Georgia Student Wellness

Educating the Whole Child

Educating Georgia's Future **October 2019**

October National Health Observances

Sudden Cardiac Arrest Awareness Month

Domestic Violence Awareness Month

Eye Injury Prevention Month

Health Literacy Month

National Breast Cancer Awareness Month

National Bullying Prevention Month

National Dental Hygiene Month

National Down Syndrome Awareness Month

October 6 - 12 Mental Illness Awareness Week

October 23 - 31 Red Ribbon Week

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.

October 23 — 1 to 3:30 p.m.

December 5 — 1 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

cpctraining@choa.org.

Counseling & Social Services

Learn How to Create Trauma-Informed School Environment

The National Child Traumatic Stress Network created a resource for schools to utilize to help schools create trauma-informed environments that address the needs of all students, staff, administrators, and families who might be at risk of experiencing the symptoms of traumatic stress. **Go to the webpage to download a PDF copy of the resource.**

The articles and hyperlinks to external websites appearing in this newsletter are intended to be informational and do not represent an endorsement by the GaDOE.

Physical Education

PE/PA Strategies for Using the WSCC Framework

Schools that provide physical education daily can give students the ability and confidence to be physically active for a lifetime. Check out the Centers for Disease Control and Prevention's (CDC) resource "Integrating Physical Education and Physical Activity Across the WSCC Framework."

Healthy School Environment

School districts deploy vaping sensors in e-cig crackdown

The hazards of vaping have gained national attention in recent months as a spike in related illnesses has led advocates, lawmakers and even the president to decry the industry. And now, administrators and school leaders are grappling with how to properly address it in their local schools. Elizabeth D'Amico, a behavioral scientist with the RAND Corp., recently said that the rise in the popularity of vaping among teens is somewhat to blame on misinformation. **READ MORE**

Register for Return on Investment of Green Cleaning in Schools Webinar

The U.S. Environmental Protection Agency is hosting the Green Cleaning for Improved Health: The Return on Investment of Green Cleaning in Schools webinar on Thursday, Oct. 10 at 12:00 p.m. Learn how to incorporate evidence-based green cleaning techniques and best practices into achieving indoor environmental health. **View the registration page for more**

Health Education

Talk to Your Students about the Harms of E-Cigarettes

Teachers and coaches! You play an important role when it comes to talking to students about the harms of e-cigarettes. **Visit the Centers for Disease Control and Prevention webpage for resources and more information.** Give your students the knowledge to make healthy choices.

Explore MyPlate for Kindergarten Teachers

Attention kindergarten teachers! MyPlate, from the U.S. Department of Agriculture, has six ready-to-go lesson plans that meet education standards for Math, Science, English, Language Arts, and Health. **Access the webpage to view the MyPlate Teacher's Kit.**

School Health Services

Learn Asthma Basics

The American Lung Association has a free one-hour interactive online asthma course to help teach people about this condition. The course is designed for school nurses and community health workers but is also appropriate for parents and caregivers of children with asthma. **Take the course today!**

Educate Parent and Caregivers about Medicaid and CHIP

As a school nurse, you can use your voice to inform parents and caregivers that their child may be eligible for free or low-cost health insurance through Medicaid and the Children's Health Insurance Program (CHIP). **InsureKidsNow.gov** has back-to-school and school-based outreach materials promoting Medicaid and CHIP. **Visit the website to view the materials, toolkits, and much more.**

Community Involvement

Learn About Backpack Safety

Is your child's backpack too heavy? KidsHealth, from the Nemours Foundation, is reminding parents and caregivers to help students find and use the right backpacks. **Access the webpage to view tips and suggestions for backpack safety.**

Nutrition Services

Study Investigates Chocolate Milk Versus Sports Dinks

A recent study from the University of Texas in Austin compared chocolate milk with sports beverages as a recovery drinks for high school athletes. At the end of the five week study, athletes who drank chocolate milk could bench-press and squat more weight than before the study. **Go to Dairy Max to read about the study and to learn more about the importance of protein.**

View Summaries of Milk, Whole Grain, and Sodium Flexibilities

The U.S. Department of Agriculture recently released a summary chart explaining the changes for the 2019-2020 school year regarding milk, whole grain, and sodium flexibilities. **View the chart to see the changes.**

Staff Health Promotion

Learn About Workplace Physical Activity Breaks

The Centers for Disease Control and Prevention recently released the Physical Activity for the Workplace Resource Guide. The guide provides resources and ideas to help employees build short activity breaks into their workdays. **Download a PDF copy of the guide to learn more information.**

Fueling Georgia's Future

October is National Farm to School month. Farm to School is a movement that connects all parts of the food system with all aspects of the school day. Students across Georgia are enjoying local foods during breakfast and lunch and learning how their time in the cafeteria connects to the classroom. The Georgia Department of Education has teamed up with partners such as the Georgia Department of Agriculture and Georgia Organics to celebrate Farm to School programs in Georgia. Resources available include lesson plans, school garden ideas, marketing and promotion materials, community activities and cooking and taste test ideas.

Georgia Department of Agriculture

http://feedmyschool.org/FMS/classrooms

Georgia Organics

https://georgiaorganics.org/for-schools/farm-school-georgia/october-farm-school-month/oh-my-squash/

Dates to Remember

National School Lunch Week

October 14-18, 2019

http://snp.wpgadoe.org/wp-content/uploads/2019/09/nslw2019-activity-sheets.pdf

October Harvest of the Month Feature: Zucchini

Food-based learning activities are included.

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

Funding Opportunities

Apply for Garden Grant Program

Do you have a school garden or want to expand your current garden? The Whole Kids Foundation has the Garden Grant Program which awards up to $2,000 to eligible schools. Help turn an outdoor school space into a hands-on learning garden. Applications are due by Oct. 15th. **Go to the webpage for more information.**

Apply for Baseball, Softball Grant

Does your community need youth in-school/after-school baseball or softball programming? Apply now for grants funded by the Baseball Tomorrow Fund. **Applications are accepted throughout the year so apply today.**

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

November 13, 2019 at 5 p.m. for Quarter 1 2020 Grants
February 26, 2020at 5 p.m. for Quarter 2 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

DPH Georgia Department of Public Health

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, BSN, RN** 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

Child Sex Trafficking Webinar Series: Human Trafficking Around the World, A Global View of Labor and Sex Trafficking, Tuesday, Oct. 1, 1 p.m. to 2:30 p.m.

Asthma Care and Education Conference, Friday, Oct. 11 7:30 a.m. to 12:00 p.m.

Child Sex Trafficking Webinar Series: Hidden Victims of Trafficking, Issues Related to Male and LGBT Victims, Wednesday, Oct. 16, 1:00 p.m. to 2:30 p.m.

Diabetes Caregiver Class, Tuesday, Oct. 22, 8:30 a.m. to 1:30 p.m.

Stewards of Children, Wednesday, Oct. 23, 1:30 to 4 p.m.

Fall School Health Leadership Conference, Thursday, November 7, 7:30 a.m. to 4:00 p.m.

Diabetes Caregiver Class, Tuesday, Nov. 12, 8:30 a.m. to 1:30 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