



November National Health Observances

[American Diabetes Month](#)

[Bladder Health Month](#)

[COPD Awareness Month](#)

[Diabetic Eye Disease Awareness 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](#)

[Stomach Cancer Awareness Month](#)

[November 15– Great American Smokeout](#)

Upcoming 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.

December 5 — 1 to 3:30 p.m.

February 13 — 1:30 to 4:00 p.m.

Children's Healthcare of Atlanta | Office Park Learning Center

1680 Tullie Circle NE

Atlanta, GA 30329

Contact: Angie Boy- 404-785-5004

cpctraining@choa.org.

Counseling & Social Services

[Preventing Anxiety and Depression in Children](#)

It is not known exactly why some children develop anxiety or depression. Many factors may play a role, including biology and temperament. But it is also known that some children are more likely to develop anxiety or depression when they experience trauma or stress, when they are maltreated, when they are bullied or rejected by other children, or when their own parents have anxiety or depression. Although these factors appear to increase the risk for anxiety or depression, there are ways to decrease the chance that children experience them. Learn about public health approaches to prevent these risks by [visiting the Centers for Disease Control and Prevention's webpage](#) and scroll to the bottom.

Physical Education

[School Administrator Resource: Hiring Physical Education Teachers](#)

School administrators in charge of hiring can use the [SHAPE America guidance document on suggested job interview questions](#) to help identify highly qualified physical education teachers from their pool of candidates.



Healthy School Environment

[Flu Reduction Guidance for School Administrators](#)

The Centers for Disease Control and Prevention (CDC) created a [guidance document to help reduce the spread of seasonal influenza \(flu\)](#) among students and staff in K-12 schools. Recommendations are based on CDC's current knowledge of flu in the United States. CDC will continue to monitor flu activity and update this guidance as needed.

[Long Term Study on School Climate](#)

The purpose of the current study was to investigate whether student perceptions of school climate were associated with traditional and cyber bullying participant behaviours over the course of a school year. [Read the article HERE.](#)

Health Education

["This is Quitting" Vaping Education Program](#)

The first-of-its-kind program to help young people quit vaping, "This is Quitting" gives youth and young adults the motivation and support they need to ditch e-cigarettes. [Learn more](#) about how it works and the additional resources available for parents of young vapers and for adults who want to quit.

[E-Cigarettes and Youth: What Educators and Coaches Need to Know](#)

Educators and coaches have an important role in protecting students from e-cigarettes. [This Centers for Disease Control and Prevention fact sheet](#) explains the topic to help educators engage their students in discussions about the dangers of e-cigarette use.

School Health Services

[Child Traumatic Grief and Schools](#)

School personnel are important for grieving students. This [fact sheet](#) from the National Child Traumatic Stress Network outlines various aspects of Child Traumatic Grief (CTG), including the signs that a student might have CTG and what school personnel can do to help their students.

[Understanding Hunger and Obesity and the Role for School-Based Health Centers \(SBHC\)](#)

SBHCs can be a critical partner in addressing hunger and obesity in their schools. They can provide leadership in working with food service, administrators, staff and students to assure students have access to healthy food in school, including in vending machines. Additionally, they can facilitate programs in their schools. [Read more](#).

Community Involvement

[Infographics Highlight Impact of Social Determinants of Health](#)

The National Institute for Health Care Management (NIHCM) Foundation shares social determinants that affect health outcomes (economic stability, education, and more). Multiple solutions are suggested in their newly shared infographics. [LEARN MORE](#)

Nutrition Services

[How far schoolkids live from junk food sources tied to obesity](#)

For the more than 1 million children attending New York City public schools, their choice of what to eat depends on which food sources are close to where they live. As measured in city blocks, proximity to fast and convenience food sellers can impact a student's chances of becoming obese, according to a new study by researchers at NYU School of Medicine. [READ MORE](#)

[Farm to School: Assemble a Team](#)

Short video segments from the University of Minnesota Extension for foodservice directors. This online training provides tips for foodservice directors on building farm to school teams. Continuing education units are available. To view the online training, [visit the "So Free, So Easy" webpage.](#)

Staff Health Promotion

Host Healthy School Meetings

Nearly half of our waking hours are spent at work, and many of those hours are spent in meetings and conferences. By adopting healthy meeting guidelines, your school can help to create an environment that supports employees' efforts to eat well and be physically active. To get started, download the National Alliance for Nutrition and Activity's "[Healthy Meeting Toolkit](#)." It includes guidance on key components of a healthy meeting and resources to help make hosting healthy meetings easier.

Fueling Georgia's Future

The month of November can bring a focus on food. Perhaps these resources will 'leaf' you wanting more.

Fall Food Based Learning

'Fall' in love with fall/harvest themed classroom and cafeteria [food based learning activities](#).

FoodFinder

[Food Finder](#) is a safe, secure and award-winning mobile and web app that gives food insecure children and their families a way to find free food assistance programs quickly.

Wellness Resources

The Healthy Schools Toolkit

Educators understand that supporting students' physical, social, emotional, and cognitive health significantly influences academic outcomes. However, schools often need help identifying how to leverage their resources and infrastructure to deliver a comprehensive model of school health. In this webinar, Health Equity Works will introduce the Healthy Schools Toolkit, a research-informed tool that is grounded in the Whole School, Whole Community, Whole Child (WSCC) model.

Webinar Information and Links:

Title: The Healthy Schools Toolkit 101

Date: Thursday, November 14

Time: 2:00-3:00 pm EST

[REGISTER HERE](#)

November Harvest of the Month Feature: Sweet Potatoes

Sweet potato marketing, promotion and food based learning activities are available.

<http://gafarmtoschool.org/harvest-of-the-month-marketing-materials/>



Funding Opportunities

Farm to School Request for Applications

The Office of Community Food Systems at the United States Department of Agriculture (USDA) announced the official release of the fiscal year (FY) 2020 Farm to School Grant Program Request for Applications (RFA). The RFA includes two tracks for schools and school districts—Implementation and Planning. The deadline for submission is Dec. 13. For the application and latest information, [visit the USDA Resources for Grant Applicants webpage](#).

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

February 26, 2020 at 5 p.m. for Quarter 2 2020 Grants
May 13, 2020 at 5 p.m. for Quarter 3 2020 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](#)
- ⇒ [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*](#)

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, contact **Gail Smith, MS, BSN**, at 404-785-7202, 404-395-8067 (cell), or schoolhealth@choa.org.

Click [here](#) for more information or [here](#) to opt-in to receive School Health news.

CHOA Events and Trainings

[Sickle Cell Disease: Transitioning from Pediatric to Adult Care](#), Friday, November 15, 9:30 a.m. to 2:00 p.m.

[Child Sex Trafficking Webinar Series: Fundamentals of Child Sex Trafficking](#), Thursday, November 21, 1:00 p.m. to 2:30 p.m.

[Diabetes Caregiver Class](#), Tuesday, December 3, 8:30 a.m. to 1:30 p.m.

[Stewards of Children](#), Thursday, December 5, 1:00 p.m. to 3:30 p.m.

[Child Sex Trafficking Webinar Series: Technology and CSEC: The Good, the Bad and the Ugly](#), Thursday, December 12, 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'sSM
Healthcare of Atlanta