



Georgia Department of Education

# Georgia School Nurse NEWS

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EDUCATING GEORGIA'S FUTURE

SEPTEMBER 2017



## SEPTEMBER NATIONAL HEALTH OBSERVANCES

- ⇒ [Childhood Cancer Awareness Month](#)
- ⇒ [National Childhood Obesity Awareness Month](#)
- ⇒ [National Food Safety Education Month](#)
- ⇒ [National Head Lice Prevention Month](#)
- ⇒ [National Sickle Cell Month](#)
- ⇒ [National Traumatic Brain Injury Awareness Month](#)
- ⇒ [Ovarian Cancer Awareness Month](#)
- ⇒ [Prostate Cancer Awareness Month](#)
- ⇒ [Suicide Prevention Awareness Month](#)



*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 Education.*

## 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.**



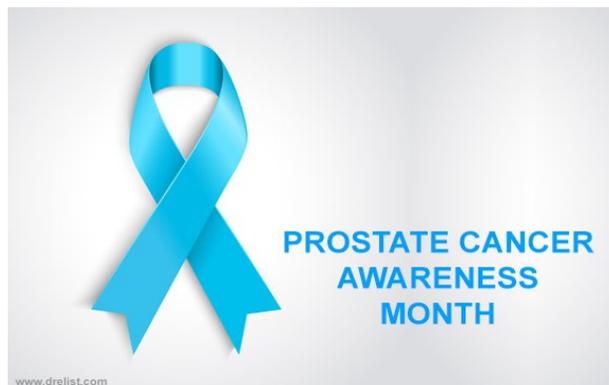
# School Nurse



## UPCOMING WORKSHOPS

### School Nurse Updates...

- September 13th from 9:00 AM-12:00 PM  
Pioneer RESA 1342 GA-254 Cleveland, GA
- **[Children's Healthcare of Atlanta Fall Conference](#)**- November 10th from 7:00 AM-4:00 PM at Scottish Rite Hospital



# Georgia School Nurse News

School Nurses and Clinic Workers,

I hope you all have had a wonderful start to your 2017-2018 school year! The Georgia Department of Education truly values your role as the school health professional in your building, and we **THANK YOU** for caring for the 1.7 million students in Georgia. Your work allows our students to be safe, healthy, in class and ready to learn.

September is a month with many National Health Observances that I know have touched many of your lives. Many of you serve students that are affected by sickle cell disease, childhood cancer, or a traumatic brain injury. Your family or friends may have been affected ovarian cancer, prostate cancer or suicide. As we recognize these illnesses, we are so thankful to the many doctors and nurses that dedicate their career to take care of their patients, and we pray for a cure for these illnesses! Once again, thank you for all you do for your students.

Sincerely,

Krista Lowe, School Nurse Specialist

Georgia Department of Education



## 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.

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

# September- Childhood Cancer Awareness Month

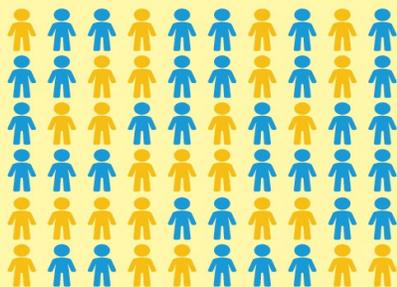


## CHILDHOOD CANCER



## BY THE NUMBERS

A LOOK AT THE FACTS AND FIGURES BEHIND THE DEVASTATING DISEASE



EVERY YEAR, AN ESTIMATED **250,000+**

NEW CASES OF CANCER AFFECT CHILDREN UNDER THE AGE OF 20 WORLDWIDE. THAT'S ALMOST

**700**

NEW KIDS AFFECTED EVERY DAY

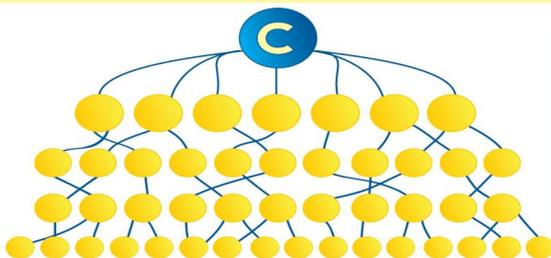
Source: The Lancet Oncology, 2013; 14 (3): e95-e103.

