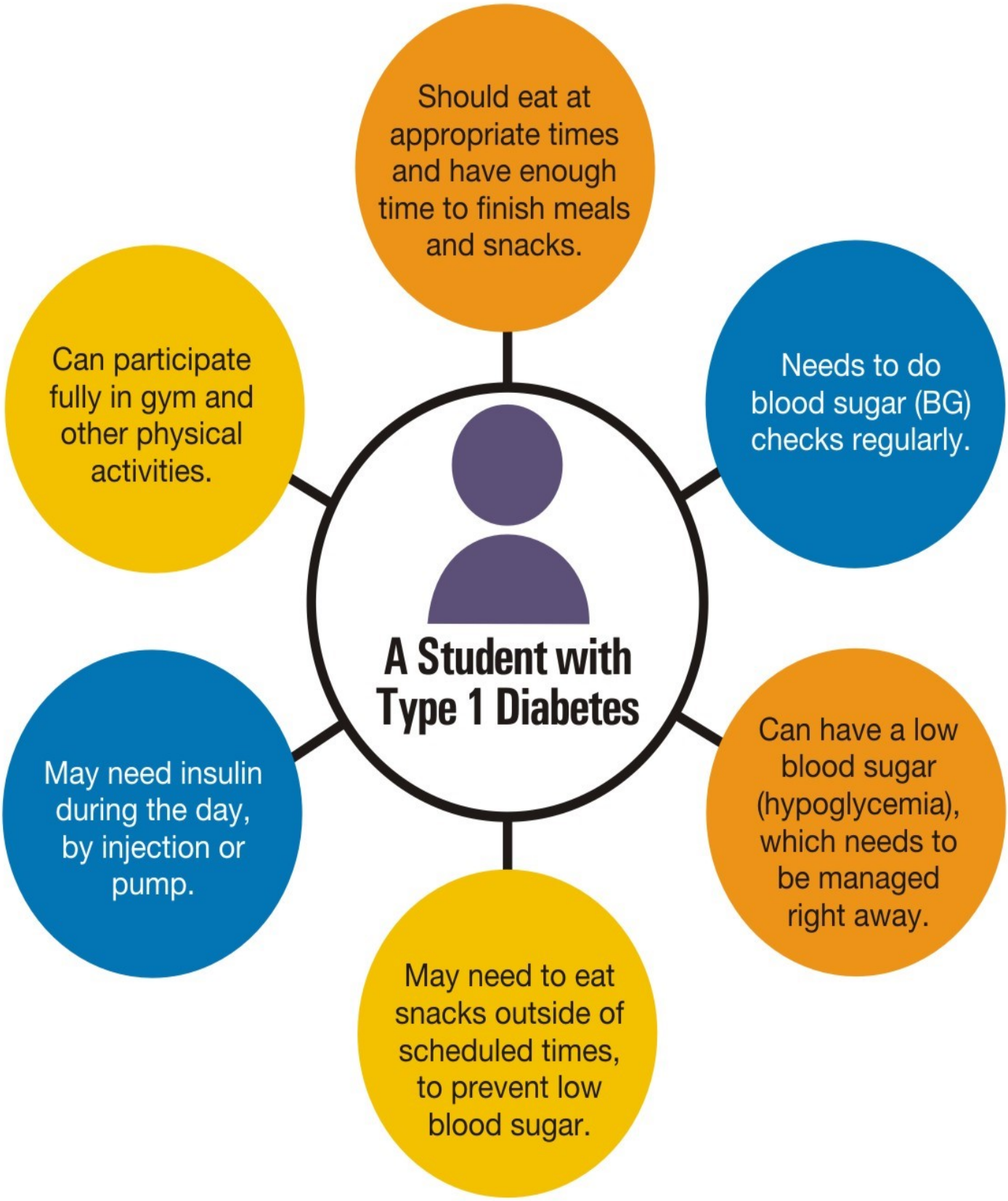
8. **If I'm not listening well or following instructions, I may need to check my blood sugar**
   Please don't assume that my lack of obedience or cooperation has anything to do with my attitude. If you notice I'm not paying attention or am acting odd, gently ask me to check my blood sugar.

9. **Thank you for being patient with interruptions in class**
   Checking blood sugar multiple times a day, adjusting insulin levels and treating lows or highs can be exhausting. Your compassion during these interruptions will help make school easier for me so that I don't feel like a burden to you or the class.

