



Georgia Department of Education

# Georgia Student Wellness- Supporting the Whole Child

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EDUCATING GEORGIA'S FUTURE

SEPTEMBER 2018

## SEPTEMBER IS SUICIDE PREVENTION AWARENESS MONTH

#BeThe1To  
Help Stop Suicide  
Before It Happens



### SEPTEMBER NATIONAL HEALTH OBSERVANCES

- ⇒ [Childhood Cancer Awareness Month](#)
- ⇒ [National Childhood Obesity Awareness Month](#)
- ⇒ [National Food Safety Education Month](#)
- ⇒ [National Pediculosis Prevention Month/Head Lice Prevention Month](#)
- ⇒ [National Preparedness Month](#)
- ⇒ [National Recovery Month](#)
- ⇒ [National Sickle Cell Month](#)
- ⇒ [National Traumatic Brain Injury Awareness Month](#)
- ⇒ [September 9-15 National Suicide Prevention Week](#)
- ⇒ [September 10 World Suicide Prevention Day](#)
- ⇒ [September 29 World Heart Day](#)

*The articles and hyperlinks to external websites appearing in the Wellness Watch 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 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.
  - ⇒ September 11th- 1:00pm-3:30pm
  - ⇒ October 16th- 1:00pm-3:30pm
  - ⇒ November 13th- 1:00pm-3:30pm
  - ⇒ December 6- 1:00pm-3:30pm

*You Make a Difference*  
Thank You for all you do!



# Childhood Cancer Month

**CANCER**

claims the lives of more children than all other childhood diseases

**COMBINED**

Chances of your child getting cancer:

**1 in 285**

That's

**43**

children  
everyday.

And although

**83%**

is the Average  
5-Year Survival Rate  
of Childhood Cancer

a shocking

1 out of every 5 children diagnosed with childhood cancer *will not survive*.  
1 in every 3 will die young because of the *actual cancer treatments they received*.

**But...**

For children who survive childhood cancer, the battle is not yet over. Because of treatments they had as kids, by the time they're 45, more than 95% of survivors will have a chronic health problem and 80% will have severe or life-threatening conditions.

**Yet,**

All types of childhood cancers combined receive only 4% of U.S. federal funding for cancer research.

**4%**

In **6 YEARS**,

77 new drugs for adult cancers  
have been developed.

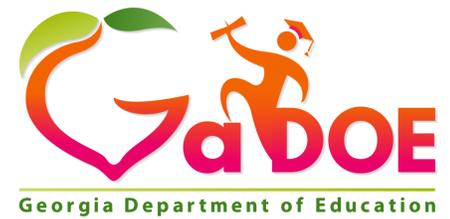
But in **77 YEARS**,

only 3 new drugs for  
childhood cancers  
have been developed.

The day before my child was diagnosed,

**I wasn't a cancer parent either.**

# Georgia Student Wellness- Supporting the Whole Child



## WORKSHOPS/WEBINARS

- ⇒ **Wednesday, September 26, 2018 3:00 ET (45 minutes)**  
**[Your One-Stop Shop for School Health](#)**  
It's the beginning of a new school year, which means it's time to get your Game On! Action for Healthy Kids' Game On program is a no-cost, step-by-step online guide that serves as your one-stop shop for school health. Game On provides all the information and resources you need to build a healthy school. Join this webinar to learn how to use Game On to build a strong school wellness program this year. School staff, parents, health professionals and other community members are encouraged to attend.
- ⇒ **Thursday, October 11, 2018 3:00 ET (45 minutes)**  
**[Take Action to Improve Health with the School Health Index](#)**  
How does your school determine what to prioritize around student health and wellness? Action for Healthy Kids recommends using the School Health Index to assess your school's health environment to determine what you're doing well and where you could improve. Attend this webinar to learn about the School Health Index, how to use Action for Healthy Kids' school portal to complete the assessment online and how to make the most of the summary reports generated by our technology to improve school and student health. School and district staff, parents and community members are encouraged to attend this webinar.
- ⇒ **University Offers Online Behavioral Health Training**  
The University of Maryland School of Medicine is offering online training, downloadable materials and tips on a variety of behavioral health topics. One course, "Mental Health to Support Student Learning," is designed for educators and school-based staff. To review these resources, visit the [website](#).



