

Educating Georgia's Future

September 2019

NATIONAL

**SUICIDE
PREVENTION
LIFELINE™**

1-800-273-TALK (8255)

suicidepreventionlifeline.org



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](#)

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

[Register for Webinar Addressing Teen Anxiety](#)

Families for Depression Awareness will host a free webinar, *Recognizing and Managing Teen Anxiety*, on Wednesday, Sep. 25 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.

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.](#)

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.](#)

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/>

World School Milk Day

September 25, 2019

⇒ <https://thedairyalliance.com/educational-resources>

Sept. Harvest of the Month Feature: Apples

[Click here](#) 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.](#)

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

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.](#)

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, 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.