



November National Health Observances

- [American Diabetes Month](#)
- [Chronic Obstructive Pulmonary Disease \(COPD\) Awareness Month](#)
- [Lung Cancer Awareness Month](#)
- [National Alzheimer's Disease Awareness Month](#)
- [National Epilepsy Awareness Month](#)
- [National Family Caregivers Month](#)
- [National Healthy Skin Month](#)
- [National Stomach Cancer Awareness Month](#)
- [Pancreatic Cancer Awareness Month](#)
- [Prematurity Awareness Month](#)
- [World Antibiotic Awareness Week](#)
- [World Prematurity Day](#)
- [GERD Awareness Week](#)
- [Great American Smokeout](#)
- [International Survivors of Suicide Day](#)

The articles and hyperlinks to external websites appearing in this newsletter are intended to be informational and do not represent an endorsement by the Georgia Department of Education.

Upcoming Workshops

Stewards of Children - Join Children's Healthcare of Atlanta as

Stewards of Children demonstrates how to prevent, recognize and react responsibly to child sexual abuse and teaches five proactive steps to protecting children.

December 4— 11:30 to 2:00 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

Access Toolkit to Build Safer and More Supportive School Climates

Child Trends recently created a toolkit for school professionals and community members interested in creating safer, more supportive, and more equitable learning environments. The toolkit is based on lessons learned from a group of public schools and public charter schools in Washington, DC that worked to improve students' perceptions of school climate and reduce incidents of violence. [View the toolkit.](#)



COVID-19 Resources

- [View Toolkit for Youth Sports During COVID-19](#)
- [Learn the Difference Between the Flu and COVID-19](#)
- [Travel Considerations During COVID-19 Pandemic](#)
- [The Valuable Roles of School Nurses During COVID-19](#)
- [COVID-19 Symptom Screener for Students](#)
- [Considerations for School Nurses When Providing Virtual Care](#)

Healthy School Environment

[View Youth Risk Behavior Survey Data Summary and Trends Report](#)

The Centers for Disease Control and Prevention released the [Youth Risk Behavior Surveillance Data Summary and Trends Report: 2009-2019](#). It provides an in-depth look at high-risk substance use, violence, mental health, suicide and more. Read the report for more information.

Health Education

[View Updated Mind Matters Series](#)

The National Institute on Drug Abuse recently updated the [Mind Matters series](#) with a new teacher's guide and video clips. Materials are available in print and online as well as in English and Spanish. The *Mind Matters* series is designed to help fifth to eighth grade students understand the biological effects of drug use and misuse on the brain and body. Check out the series today!

[View Planning for the Next Normal at School Playbook](#)

Kaiser Permanente's *Planning for the Next Normal at Schools* playbook is now available. The revised version includes updated tools and guidance for supporting the health of students, teachers, and staff in both in-person and virtual learning environments. [View the playbook.](#)

School Health Services

[Watch Webinars Addressing Spina Bifida](#)

The American Academy of Pediatrics has two free webinars about spina bifida. It is a type of neural tube defect that occurs when the spinal bones fail to close properly during early formation. This free webinar series discusses important care guidelines in management. It also gives an overview of medical and non-medical issues associated with spina bifida.

[Watch the videos for more information.](#)

[View Considerations for Students with Food Allergies](#)

The American Academy of Allergy, Asthma and Immunology and the National Association of School Nurses have released [Food Allergy and Anaphylaxis in School during COVID-19](#). The document is listed under Resources. It contains recommendations for school nurses that have students with food allergies to ensure safe school attendance.

Community Involvement

[Top Benefits of Family and Community Engagement](#)

It takes a village to raise a child—and the continued support of that village to help the child succeed in school. Family-school-community partnerships promote family and community involvement in children's schooling, with districts encouraging parental assistance with homework, providing leadership opportunities, forming partnerships with local organizations, and more. When families and community members are involved in student learning, students improve their academic performance and gain advocates that promote their success, helping them feel more confident at school and in taking on more rigorous classwork. Read more [here](#).

Nutrition Services

[Try Kid-Friendly Fruits and Veggies](#)

Do you want to encourage your children to eat more fruits and vegetables? How about making fruits and veggies fun to eat? You can make caterpillar kabobs, fruit smoothies, personalized pizzas, and more. [View U.S. Department of Agriculture's 10 fun kid-friendly tips.](#)

Employee Wellness

[Learn How to Cope with Stress During COVID-19](#)

The Centers for Disease Control and Prevention (CDC) has information for employees who may be experiencing stress during the Coronavirus pandemic. Whether you are working at home or in the workplace, you may be experiencing fear and anxiety. [Read about stress symptoms and tips to build resilience.](#)

Fueling Georgia's Future

November Harvest of the Month

Sweet Potatoes

Georgia Grown Resources

Classroom Resources: Resources include downloadable activity books, bulletin board kits, commodity fun facts, Georgia Grown videos and more, from Georgia Grown.

<p>JULY Peaches</p> 	<p>AUGUST Watermelon</p> 	<p>SEPTEMBER Apples</p> 
<p>OCTOBER Zucchini</p> 	<p>NOVEMBER Sweet Potatoes</p> 	<p>DECEMBER Lettuce</p> 
<p>JANUARY Greens (COLLARD, MUSTARD, TURNIP)</p> 	<p>FEBRUARY Cabbage</p> 	<p>MARCH Root Vegetables (CARROTS, BEETS, RADISHES)</p> 
<p>APRIL Strawberries</p> 	<p>MAY Blueberries</p> 	<p>JUNE Tomatoes</p> 

Funding Opportunities

[Apply for 2021 Youth Garden Grant](#)

Do you need funding to help start a school or youth group garden, or expand an existing garden? Any nonprofit organization, public or private school, or youth program in the United States that serves at least 15 youth between the ages of three and 18 is eligible to apply for a [2021 Youth Garden Grant](#), brought to you by [KidsGardening.org](#). Applications are due December 18, 2020.