## FUNDING OPPORTUNITIES

- ⇒ **Firehouse Subs Public Safety Foundation [AED Grants](#)**  
**Thursday, November 29, 2018 at 5:00 PM EST 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.
- ⇒ **Federal Grants Aim to Improve School Meals**  
Does your school need new equipment for its National School Lunch Program? The U.S. Department of Agriculture is offering grants to state agencies that want to competitively award equipment assistance grants to eligible participants in the National School Lunch Program. [For information on how to be considered, visit the website.](#)
- ⇒ **Applications Due for Baseball, Softball Grants**  
Does your community need youth baseball programming? What about softball facilities? Apply now for grants funded by the Baseball Tomorrow Fund, a joint initiative between Major League Baseball and the Major League Baseball Players Association. The grants are designed to be flexible to enable applicants to address needs unique to their communities. Applications for the fall cycle are due Oct. 1. [Apply online today.](#)



# Georgia Student Wellness- Supporting the Whole Child



## COUNSELING AND SOCIAL SERVICES

### ⇒ **Teen Digital Media Use Linked to Attention Deficit Symptoms**

A [study](#) of digital media use among 2,500 high school students reveals that the teens who consumed the most digital media were more likely to develop symptoms of attention deficit hyperactivity disorder. [Read the research summary to learn more.](#)

### ⇒ **School District Crisis Preparedness, Response, and Recovery Plans**

A federal initiative is calling for the development of plans to address kids' needs during crises. The Centers for Disease Control and Prevention examined changes in school preparedness plans using data from its 2006, 2012, and 2016 School Health Policies and Practice Studies. To learn how plans progressed, read the [Morbidity and Mortality Weekly Report](#).

### ⇒ **Guide Aims to Improve School Supports Through the School Year**

The University of California, Los Angeles' Center for Mental Health in Schools has a new guide to assist school personnel in tackling common problems throughout the school year. Broken down by season, the guide discusses how to connect with students and keep them engaged; it also helps school personnel notice learning, behavioral, emotional and social issues. [Download the guide.](#)

## PHYSICAL EDUCATION

### ⇒ **Global Action Plan Aims to Reduce Physical Inactivity**

The World Health Organization (WHO) aims to reduce inactivity with a new Global Action Plan on Physical Activity for 2018-2030. WHO says regular physical activity helps prevent and treat non-communicable diseases such as heart disease, stroke, diabetes and breast and colon cancer. Yet, as countries develop economically, levels of inactivity increase. In some countries, these levels can be as high as 70 percent. To review the WHO action plan and other resources, [visit the webpage.](#)



## HEALTHY SCHOOL ENVIRONMENT

### ⇒ **Helping Kids Make Healthy Choices**

Healthy eating and physical activity are essential for children of any age. The environment parents create and the model they set for healthy behaviors dictate what kids learn about health. To learn more about the relationship between parents and their children's health, [read the article](#) from the National Institute of Health's News in Health.

### ⇒ **Medical Group Recommends Later Start Times for Middle, High Schools**

High school students often operate without enough sleep, putting at risk both their health and academic success. The American Academy of Pediatrics recommends starting middle and high schools at 8:30 a.m. or later to ensure kids are getting the sleep they need. [Read the feature on the Centers for Disease Control and Prevention website to learn more.](#)

## HEALTH EDUCATION

### ⇒ **Is Vaccination on Your Back-to-School Checklist?**

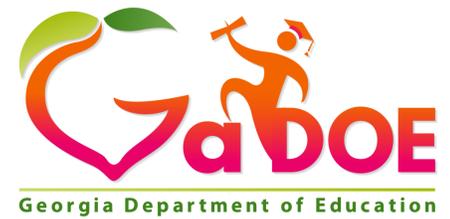
Vaccination can protect kids from 16 serious diseases. It can also protect their long-term health and the health of their classmates, friends and teachers. [Read the article](#) on the Centers for Disease Control and Prevention website to learn more about vaccinations for newborns through age 18.