10. **Some days are a roller coaster of highs and lows**
    Days that include low and high blood sugars happen. And when they do, I may feel terrible. It's similar to how you feel when you have the flu or have had too much alcohol.

This information does not substitute for seeing a physician. If you or someone you know might have type 1 diabetes, seek help immediately.

Key Points for School Staff



Upcoming Webinar!
What's New with Flu? Epidemiology & Surveillance

Thursday, December 13, 2018 at 12:30 - 1:30 pm

Join your colleagues for this live presentation and discussion with:

Audrey Kunkes, MPH

Influenza Surveillance Coordinator, Georgia Department of Public Health

Division of Health Protection, Epidemiology Program

Acute Disease Epidemiology Section, Atlanta, GA

Moderator: **Harry Keyserling, MD, FAAP**

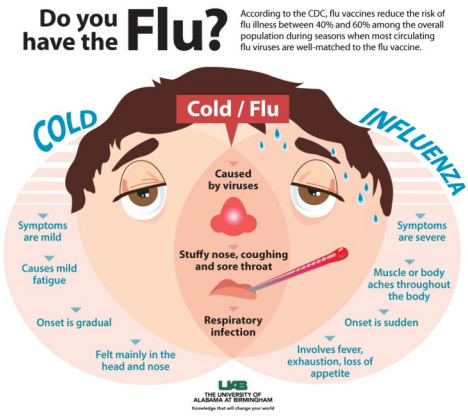
Infectious Disease Committee Chair

Georgia Chapter, America Academy of Pediatrics

Intended Audience includes: Physicians, Physician Assistants, Nurse Practitioners, School Nurses, Nursing Staff, Medical Assistants, and other health care professionals.

Upon completion of this program the attendee shall be able to:

- Identify goals of influenza surveillance
- Explain how surveillance for influenza is conducted
- Discuss the epidemiology of the last flu season in the US and Georgia
- Identify how flu activity is tracked and monitored in Georgia
- Summarize the information contained in the Georgia Weekly Influenza Report



To register visit: https://attendee.gotowebinar.com/register/8800181400960411137

The application will be submitted to Georgia Nurses Association for approval to award contact hours. Please contact the Georgia Chapter office for more information.

The American Academy of Pediatrics – Georgia Chapter is accredited by the Medical Association of Georgia to provide continuing medical education for physicians.

The American Academy of Pediatrics – Georgia Chapter designates this live activity for a maximum of 1 *AMA PRA Category 1 Credit™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

THE FLU

MYTHS VS FACTS

Findatopdoc.com

MYTH
You can catch the flu from the vaccine.

FACTS
The vaccine is made from an inactivated virus that can't transmit infection.

FACTS
The influenza virus changes (mutates) each year. So getting vaccinated each year is important.

FACTS
20% to 30% of people carrying the influenza virus have no symptoms.

MYTH
Getting the flu vaccination is all you need to do to protect yourself from the flu.

MYTH
Healthy people don't need to be vaccinated.

MYTH
The flu is just a bad cold.

FACTS
Avoid contact with people who have the flu, wash your hands frequently, and consider taking anti-viral medications if exposed.

FACTS
Influenza may cause bad cold symptoms. But in the United States alone, 36,000 people die and more than 200,000 are hospitalized each year.

MYTH
You can't spread the flu if you're feeling well.

FACTS
Current guidelines suggest that children ages 6 months to 19 years old, pregnant women, and anyone over age 49 be vaccinated each year.

MYTH
You don't need to get a flu shot every year.

MYTH
You can catch the flu from going out in cold weather without a coat, with wet hair or by sitting near a drafty window.

FACTS
Flu season coincides with the cold weather, but they are not related.

November 7, 2018

Dear CDC School Health Partners:

Classroom physical activity can help improve students' concentration and attention, classroom behavior, engagement in learning, and grades. Classroom physical activity should be offered in addition to physical education and recess and at all school levels (elementary, middle, and high school). Still, only 45% of schools in the United States have students participate in regular physical activity breaks during the school day.

To address this issue, CDC and Springboard to Active Schools have developed new resources to help bring physical activity to the classroom. These resources provide educators with evidence-based strategies for integrating classroom physical activity and include:

- **Strategies for Classroom Physical Activity in Schools.** This document describes 10 evidence-based strategies for promoting and planning for classroom physical activity.

