



Georgia Department of Education

# Georgia School Nurse NEWS

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EDUCATING GEORGIA'S FUTURE

OCTOBER 2017



## OCTOBER NATIONAL HEALTH OBSERVANCES

- ⇒ [National Breast Cancer Awareness Month](#)
- ⇒ [National Bullying Prevention Month](#)
- ⇒ [National Dental Hygiene Month](#)
- ⇒ [National Down Syndrome Awareness Month](#)
- ⇒ [Sudden Cardiac Arrest Awareness Month](#)
- ⇒ [Domestic Violence Awareness Month](#)
- ⇒ [Eye Injury Prevention Month](#)
- ⇒ [National Physical Therapy Month](#)
- ⇒ [Sudden Infant Death Syndrome \(SIDS\) Awareness Month](#)
- ⇒ [Oct. 2-8 Mental Illness Awareness Week](#)
- ⇒ [Oct. 23-31 Red Ribbon Week](#)
- ⇒ [Oct. 15 Global Handwashing 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*

## 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 Updates...

- [Children's Healthcare of Atlanta Fall Conference](#)- November 10th from 7:00 AM-4:00 PM at Scottish Rite Hospital
- November 29th CHOA/DOE School Health Update via Webinar (SAVE THE DATE)
- December 6th from 9:00 AM-12:00 PM Pioneer RESA 1342 GA-254 Cleveland, GA



# National Bullying Prevention Month

## HELPING YOUR CHILD MANAGE CYBER BULLYING

### What is Cyber Bullying?

Cyber bullying occurs when electronic gadgets, such as mobile phones and computers; social media; and Internet services are used as a means to intentionally hurt someone in cyberspace.

With cyber bullying, negative content can be shared, saved, and spread online, and a victim can be bullied 24/7.

### What Parents Can Do to Prevent Cyber Bullying

- Be informed and aware of cyber trends and issues
- Participate in the digital world with your child
- Teach your child to be respectful online
- Have open discussions with your child

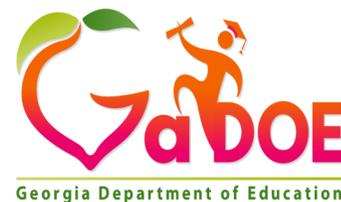
### If my child cyber bullies ...

- **Recognise the Problem**  
Acknowledge that your child may be a cyber bully. Do not dismiss the seriousness of the issue or attempt to justify his/her actions.
- **Stop his/her Actions**  
Ensure that your child does not continue with bullying activities. Be firm about stopping any offensive actions directed at others be it online or offline.
- **Imbue a Sense of Empathy**  
Nurture a sense of compassion in your child. Ensure that your child understands the consequences of his/her actions from the victim's point of view. Encourage your child to make amends with the victim. Equip your child to better manage his/her emotions and relationships.

### If my child is cyber bullied

- **Understand the Situation**  
Remain calm and listen closely to your child's concerns. Understand the context in which the bullying occurred before making any conclusions.
- **Be Supportive**  
Ensure the well-being of your child by providing social and emotional support.
- **Take Actions**  
Talk to a teacher at your child's school and involve your child in resolving the issues. Save the evidence and ask the service provider to remove the online content. Equip your child to cope with future challenging online situations.

# October 15- Global Handwashing Day



Dear Educator:

October 15 is [Global Handwashing Day](#), an annual observance to raise awareness about the importance of handwashing with soap as an effective way to prevent disease. This year, we are inviting schools across Georgia to join the Centers for Disease Control and Prevention (CDC) in observing Global Handwashing Day on Friday, October 13.

Keeping hands clean by washing hands with soap and water is one of the most important steps we can take to avoid getting sick and spreading germs to others. Many diseases are spread by not washing hands with soap and clean, running water. Good hand hygiene can also help reduce school absenteeism and prevent the spread of germs within the community. Global Handwashing is a great opportunity to remind teachers and administrators about the power of handwashing, and to teach children to adopt handwashing habits early.

As part of CDC's promotional efforts, we will share posters, videos, downloadable fact sheets, and other educational materials. CDC Ambassadors will also be available to visit local schools for handwashing demonstrations and a short presentation to students.

**Will your school join us? If you are interested in participating, please provide the below information to [CDC's Waterborne Disease Prevention Branch](#).**

1. A campus point of contact who will serve as the liaison with CDC
2. Number of school bathrooms
3. Student count

Please feel free to share this with other fellow educators who may be interested in this educational opportunity. We look forward to working with you for this important public health observance.