### ⇒ **Visit the Social and Emotional Learning Library**

A growing body of research links social and emotional learning to success later in life, and the Wallace Foundation wants educators to use it to benefit disadvantaged children. The foundation has developed a Social and Emotional Learning Library of reports, articles and other tools to assist schools in implementing social-emotional learning interventions. [Visit the website to learn more.](#)



# Georgia Student Wellness- Supporting the Whole Child



## SCHOOL HEALTH SERVICES

### ⇒ School Nurses Aim to Reduce Teen Driver Inattention

A podcast by the National Association of School Nurses aims to reduce inattention by teenage drivers. “Let’s Choose Ourselves” is a web-based intervention. [Listen to an interview with one of the researchers, and read the article online.](#)

### ⇒ Download a Free Manual on how to help Kids with Disabilities

The National Academies of Sciences, Engineering, and Medicine has a new manual that aims to help children with disabilities. A growing number of kids have chronic health conditions that interfere with their ability to participate in everyday activities. [Download the free manual](#) to learn how to help kids with special needs overcome these obstacles.

## COMMUNITY INVOLVEMENT

### ⇒ New Program Aims to Harness Parent Support for Healthy Schools

Parents have a powerful role in supporting children’s health and learning, and a new program aims to engage parents in creating healthy schools. The Centers for Disease Control and Prevention’s [Parents for Healthy Schools](#) website has resources on nutrition, physical activity, physical education and managing chronic health conditions within the school setting. The website also features ways for schools to use the resources with parents. [Visit the webpage to learn more.](#)

### ⇒ Family and Community Engagement 101: Maximizing Volunteers for School Health (60 minutes)

To make the most out of your school health programs, it’s essential to make the most out of your family and community volunteers and partners. This webinar prepares you on how to best use the parent and community volunteers you already have, and how to find the best volunteers to meet your school health needs.

- [Recording](#)
- [View Slides](#)
- [Additional Resources and Certificate of Attendance](#)

## NUTRITION SERVICES

### ⇒ Report Shares Success of School Food Programs

Food Corps, part of the AmeriCorps service network, has released a report on how to bring healthy and regional foods into school cafeterias. Pre K-12 School Food: Making It Healthier, Making it Regional shares the stories of six, successful school meal programs in districts around the country. To learn more, [read the report.](#)

### ⇒ New Guide Incorporates Local Foods into Food Programs

Does your school need help implementing a food program? If it does, help is on the way. The U.S. Department of Agriculture has released a new Farm-to-Child Nutrition Planning Guide. The guide gives advice on what to consider when building a farm-to-school, farm-to-child care or farm-to-summer program. A planning template and a sample of a completed guide are included. [Download the pdf.](#)

## STAFF HEALTH PROMOTION

### ⇒ Yoga in the Classroom (30 minutes)

Use simple yoga-based movements and practices to increase physical fitness, student focus and academic performance! For teachers and champions for active kids.

- [Recording](#)
- [Slides](#)
- [Additional Resources and Certificate of Attendance](#)

### ⇒ Healthy Snacking (30 minutes)

Spice up your snacking routine with fun and healthy snacks for all ages. Learn about easy, healthy snacks you can serve during or after school and as part of school celebrations.

- [Recording](#)
- [Slides](#)
- [Additional Resources and Certificate of Attendance](#)





## Working “Upstream” to Prevent Adverse Childhood Experiences

Wednesday, September 19, 2018 01:00:00 PM EDT - 02:00:00 PM EDT 🕒

**Space is limited, so please register now.**

**This meeting will be recorded. The recording and slides will be posted on our website: <http://www.childrencyasetynetwork.org/webinars>. It may take up to two weeks for the recording to be posted.**

**Please note that we do not offer CEUs or certificates for our webinars.**

Fields marked with (\*) are mandatory.    [Register using Email](#)    Email Address \*

First Name \*

Last Name \*

(OPTIONAL) If you have any questions for the presenters, please enter them here.

[Submit](#)



**STUDENT BULLYING**

# Report Ranks States on Bullying Victimization

The Children's Safety Network says South Dakota reports the most bullying victimization among U.S. youth, and Alaska reports the least. Those findings and more are outlined in [a new report](#) that examines different types of bullying, its prevalence and the harmful effects it can have on youth development. To find out [where Georgia ranks](#), download the pdf.