- **Integrate Classroom Physical Activity in Schools: A Guide for Putting Strategies into Practice.** This guide provides key questions and activities, along with practical templates that teachers and other champions can use to help them adopt, promote, enhance, or sustain the strategies identified in *Strategies for Classroom Physical Activity in Schools.*

You can find these resources for school administrators, school staff, parents, and others on the CDC Healthy Schools website. We hope that you can use them in training and technical assistance with your districts and schools.

In addition, we have also worked with Springboard to Active Schools to create a Classroom Physical Activity Promotion Kit you can find here. Please join us in promoting the new classroom physical activity resources by using the ideas in the promotion kit.

Please contact us if you have questions about the information and materials.

Thank you.

Holly Hunt

Holly Hunt, Chief
CDC Healthy Schools (School Health Branch)
Division of Population Health
National Center for Chronic Disease Prevention and Health Promotion
www.cdc.gov/healthyschools

CDC
CENTERS FOR DISEASE CONTROL AND PREVENTION

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COUNSELING AND SOCIAL SERVICES

Webcast Explores Adverse Childhood Experiences, Substance Use

A Centers for Disease Control and Prevention (CDC) webcast explores how adverse childhood experiences are factors in drug misuse and overdoses, suicide and mental health disorders. "Integrating Adverse Childhood Experiences (ACEs) Science to Address Substance Use Disorder" is archived on the CDC website. Create an account, and view it today.

Download Trauma and Bullying Fact Sheet

Did you know that having been traumatized leads to an increased likelihood that a person will be bullied? To better understand the relationship between trauma and bullying, the National Child Traumatic Stress Network has a downloadable fact sheet with helpful information and facts. Visit the webpage to download the PDF.

PHYSICAL EDUCATION

How Active Are Youths in the U.S.?

Only 24 percent of U.S. children ages 6-17 meet the guideline of getting 60 minutes of physical activity each year. That's according to the 2018 U.S. Report Card on Physical Activity for Children and Youth. Read the report for more information.

Can Exercise Help Your Memory?

We all know that exercise is good for the body, but is it good for the brain? According to the National Institutes of Health (NIH), a new study of 36 healthy young adults showed improved memory with just 10 minutes of low-intensity pedaling on a stationary bike. Read the NIH director's blog for more information.

HEALTHY SCHOOL ENVIRONMENT

Register for Webinar Addressing Indoor Air Quality and Student Health

Learn how to evaluate the indoor air quality at your school. Join the Environmental Protection Agency on Nov. 29 at 12 p.m. EDT for the "Examining the Evidence: How School Buildings Influence Student Health, Thinking and Performance" webinar. The webinar will address how health and indoor air quality are foundational to student thinking, academic performance and health. Register today.

FDA approves ultrasound device to treat head lice.

"Officials say ultrasound, the technology used to monitor pregnancies, is taking aim at lice and their eggs. The technology developed in Israel uses a handheld wand that emits a frequency at a low intensity that kills lice. The machine also collects the dead lice and eggs, allowing them to be thrown away easily." Read more...

HEALTH EDUCATION

New (2018) ADA position statement for Type 1 diabetes

"The ADA position statement was recently released. *Recommendations place special **emphasis on youth newly diagnosed with diabetes***. Updates include the following:

Key recommendations include:

- The majority of children with type 1 diabetes should be treated with intensive insulin regimens using multiple daily injections of prandial insulin and basal insulin or continuous subcutaneous insulin infusion
- A1C should be measured every 3 months
- Glucose levels should be monitored up to 6 to 10 times a day

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SCHOOL HEALTH SERVICES

Enhance School Wellness Policies, Student Lung Health

Did you know that asthma is one of the most common chronic health conditions among children? The American Lung Association has a new tool for schools that want to positively impact the health of students with asthma: "Practical Guidance for Schools and School Districts: Enhancing School Wellness Policies to Protect Student Lung Health." The guidance provides schools with medical and environmental strategies to provide the greatest health impact on students with asthma. Download the PDF to access the information.

Online Course Teaches School Nurses to Spot Child Abuse

School nurses can increase their knowledge on identifying and assessing a child who may be abused. View the archived webinar Children's Health LIVE: The Nurse Is in: Child Abuse: A Clinical Guide for the School Nurse. Access page here.

COMMUNITY INVOLVEMENT

Join the 'Active People, Healthy Nation' Initiative

The Centers for Disease Control and Prevention is promoting a new physical activity initiative called "Active People, Healthy Nation." The initiative aims to increase the physical activity levels of 27 million Americans. Access the webpage to learn more.