Sincerely,

[Waterborne Disease Prevention Team](#)



## 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 >100° 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](#)



# SUDDEN CARDIAC ARREST AWARENESS MONTH- Project S.A.V.E.

- There are about 350,000 sudden cardiac deaths (SCD) in the US each year, almost 1,000/day. These victims could be on your staff or visitors to your school.
- At least 600-1,000 of these occur in children and adolescents each year, so we can expect there might be 10-25 student deaths in Georgia each year.
- During the 2016-2017 school year AED's were used 24 times with 22 survivors.
- There have also been 86 "saves" (41 students and 45 adults) in Georgia schools since Dec. 2007, most in schools that have implemented this HeartSafe program.
- During Sudden Cardiac Arrest (SCA) the heart goes into ventricular fibrillation or "ineffective quivering" and can no longer pump blood to the brain and other vital organs.
- Early CPR and early defibrillation are required to save the victim's life.
- Time is the critical element.
- Three to five minutes is the optimum time for emergency response. Don't waste precious time trying to figure out what may have happened—someone on the staff should call 911, while a first responder initiates CPR and someone else brings the AED to the scene if there is one in the school.
- Survival rates decrease by 10% with each minute of delay.
- A shock delivered by an automated external defibrillator (AED) within 3-5 minutes can save a life. We cannot wait for Emergency Medical Services.
- The AED will look for a "shockable" heart rhythm and will only deliver a shock if it is needed.
- All rescuers are covered by the Good Samaritan Law.
- A student victim of sudden cardiac arrest may just complain of feeling faint or dizzy, usually during or just after exercise. They will rapidly become unconscious. There may be irregular and ineffective breathing for a short time.
- A core group of staff members (at least 5) should be trained in CPR and AED use.
- Practice drills are also recommended at least annually.
- Since anyone might be the one to witness the event, it is important for all staff members to have some general awareness of these facts: what a sudden cardiac event looks like, warning signs, importance of a rapid response, basic AED information (where it is and what it is), the school communication plan and how they can initiate and help in the emergency response.
- Early warning signs of sudden cardiac arrest risk include:
  - o Fainting or dizziness during or right after exercise
  - o Excessive fatigue or shortness of breath with exercise
  - o Chest pain or discomfort with exercise
  - o Family history of a sudden, unexplained death before age 50

For more information on recognition as a Project S.A.V.E. HeartSafe schools or a free consultation for your school please contact Richard Lamphier, RN, Clinical Program Manager Project S.A.V.E., Children's Healthcare of Atlanta at 404-785-7201 or [richard.lamphier@choa.org](mailto:richard.lamphier@choa.org)



**Children's**<sup>SM</sup>  
Healthcare of Atlanta

## SAVE THE DATE FOR RED RIBBON WEEK

### Governor's Red Ribbon Campaign 2017 Kickoff

Join the Georgia Department of Behavioral Health and Developmental Disabilities for the 2017 kickoff of Red Ribbon Week on October 26 at 10:00 a.m. at the Mable House Barnes Amphitheatre in Mableton.

This colorful event marks the official start of the Governor's Red Ribbon Campaign across Georgia. Youth will have an opportunity to showcase their artistic talents at the event, which features an expanded visual arts walk demonstrating this year's theme, **YOUR FUTURE IS KEY, SO STAY DRUG FREE**. This event supports community awareness by promoting safe and fun activities that are positive alternatives to substance use and abuse.

**date:** THURSDAY, OCT. 26, 2017  
**time:** 10:00AM - 12:00PM  
**where:** Mable House Barnes  
5239 Floyd Road  
Mableton, GA 30126  
**YOUR FUTURE IS KEY,  
SO STAY DRUG FREE**



TO PARTICIPATE OR FOR MORE  
INFORMATION, PLEASE VISIT:

<http://dbhdd.georgia.gov/governors-red-ribbon-campaign>  
or [facebook.com/GeorgiaDBHDD](https://www.facebook.com/GeorgiaDBHDD)

Or EMAIL [Barbara.dorman@dbhdd.ga.gov](mailto:Barbara.dorman@dbhdd.ga.gov)  
OR  
[Cathy.Wendholt-McDade@dbhdd.ga.gov](mailto:Cathy.Wendholt-McDade@dbhdd.ga.gov)

## FUNDING OPPORTUNITIES

### ⇒ Fuel Up to Play 60 (FUTP 60) Grants

Last week the application window opened for [FUTP 60 grants](#). K-12 schools seeking to improve healthy eating and physical activity options may be eligible to receive \$4,000 per year. Recipients must be enrolled in FUTP 60 and participate in the National School Lunch Program. Applications are due by **November 1**.