EVERY DAY, APPROXIMATELY 250 KIDS AROUND THE WORLD DIE FROM CANCER



**91,250** KIDS LOSE THEIR LIFE TO CANCER EVERY YEAR

Source: The Lancet Oncology, 2013; 14 (3): e125-e135.



CHILDHOOD CANCER IS NOT JUST ONE DISEASE. IT IS MADE UP OF A DOZEN TYPES AND COUNTLESS SUBTYPES.

Source: Cancer Facts & Figures 2014, American Cancer Society: <http://www.cancer.org/research/cancerfactsstatistics/cancerfactsfigures2014/>

CHILDHOOD CANCER OCCURS REGULARLY, RANDOMLY AND SPARES NO ETHNIC GROUP, SOCIOECONOMIC CLASS, OR GEOGRAPHIC REGION. IN THE UNITED STATES, THE INCIDENCE OF CANCER AMONG ADOLESCENTS AND YOUNG ADULTS IS INCREASING AT A GREATER RATE THAN ANY OTHER AGE GROUP, EXCEPT THOSE OVER 65 YEARS.

Source: <http://www.cancer.gov/cancertopics/factsheet/Sites-Types/childhood>

**1**

CHILDHOOD CANCER IS THE LEADING CAUSE OF DEATH BY DISEASE IN CHILDREN UNDER THE AGE OF 15 IN THE U.S.

Source: <http://www.cancer.gov/cancertopics/factsheet/Sites-Types/childhood>

THE CAUSES OF MOST CHILDHOOD CANCERS ARE UNKNOWN AND ARE NOT STRONGLY LINKED TO LIFESTYLE OR ENVIRONMENTAL RISK FACTORS, UNLIKE MANY ADULT CANCERS.

Source: National Cancer Institute: <http://www.cancer.gov/cancertopics/factsheet/Sites-Types/childhood>

DESPITE THESE FACTS, CHILDHOOD CANCER RESEARCH IS VASTLY AND CONSISTENTLY UNDERFUNDED

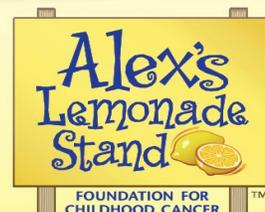
**2/3**

TWO-THIRDS OF CHILDHOOD CANCER PATIENTS WILL HAVE LONG LASTING CHRONIC CONDITIONS FROM TREATMENT.

Source: Journal of American Medical Association: 2013; 309 (22): 2371-2381

ONE IN 285 CHILDREN IN THE U.S. WILL BE DIAGNOSED WITH CANCER BY THE TIME THEY ARE 20 YEARS OLD

Source: Cancer Facts & Figures 2014, American Cancer Society: <http://www.cancer.org/research/cancerfactsstatistics/cancerfactsfigures2014/>



AlexsLemonade.org

# Suicide Prevention Awareness

## A FIRST AID GUIDE ON

# SUICIDE

# PREVENTION 101

### CHECKLIST OF SUICIDAL FEELINGS:

- DEPRESSED
- HOPELESS
- SHAMELESS
- HELPLESS
- WORTHLESS
- RESTLESS
- IRRITABLE
- NEGATIVE
- GUILTY

#### IRREGULAR SLEEPING

If they wake up too early or can't fall asleep when already in bed. Oversleeping, or if sleeping much more than normal

#### ANTI-SOCIAL

Withdrawal from family & friends. Doesn't want to interact or talk with anyone. Would prefer to be alone in isolation

#### EXTREME CHANGE IN APPETITE

If there is loss of appetite and extreme weight loss, or sometimes overeating and weight gain.

### WARNING SIGNS TO WATCH OUT FOR

#### LOSS OF INTEREST

No interest in previous hobbies & activities. Like you forgot how to feel joy and pleasure.

#### FREQUENT CRYING\*

\*NOT TEARS OF JOY  
Uncontrollable instances of crying, sadness and anxiety

#### REDUCED FUNCTION

Low concentration levels. There is trouble focusing, making decisions or remembering things.

### THOUGHTS OF A SUICIDAL PERSON



### REMEMBER TO ALWAYS ASK FIRST:

ARE YOU HAVING SUICIDAL THOUGHTS?

OR

ARE YOU THINKING OF KILLING YOURSELF?