Webinar Aims to Boost Child Participation in Medicaid, CHIP

Learn to use parent mentors to help families enroll in Medicaid and the Children's Health Insurance Program (CHIP). On Nov. 8 at 2 p.m. , the Connecting Kids to Coverage National Campaign will be hosting a webinar (Engaging Parent Mentors to Increase Participation of Eligible Children in Medicaid and the Children's Health Insurance Program). The webinar will explore using parent mentors to assist families with enrolling in Medicaid and CHIP.

NUTRITION SERVICES

Learn to Eat Healthy on a Budget

Do you want to eat healthy, but have trouble staying within your budget? "ChooseMyPlate.gov" has information about grocery planning, shopping smart and cooking healthy meals. Visit the website to learn how to shop healthy on a budget.

10 Healthy Tips for Teen Girls and Boys

Teenagers need more information about healthy eating as they transition to adulthood. The U.S. Department of Agriculture's "MyPlate" program has the nutrition information they need to make sure they're eating nutritious foods that will keep their bodies growing. Boys should read "10 Tips: Choose the Foods You Need to Grow." Girls should read "10 Tips: Eat Smart and Be Active as You Grow."

STAFF HEALTH PROMOTION

New Guide Provides Process Schools can use to Develop Employee Wellness Initiative

Healthy School, Healthy Staff, Healthy Students: A Guide to Improving School Employee Wellness, a new resource to assist school districts and schools in establishing or enhancing an employee wellness initiative. The guide provides a step-by-step process that districts and schools can use to develop an employee wellness initiative that fits their unique needs. It includes worksheets, templates, and resources as well as real-world examples from school districts that have successfully worked to improve employee wellness.

What is Included in a Strong Vision Health System of Care?

12 Components of a Strong State System

The National Center for Children's Vision and Eye Health at Prevent Blindness has partnered with the NASN to provide national guidance for school nurses and others involved in front-line vision screening. The goal is to standardize approaches to vision health, facilitate follow-up eye care for students who do not pass vision screening, provide family/caregiver friendly educational information, and consult with leading pediatric eye care providers to promote best practices.

12 Components of a Strong Vision Health System of Care

1. Family Education
2. Comprehensive Communication/Approval Process
3. Vision Screening Tools and Procedures
4. Vision Health for Children with Special Healthcare Needs (CSHCN)
5. Standardized Approach for Re-Screening
6. Comprehensive Vision Screening Results
7. Systemized Approach to Follow-Up
8. Resources for Eye Care
9. Collect Eye Examination Results
10. Effective Communication with the Medical Home
11. Adherence to Treatment
12. Annual Vision Health Program Evaluation

For more information about Prevent Blindness Georgia, to schedule a screening at your school or to request vouchers for glasses, please contact **Shavette Turner, Director of Children's Programs for Prevent Blindness Georgia**.

Prevent Blindness Georgia®
Bringing Americans to Eye Care

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Director of Children's Programs
Prevent Blindness Georgia
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TIPS FOR NATIONAL HEALTHY SKIN MONTH

YOUR SKIN IS YOUR BODY'S LARGEST ORGAN, SO IT'S IMPORTANT TO TAKE GOOD CARE OF IT.

Keep your skin in good shape during National Healthy Skin Month in November — and all year-round — by following these **TIPS** from the American Academy of Dermatology.

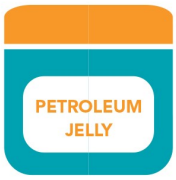
WASH YOUR FACE EVERY DAY and after exercising. Use a mild cleanser and lukewarm water.

USE AN ANTIPERSPIRANT, rather than a deodorant, to reduce sweating.

DETERMINE YOUR SKIN TYPE — oily, dry, combination, normal or sensitive — and choose skin care products tailored to that type.

EXAMINE YOUR SKIN regularly for new or unusual spots, as well as anything changing, itching or bleeding.

PROTECT YOUR SKIN from the sun by seeking shade, wearing protective clothing, and using a broad-spectrum, water-resistant sunscreen with an SPF of 30 or higher.



CONSIDER USING PETROLEUM JELLY to treat minor injuries and moisturize dry skin and nails.

PREVENT BLISTERS AND CORNS on your feet by making sure your shoes fit properly. Wear nylon or moisture-wicking socks, and keep your toenails trimmed.

MOISTURIZE DAILY. Apply lotion or cream while your skin is still damp from bathing to lock in moisture and get the best results.

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 ACESs (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

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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/DPHCommon 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**
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

NASN National Association of School Nurses

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!