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

- Thursday, **November 30, 2017** at 5:00 PM for 1st Quarter Grants (Q1 2018)

### ⇒ NFL Foundation Grassroots Program

The [NFL Foundation Grassroots Program](#) provides non-profit neighborhood based organizations with financial and technical assistance to improve local football fields. Athletic fields can help transform neighborhoods by offering opportunities for recreation, education, and relaxation. The deadline for proposals is October 16.

### ⇒ Jump Rope for Heart (JRFH)/ Hoops for Heart (HFH) Grant Program

Each year [SHAPE America](#) awards 10 grants to recognize JRFH and HFH coordinators for their passion and contribution to the program. The \$2,500 grant supports professional development and funding for school equipment. Applications must be received electronically by 11:00 p.m. CDT on October 14.

### ⇒ Oliver Foundation Grants

The Oliver Foundation is accepting applications for their [Healthy Choices for Life Grants](#). Funding will be awarded to schools whose programs include [Healthy Choices for Life messages](#) with physical activity and nutrition education components. Applications due October 15.

## WEBINARS AND RESOURCES

### ⇒ **Breakfast After the Bell (BAB) Webinar—October 4, 2017**

At 2:00-3:00 p.m. EST, the No Kid Hungry Center for Best Practices will present [Best Practices for High Schools](#). Implementing BAB models in high schools can present a unique set of challenges because high school students have different food preferences than younger students and may not be hungry first thing in the morning. Learn how to maintain a successful BAB program at your high school.

### ⇒ **Webinar: Transforming Health Centers into Adolescent-Centered Medical Homes—October 6, 2017**

The School-Based Health Alliance will host this [webinar](#) at 1:00 p.m. EST. The Adolescent Health Initiative (AHI) will share information on key components of an adolescent-centered medical home, including award-winning tools and strategies to improve the delivery of adolescent-centered care.

### ⇒ **The ABCs of AEDs: A School Health Professional's Guide to Establishing and Enhancing Public Access Defibrillation on Campus Webinar—October 19, 2017**

A school looks to its health professionals to respond to all types of emergencies, from very minor to life-and-death situations. This presentation deals with the “worst-case” scenario: when an adult or child on campus collapses in Sudden Cardiac Arrest. What simple steps can you take to make your school ready when the unthinkable hits? This [webinar](#) will be held at 1:00 p.m. EST on Thursday, October 19.

### ⇒ **2017 Children's Mental Health Report**

This year's [Child Mind Institute \(CMI\) report](#) focuses on the teenage years—what factors make them exciting and potentially dangerous. You can read the report on the CMI website or download the summary. The report is organized around the following three concepts. The brain develops until at least age 25; most mental health disorders begin before age 24; and encouraging understanding of teen mental health through education and anti-stigma programs will change lives. Evidence-based educational and therapeutic approaches are explored.

### ⇒ **Avoiding Infectious Diseases**

There are many health benefits to engaging in sports activities, but participating in certain sports may increase a student's risk of contracting an infectious disease. For example, students in wrestling and football are more likely to spread an infection because of increased skin-to-skin contact, bodily trauma, and sharing of equipment. This week the [American Academy of Pediatrics \(AAP\) published a clinical report](#) that offers guidance to coaches and physicians about how to better identify, manage, and prevent infections to avoid team outbreaks. The guidance relates to sports physicals, immunizations, the treatment of skin lesions, and personal hygiene practices.

### ⇒ **CDC School Health Profiles**

The [School Health Policies and Practices Study \(SHPPS\)](#) is a national study periodically conducted. In 2016, it was conducted at the district level and results were recently released on the Centers for Disease Control and Prevention's (CDC's) [Healthy Youth Web site](#). Included in this new report are [results](#) on school policies and practices, such as health education; health services and counseling, psychological, and social services; and healthy and safe school environment. Additional materials include two fact sheets highlighting key 2016 results and trends over time (2000-2016).

## RESOURCES AND LEGAL TOPICS

### ⇒ 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. [Read More](#)

### ⇒ 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. [Read More](#)

### ⇒ 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. [Read More](#)

### ⇒ 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. [Read More](#)



## 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](#)