[Get a Salad Bar in Your School](#)

Does your school have a salad bar? If not, apply for a grant from [Salad Bars to Schools](#). Applications are accepted year-round and are reviewed in the order they are received. It may take up to 12-14 months to fund a school salad bar. To qualify, the salad bar must be part of the reimbursable meal served in your district.

[Apply for ALDI Smart Kids Grants](#)

ALDI is partnering with local organizations to make a positive impact on kids' health and wellness. Grant funds can be used to support children through education, arts, or other activities that help kids stay active and healthy. Applicants can request either cash or ALDI gift cards ranging in value from \$100 to \$5,000. The application deadline is December 15, 2020. [For more information on the program, visit the Aldi Smart Kids webpage.](#)

[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](#)

- Portal reopens January 1, 2021

[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](#)
- ⇒ [COVID-19](#)
- ⇒ [CULTURAL COMPETENCY](#)
- ⇒ [DIABETES IN CHILDREN](#)
- ⇒ [DISASTER PREPAREDNESS](#)
- ⇒ [DOCUMENTATION IN SCHOOL HEALTH](#)
- ⇒ [DRUG ABUSE](#)
- ⇒ [ENVIRONMENTAL HEALTH](#)
- ⇒ [FOOD ALLERGIES & ANAPHYLAXIS](#)
- ⇒ [IMMUNIZATIONS](#)
- ⇒ [HEAD LICE](#)
- ⇒ [MENTAL 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](#)

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, call 404-785-7202, or email schoolhealth@choa.org

Click [here](#) for more information or [here](#) to opt-in to receive School Health news.

CHOA Events and Trainings

Diabetes Caregiver Class

Tuesday, Dec. 1 from 8:30 a.m.-1:00 p.m.

Diabetes Caregiver Class

Tuesday, Dec. 29 from 8:30 a.m.-1:00 p.m.

Behavioral Challenges When Working with Children

Friday, Jan. 8 from 2:00 p.m.-5:00 p.m.

Not on the CHOA School Health mailing list? Go to this link to subscribe: <http://pages.choa.org/School-Nurse-OptIn.html>



Children's
Healthcare of Atlanta

Please use the QR Code below to sign up for the *Georgia Student Wellness Educating the Whole Child Newsletter*



School Health Resources

Department of Public Health– School Health Program

The GA Department of Public Health provides leadership, training, and consultation to all health districts, school districts, and nurses serving children in the school setting.

For more information contact:

schoolhealth@dph.ga.gov



- The [American Lung Association](#) has great resources for schools on how to manage indoor air quality.
- The [Asthma & Allergy Foundation of America](#) developed a toolkit for dealing with COVID-19 and asthma in schools.
- [Find activities from 2020 Red Ribbon Week on the GADOE website](#), including standards-based activities and lessons around tobacco and drug-use prevention.
- National Family Health History Day
Access the [University of Maryland's Project SHARE Curriculum](#) on Family Health History - including standards-based lessons and activities.
- International Survivors of Suicide Day:
DBHDD's Survivors of Suicide Loss Resources <https://dbhdd.georgia.gov/bh-prevention/suicide-prevention/sos-resources>. Georgia Suicide Prevention Information Network <http://www.gspin.org/>

[U.S. Department of Education Releases Parent and Family Digital Learning Guide](#)

WASHINGTON – On October 23, 2020, the U.S. Department of Education released a new [Parent and Family Digital Learning Guide](#), a resource to help parents and guardians understand how digital tools can provide tailored learning opportunities, engage students with course materials, encourage creative expression, and enrich the educational experience.

"As technology continues to iterate and benefit every part of our lives, all students need more opportunities to leverage the potential of technology in education," said U.S. Secretary of Education Betsy DeVos. "We hope families can use the information we release today as many of them are relying on technology more so than ever before and are navigating learning from home."

Digital learning can help families and educators meet the specific needs of individual students, understand a child's progress, and connect families and students with resources in their school community and beyond. As an increasing number of school systems implement digital learning both inside and outside of the traditional classroom, this guide demystifies digital learning for parents and empowers them to be effective advocates for high-quality digital learning. The Parent and Family Digital Learning Guide includes guidance and best practices for caregivers around topics including:

1. How to leverage flexibilities and innovations technology and digital tools provide, such as accessibility options, to meet the unique needs of every learner — including students with disabilities and English language learners.
2. Simple steps parents can take to keep their children safe online and foster safe online behavior, such as accessing security features on a child's device, keeping track of log-in information, and keeping children safe while video conferencing. The guide also discusses the importance of digital citizenship and offers parents resources to help their child navigate online bullying or encounters with troubling content.
3. How a competency-based learning approach, which measures a student's knowledge of a subject rather than time spent on the subject, can harness technology for the benefit of students. Digital resources like online assessments, periodic check-ins, and more can update parents on their child's learning progress, and they can provide instructional flexibility in the event of a school disruption.

Easy-to-understand primers on major federal laws governing student privacy and safety, such as FERPA, IDEA, and COPPA.

The Parent and Family Digital Learning Guide was informed by the feedback and contributions of digital learning experts representing researchers, parents, educators, and school leaders, as well as Digital Promise and Learning Heroes. This publication is the first in a series that will ultimately provide digital learning knowledge and resources to educators and school leaders in addition to parents and students.

The guide can be viewed [here](#).



An initiative of the Georgia Department of Education.
Richard Woods, State School Superintendent