## STUDENT BULLYING



■ STATES WITHOUT BULLYING LAWS  
■ FIRST STATE WITH BULLYING LAW



■ WORST STATES TO LIVE IN FOR BULLYING K-12

**280,000**

STUDENTS ARE PHYSICALLY ATTACKED IN SECONDARY SCHOOLS EACH MONTH

**160,000**

STUDENTS MISS SCHOOL EACH DAY FOR FEAR OF BEING BULLIED

**77%**

OF STUDENTS ARE BULLIED MENTALLY, VERBALLY, & PHYSICALLY. CYBER BULLYING STATISTICS ARE RAPIDLY APPROACHING SIMILAR NUMBERS

**43%**

FEAR HARASSMENT IN THE BATHROOM AT SCHOOL

### EFFECTS OF BULLYING

Bullying can have a significant impact on both child and teenage students. Students who are bullied often suffer from anxiety, fear, withdrawal, low self-esteem, and poor concentration. A bullied student will often avoid school, have lower grades, and become socially isolated. There have been numerous reports of suicide due to bullying.

### bul·ly·ing

Physical, verbal, or psychological attacks or intimidation against a person who cannot properly defend himself or herself. It includes two key components: 1. Repeated harmful acts 2. Imbalance of power



### EFFECTS ON BULLIES

Bullying is often a warning sign that children and teens are heading for trouble and are at risk for serious violence. Teens (particularly boys) who bully are more likely to engage in other antisocial/delinquent behavior (e.g., vandalism, shoplifting, truancy, and drug use) into adulthood. They are four times more likely than nonbullies to be convicted of crimes by age 24, with 60 percent of bullies having at least one criminal conviction.

### MOST COMMON TYPES OF BULLYING:

HITTING, THREATENING, INTIMIDATING, MALICIOUSLY TEASING AND TAUNTING, NAME-CALLING, MAKING SEXUAL REMARKS, AND STEALING OR DAMAGING BELONGINGS OR MORE SUBTLE, INDIRECT ATTACKS (SUCH AS SPREADING RUMORS OR ENCOURAGING OTHERS TO REJECT OR EXCLUDE SOMEONE).

PLAYGROUND SCHOOL BULLYING STATISTICS  
**EVERY 7 MINUTES A CHILD IS BULLIED**

MORE YOUTH VIOLENCE OCCURS ON SCHOOL GROUNDS AS OPPOSED TO ON THE WAY TO SCHOOL



ADULT INTERVENTION: 11% PEER INTERVENTION: 4% NO INTERVENTION: 85%

**1 OUT OF 4**  
STUDENTS WILL BE ABUSED BY ANOTHER YOUTH



**1 OUT OF 5**  
ADMIT TO BEING A BULLY, OR DOING SOME "BULLYING"



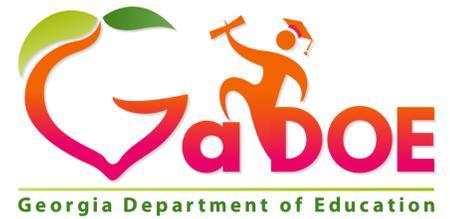
### SOURCES:

HTTP://WWW.COPS.USDOJ.GOV  
WWW.KEEPSCHOOLSSAFE.ORG  
WWW.BULLYPOLICE.ORG

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<http://bit.ly/studentbullyingfacts> ©