*\*If he/she answers YES, then see next steps below!*

### HOW TO TAKE ACTION:

- 1 NEVER leave someone suicidal on their own
- 2 Remove the means of suicide available to the person if it is safe to do so.
- 3 Inform immediate family members about intention of suicide. Collaborate for safety.
- 4 Call for professional help.
- 5 COMMUNICATE with the person

### WHAT TO SAY TO THE SUICIDAL PERSON



### NO SUICIDE CONTRACT

I, \_\_\_\_\_, fully promise my witness, \_\_\_\_\_, to NOT think about any suicidal thoughts nor try to commit suicide. I also promise:

- NOT to put myself in any risk life-threatening situations
- NOT to harm or endanger myself in any way
- NOT to take any drugs or too much alcohol.
- To take next steps in life and execute activity: \_\_\_\_\_ with my partner.

Signature: \_\_\_\_\_ Witness: \_\_\_\_\_  
Signed on \_\_\_/\_\_\_/\_\_\_ Valid until \_\_\_/\_\_\_/\_\_\_

### EMERGENCY CONTACT LIST

24/7 HOPELINE: +639175584673, (02)804-4673. 2911 for Globe & TM

Names	Numbers
_____	_____
_____	_____
_____	_____

## Just Ask!



You know that old saying "you never know until you ask?"

Connie Trent, lead nurse for Forsyth County Schools, did just that— SHE ASKED! Forsyth County Schools were in need of gloves for their school nurses and special education workers. Connie's co-worker Brandee Boothe's husband, Judson, works for Halyard Health. This company was formerly Kimberly-Clark Health Care and is a medical manufacturer. Connie asked if Halyard Health could possibly donate some gloves. Well they got 3 truck loads! **1700** cases of gloves which is **2,550,000** gloves. If you wonder what **2.5 million** gloves looks like, all of the boxes in the photo below are gloves. What a fabulous donation!



Pictured above: Health Services Facilitator Connie Trent, School Psychologist Brandee Boothe, Halyard Health Vice President of Global Product Supply Judson Boothe, and Support Services Coordinator Bob Branch

## 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

### ⇒ Kids Run the Nation Grants Applications Due: October 1, 2017

In 2017, the Road Runners Club of America (RRCA) will award a total of \$30,000 as small grants ranging from \$500 to \$1,000. Elementary and middle schools that provide an organized after-school running program are eligible to apply. All applicants must be an official 501(c)(3), school, parent booster club, PTA, or a similar entity. The [Kids Run the Nation grant](#) application period will open August 1.

### ⇒ 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, **September 7, 2017** at 5:00 PM for 4th Quarter 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.

## WEBINARS AND RESOURCES

⇒ **Pumping Up PE September 13**  
From 4:00 to 4:30 p.m. EST, **Action for Healthy Kids (AFHK)** will present their first [Wellness Wednesday Webinar](#) of the school year. It will explore the research, recommendations, and strategies for moderate to vigorous physical activity. The webinars in this series are held the second Wednesday of each month. Register for the series or on a topic by topic basis.

⇒ **School Wellness Policy Implementation September 13**  
From 1:00-2:00 p.m. EST the **Alliance for a Healthier Generation** will host a [webinar](#), which is Part 2 in the Wellness Policy Series. The webinar will focus on implementing school wellness policies and the USDA's final rule.

⇒ **Unpaid School Meal Fees September 14**  
At 3:00 p.m. EST, the [Food Research & Action Center \(FRAC\)](#) will present on developing policies for unpaid school meal feeds. This webinar will explore what districts are including in their policies, describe best practices and the components of a strong policy, and detail state efforts to set good policy.

⇒ **Services for Students with Disabilities September 7**  
At 3:30 p.m. EST, the **Alliance for a Healthier Generation** will present [IEPs and 504 Plans](#). The webinar will discuss the difference between IDEA (IEPs) and Section 504 (504 Plans); student services for those with 504 Plans; and the intersection of School Health Services, Medicaid, IEPs and 504 Plans.

⇒ **Aligning Resources to Reduce Chronic Absence September 12**  
The final [Attendance Awareness Month 2017 webinar](#) will occur from 2:00-3:30 p.m. EST on September 12. Each webinar in the series builds on the previous one. If you missed the first two, you can access them on the [Attendance Works website](#). This final webinar, "Portraits of Change: Aligning School and Community Resources to Reduce Chronic Absence," will highlight a brief by the same name that analyzes at the national and state levels how many schools face high levels of chronic absence.

