Georgia Student Wellness
Educating the Whole Child

Educating Georgia’s Future

September 2019

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 I Office Park Learning Center
1680 Tullie Circle NE
Atlanta, GA 30329
Contact: Angie Boy- 404-785-5004

cpttraining@choa.org.

Counseling & Social Services

Register for Webinar Addressing Teen Anxiety
Families for Depression Awareness will host a free webinar, Recognizing and Managing Teen Anxiety, on Wednesday, Sep.125 at 6 p.m. Register today!

National Suicide Prevention Week
National Suicide Prevention Week is Sept. 8-14, with World Suicide Prevention Day on the 10th. Suicide is one of the leading causes of preventable death in the U.S.; if you are concerned someone may be suicidal, look for a change in behaviors or entirely new behaviors being displayed. Most importantly, say something. For tips on warning signs, risk factors, and more, please click here.

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.

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 Sickle Cell Month
National Traumatic Brain Injury Awareness Month
Newborn Screening Awareness Month
September 8 - 14 National Suicide Prevention Week
September 15 - 21 National Farm Safety & Health Week
September 5 National Women’s Health & Fitness Day
September 29 World Heart Day

@georgiadeptofed www.gadoe.org
Physical Education

Expand Students’ Understanding of Physical Activity Beyond Sports
Want to encourage your students to be more physically active? Check out the CDC’s Active or Not, Here It Comes! lesson. Go to the webpage to learn more.

Check Out Indoor Games to Beat the Heat
To help keep your students cool, consider playing indoor physical activity games. Marathon Kids suggests games like pickleball, musical chairs, and much more. Remember, 20 minutes of moderate intensity exercise equals one mile. For more information, click here.

Healthy School Environment

Keep Your Students Safe Around Classroom Animals
Do you have a classroom pet, or bring animals into the classroom for hands-on learning? Remember to keep your students safe and healthy around animals. Children, especially those under five, are more likely to get sick from animal germs. Visit the CDC webpage to learn how to keep your students safe.

Create a Positive School Climate to Reduce Chronic Absenteeism
FutureEd at Georgetown University recently released Attendance Playbook: Smart Solutions for Reducing Chronic Absenteeism. The playbook offers practical strategies for improving attendance, including improving school climate. Download a PDF copy here.

Health Education

Explore Data Brief on Secondhand Smoke Exposure Among Youth
In 2013–2016, more than one third of U.S. nonsmoking youth aged 3–17 were exposed to secondhand smoke from tobacco. Read the CDC’s data brief to learn more.

Take Tick-borne Illness Course
The National Association of School Nurses recently released the Tick-borne Illness: Prevention, Assessment and Care (2019) course. It is currently free for members and non-members. Take the course today!

School Health Services

Download Tourette and Tic Disorders Tool Kit
Looking for information on Tourette Syndrome (TS) and other Tic Disorders? View the Tourette Association of America’s Managing Tourette and Tic Disorders: A Guide to Treatment for Care Providers toolkit. Visit the webpage to download a PDF copy of the tool kit.

Register for Addressing Vaccine Misinformation Webinar
To help combat vaccine misinformation, the CDC is hosting a webinar Aug. 28 at 12 p.m. for healthcare professionals. Visit the registration page for more information.

Community Involvement

Why Community Involvement in Schools is Important
In a research review by Anne T. Henderson and Karen L. Mapp – A New Wave of Evidence: The Impact of School, Family, and Community Connections on Student Achievement – the researchers concluded there is a significant positive correlation between school, family, and community involvement and student success. Read more.

Nutrition Services

Promote Healthy Food and Beverages
Does your school have posters depicting healthy food and beverage options? Consider hanging posters that promote fruits, vegetables, and water. Visit the CDC’s Food and Beverage Marketing webpage for helpful tips.

Access Professional Standards Training Tracker Web-Based Tool
Are you a school nutrition professional who needs help keeping track of your annual required training? Check out the U.S. Department of Agriculture’s Professional Standards Training Tracker Tool. Visit the tool today.

Download Smart Snacks Guide
Looking for tips on how to select foods for school vending machines, fundraisers, or snack bars? View the guide online or order the guide in print.
Staff Health Promotion

Learn Tips to Enhance Wellness Program
The American Institute for Preventative Medicine has an infographic with free activities to enhance employee wellness programs. [Download a PDF copy here](http://www.aime.org).

Promote Employee Wellness at Home
An important component of employee wellness is family health and well-being. To help promote employee family health, [download a PDF copy of an infographic promoting wellness at home](http://www.aime.org).

Fueling Georgia’s Future

Georgia students are back to school and we know students are their best when they start their day with breakfast. Schools have many ways of implementing school breakfast service: traditional cafeteria service, breakfast in the classroom, grab and go breakfast, mobile cart service, breakfast on the bus, and breakfast after the bell. Learn more about the benefits of school breakfast and work with your school nutrition professionals to ensure your students have access to school breakfast by making school breakfast a part of your morning routine. Learn more here.

Dates to Remember:

Georgia Apple Day
September 13, 2019
⇒ [http://gafarmtoschool.org/](http://gafarmtoschool.org/)

World School Milk Day
September 25, 2019
⇒ [https://thedairyalliance.com/educational-resources](https://thedairyalliance.com/educational-resources)

Sept. Harvest of the Month
Feature: Apples

[Click here](http://www.aime.org) for more information — food-based learning activities are included!

Funding Opportunities

Apply for Marathon Kids’ National Grant
Winners receive a special shirt for each student and coach, access to the online Coach’s Club, and access to digital lap tracking. [The deadline to apply is Sept. 15 so apply today](http://www.aime.org).

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](http://www.aime.org).

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
August 28 at 5 p.m. for Quarter 4 Grants—November 13 at 5 p.m. for 1st Quarter Grants
[Click here to learn more](http://www.aime.org).

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](http://www.aime.org).
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

Scoliosis Screening Conference, Sept. 6, 8 a.m. to 3 p.m.

Assessment & Treatment Tools for Pediatric Tracheostomy: An Interactive Seminar, Sept. 7, 8 a.m. to 4:30 p.m.

Diabetes Caregiver Class, Sept. 7, 8:30 a.m. to 1 p.m.

Take Charge: Diabetes Prevention and Control, Sept. 9, 2 p.m. to 4:30 p.m.

Stephanie V. Blank Center for Safe and Healthy Children Yearly Conference, Sept. 12, 8:30 a.m. to 4 p.m.

Live and Learn: Food Allergy Clinical Trials, Sept. 15, 2 to 4 p.m.

Scoliosis Screening Conference, Sept. 24, 9 a.m. to 1 p.m.

Diabetes Caregiver Class, Tuesday, Sept. 24, 8:30 a.m. to 1:30 p.m.

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.

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

Visit the school health events calendar to learn more and register.