# Georgia Student Wellness- Supporting the Whole Child

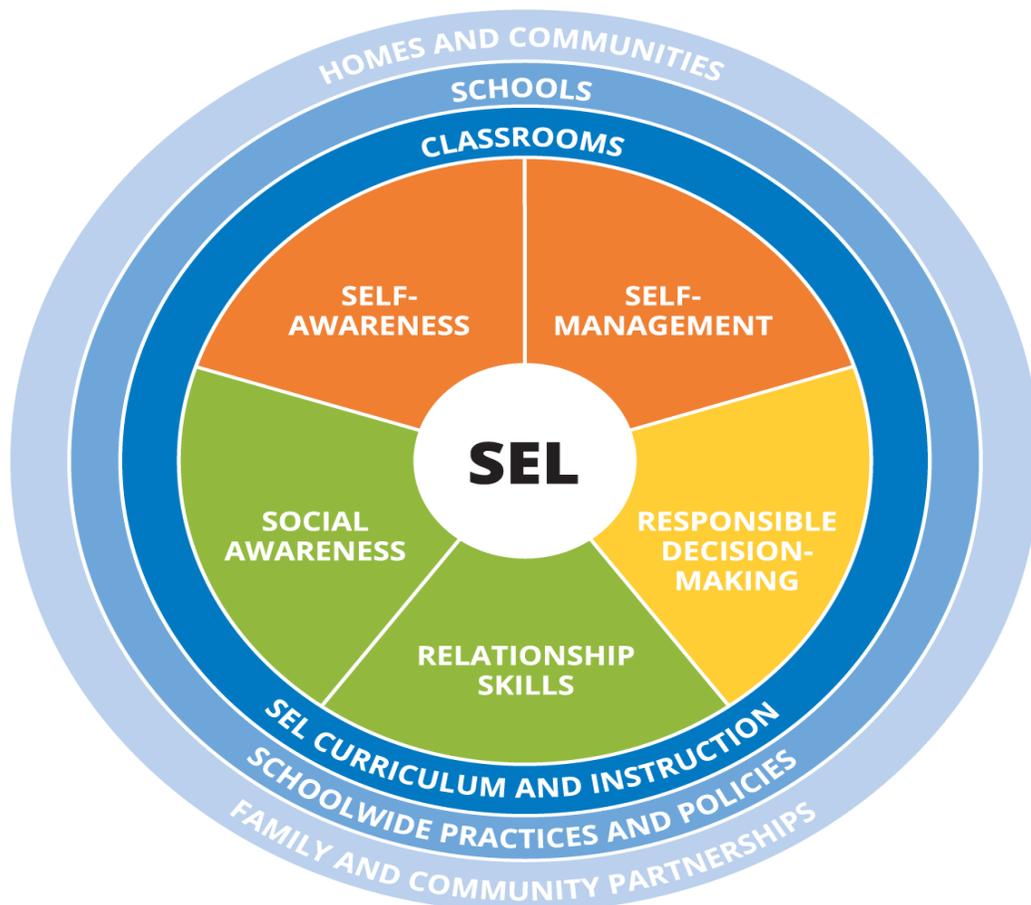


## WHAT IS SOCIAL EMOTIONAL LEARNING ?

**Social and emotional learning (SEL)** is the process through which children and adults acquire and effectively apply the knowledge, attitudes, and skills necessary to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions.

## Develop Social-Emotional Learning Skills

If you're looking for videos or toolkits on developing social-emotional skills, look no further. The American Institutes for Research has tools you can download. [Visit the website to learn more.](#)



Educating Hearts.  
Inspiring Minds.

Social and Emotional Learning





# Suicide Prevention Awareness Month

Suicidal thoughts, much like mental health conditions, can affect anyone regardless of age, gender or background. In fact, suicide is often the result of an untreated mental health condition. Suicidal thoughts, although common, should not be considered normal and often indicate more serious issues.

Each year, more than [41,000 individuals die by suicide](#), leaving behind their friends and family members to navigate the tragedy of loss. In many cases, friends and families affected by a suicide loss (often called “suicide loss survivors”) are left in the dark. Too often the feelings of shame and stigma prevent them from talking openly.

September is National Suicide Prevention Awareness Month—a time to share resources and [stories](#) in an effort to shed light on this highly taboo and stigmatized topic. We use this month to reach out to those affected by suicide, raise awareness and connect individuals with suicidal ideation to treatment services. It is also important to ensure that individuals, friends and families have access to the resources they need to discuss suicide prevention. NAMI is here to help.

## Informational Resources

- [Know the Warning Signs and Risk of Suicide](#)
- [Preventing Suicide as a Family Member or Caregiver](#)
- [Being Prepared for a Crisis](#)
- Need more information, referrals or support? Contact the [NAMI HelpLine](#).