⇒ **Bullying Toolkit**  
Bullying is a public health problem that is garnering attention. The National Academies of Sciences, Engineering, and Medicine have come together to create the [Bullying Toolkit](#). The toolkit provides resources for youth, parents, teachers, school administrators, community leaders, health care providers, policymakers and more to help prevent bullying through science, policy, and practice.



## 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](#)

## HEALTH EDUCATION /RESOURCES

### ⇒ **NASN Toolkits**

The National Association of School Nurses (NASN) offers [three toolkits](#) of interest: Back-to-School Health Office - Interactive Toolkit, Naloxone in Schools Toolkit, and Better Health. Better Learning. e-Toolkit. Any user can access items in the Back-to-School Toolkit. However, to download items in the Naloxone Toolkit, users must create a NASN website user account. The communications e-Toolkit is available to NASN members only.

### ⇒ **School Climate Improvement Resource Package (SCIRP)**

To help schools and districts improve school climate, the [National Center on Safe Supportive Learning Environments](#) has developed the SCIRP. This package includes a variety of resources to meet a range of needs among stakeholders. A Quick Guide outlines what to do and what to avoid, and six online modules allow for practicing skills. Students learn best when they are in environments in which they feel safe, supported, challenged, and accepted.

### ⇒ **Parents for Healthy Schools**

The beginning of the school year may be one of the best times to engage parents in their child's education. The Centers for Disease Control and Prevention (CDC) has developed a set of resources called [Parents for Healthy Schools](#) to help schools and school groups (e.g., school wellness committees) engage parents to create healthy school environments. The resources relate to nutrition, physical activity/education, and managing chronic health conditions, all within the school setting. The CDC website describes effective ways schools can use these resources with parents.

### ⇒ **Training Tools for Healthy Schools (TTHS)**

The Centers for Disease Control and Prevention offers this e-learning series. [TTHS: Promoting Health and Academic Success](#) consists of 4 core training tools that have been converted to 1-1.5 hour modules. Continuing education (CE) credit is available for three of the modules, which relate to the School Health Index, Comprehensive School Physical Activity Program (CSPAPs), and the promotion of healthy eating and physical activity. Course CE credits may expire in November 2017.

### ⇒ **New CDC Webpages and Resources**

The Centers for Disease Control and Prevention has new [webpages](#) that provide an overview of physical education (PE) and physical activity in schools and the CSPAP framework. Schools can use the Comprehensive School Physical Activity Program (CSPAP) framework to help students get the recommended 60 minutes of daily physical activity and include the CSPAP in school wellness policies. The CSPAP framework is a multi-component approach to increase physical activity opportunities before, during, and after school.



## SCOLIOSIS SCREENING

The Children's Healthcare of Atlanta's Scoliosis Screening Manual is now on line at <https://www.choa.org/medical-professionals/nursing-resources/school-health-resources> . CHOA is working to ensure that the school nurses are equipped with scoliosis screening resources when they need them.

### Additional scoliosis screening resources

- [5 Steps to Screening for Healthcare Professionals](#)
- [5 Steps to Screening for Volunteers](#)
- [Curve Checks DVD Quiz](#)
- [Curve Checks DVD Quiz Answer Key](#)
- [Curve Checks Reference Guide for Screeners](#)
- [Georgia Code and Legal Rules for Scoliosis Screening](#)
- [Individual Scoliosis Screening Form](#)
- [Scoliosis Healthcare Professionals Fact Sheet](#)



**The Scoliosis Screening Program is also providing educational opportunities this fall.**

**Scoliosis Screening Instructional Program** webinar is available at the link below...  
[https://goto.webcasts.com/starthere.jsp?ei=1149426&tp\\_key=38840399fo](https://goto.webcasts.com/starthere.jsp?ei=1149426&tp_key=38840399fo) . The training focuses on the most current screening techniques, research and treatment methods.

**2017 Scoliosis Screening Conference** is scheduled for Monday, September 18, 2017 at Children's Healthcare of Atlanta Scottish Rite Hospital from 8:00 AM to 3:00 PM. There is limited space left for the September 18 date. The cost is free and will feature topics such as instruction for screening procedures, scoliosis treatment and orthopaedic resources. To register visit [www.choa.org/scoliosis](http://www.choa.org/scoliosis)

*For more information contact Wendy Johnson, Clinical Program Coordinator for the Scoliosis Screening Program, 404-785-6753 or [wendy.johnson@choa.org](mailto:wendy.johnson@choa.org)*