## Crisis Resources

- If you or someone you know is in an emergency, call **911** immediately.
- If you are in crisis or are experiencing difficult or suicidal thoughts, call the National Suicide Hotline at **1-800-273 TALK (8255)**
- If you're uncomfortable talking on the phone, you can also text **NAMI to 741-741** to be connected to a free, trained crisis counselor on the Crisis Text Line.

## Awareness Resources

Help promote awareness by [sharing images and graphics](#) on your website and social media accounts. Use **#SuicidePrevention** or **#StigmaFree**

While suicide prevention is important to address year-round, Suicide Prevention Awareness Month provides a dedicated time to come together with collective passion and strength around a difficult topic. The truth is, we can all benefit from honest conversations about mental health conditions and suicide, because just one conversation can change a life.



The CARES Warm Line is a peer-operated, non-emergency telephone support service provided in partnership with the Georgia Department of Behavioral Health and Developmental Disabilities (DBHDD). Telephone lines will be open 8:30 a.m. until 11:00 p.m.



For immediate access to routine or crisis services, please call the Georgia Crisis and Access Line (GCAL) at 1-800-715-4225. GCAL is available 24 hours a day, 7 days a week and 365 days a year to help you or someone you care for in a crisis. GCAL professionals will: Provide telephonic crisis intervention services, dispatch mobile crisis teams, assist individuals in finding an open crisis or detox bed across the State, and link individuals with urgent appointment services.



We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

# NAVIGATING

a mental health **CRISIS**



## WHAT TO DO if you suspect someone is thinking about suicide

If you notice warning signs or if you're concerned someone is thinking about suicide, don't be afraid to talk to them about it.



**START** the Conversation by sharing specific signs you've noticed, like:

*"I've noticed lately that you [haven't been sleeping, aren't interested in soccer anymore, which you used to love, are posting a lot of sad song lyrics online, etc.] ..."*



**Then say something like:**

- ✓ "Are you thinking about suicide?"
- ✓ "Do you have a plan? Do you know how you would do it?"
- ✓ "When was the last time you thought about suicide?"

**If the answer is "Yes" or if you think they might be at risk of suicide, you need to seek help immediately.**

- ◆ Call a therapist or psychiatrist/physician or other healthcare professional who has been working with the person
- ◆ Remove potential means such as weapons and medications to reduce risk
- ◆ Call the National Suicide Prevention Line at 1-800-273-8255 or call 911

## LISTEN, EXPRESS CONCERN, REASSURE.

Focus on being understanding, caring and nonjudgmental, saying something like:

*"You are not alone. I'm here for you"*

*"I may not be able to understand exactly how you feel, but I care about you and want to help."*

*"I'm concerned about you and I want you to know there is help available to get you through this."*

*Please remember, a suicide threat or attempt is a medical emergency requiring professional help as soon as possible.*

*"You are important to me; we will get through this together."*

# DO YOU KNOW THE WARNING SIGNS OF SUICIDE?

**The following signs may mean someone is at risk for suicide.**

If you or someone you know exhibits any of these signs, seek help as soon as possible by calling the Lifeline at **1-800-273-TALK (8255)**.



- Talking about wanting to die or to kill themselves.
- Looking for a way to kill themselves, such as searching online or buying a gun.
- Talking about feeling hopeless or having no reason to live.
- Talking about feeling trapped or in unbearable pain.
- Talking about being a burden to others.
- Increasing the use of alcohol or drugs.
- Acting anxious or agitated; behaving recklessly.
- Sleeping too little or too much.
- Withdrawing or isolating themselves.
- Showing rage or talking about seeking revenge.
- Displaying extreme mood swings.

# 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**

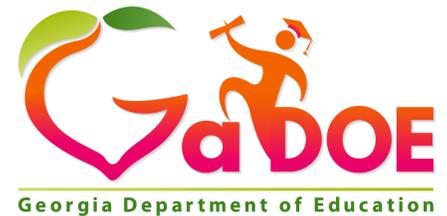
- Describe the relationships between ACEs (adverse childhood experiences) and brain development in children and adolescents
- Describe the relationship between ACEs and lifetime health risks

#### **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



# Georgia Student Wellness- Supporting the Whole Child



## 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](#)



# 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!