



## May National Health Observances

[National Asthma and Allergy Awareness Month](#)

[Skin Cancer Prevention Month](#)

[National Teen Pregnancy Prevention Month](#)

[National Stroke Awareness Month](#)

[National Physical Fitness and Sports Month](#)

[Mental Health Month](#)

[Healthy Vision Month](#)

[Food Allergy Action Month](#)

[Better Hearing and Speech Month](#)

[Global Employee Health and Fitness Month](#)

[National Osteoporosis Month](#)

[May 5 Hand Hygiene Day](#)

[May 7 World Asthma Day](#)

[May 8 National School Nurse 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 GaDOE.

## Every Student Succeeds Act

Did you know that Georgia's state plan for the 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

**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.

**June 7 — 1:30 to 4 p.m.**

**August 12 — 1:30 to 4 p.m.**

**October 23 — 1 to 3:30 p.m.**

Children's Healthcare of Atlanta

Office Park Learning Center

1680 Tullie Circle NE

Atlanta, GA 30329

For more information, please contact Angie Boy, 404-785-5004 or email [cpctraining@choa.org](mailto:cpctraining@choa.org).

## Georgia Student Wellness-Supporting the Whole Child

### Counseling & Social Services

#### How To Help Your Child Reduce Their Stress And Thrive During College

Forbes – Apr 30, 2019

As a former marriage and family therapist and a parent of two grown children (one just graduating from college this May), I've seen firsthand how, despite all the love and well-intended care and nurturing parents... [Read article here.](#)

#### Why we need school counselors (to focus on mental health)

WV News – Apr 30, 2019

That is why we need more school counselors, and why we need to make sure that they are freed up to help our students in full force..

#### Trauma-Informed School Social Work

A trauma-informed approach in school settings is useful as trauma can affect the brain in ways that interfere with one's ability to think clearly.

### Physical Education

#### Module Addresses Comprehensive Physical Activity in Schools

If you want guidance in implementing a physical activity program, some new videos may have the information you need. The Centers for Disease Control and Prevention has developed its Training Tools for Health Schools webpage to explain the importance of youth physical fitness and the components of a comprehensive school activity program. [View the module today!](#)

#### Keep Students Moving Before and After School

It may be tempting to let students sit in the gym or cafeteria before school starts, but the Centers for Disease Control and Prevention (CDC) is encouraging students to be physically active before and after school. [View the CDC webpage for more information.](#) [Review the position statement by the Society of Health and Physical Educators \(SHAPE\) America for tips on implementing quality before- and after-school physical activity programs.](#)

### Healthy School Environment

#### Encourage Students to Drink Water

As the summer approaches, it's important that students and the school staff stay hydrated—but do they have access to water? [Read the Centers for Disease Control and Prevention's webpage and find out how to increase water access in your school.](#)

### Health Education

#### Lesson Plan Addresses Opioid Medications

Looking for a lesson plan about pain medications, how they work, and the risks of addiction and overdose? View the National Institute on Drug Abuse for Teens webpage. The lessons are for middle and high schoolers. [View the webpage for more information.](#)

#### Measles Outbreaks Update

From January 1 to April 4, 2019, [465 people from 19 states](#) have been reported as having measles. The Centers for Disease Control and Prevention (CDC) urges healthcare professionals to ensure that all patients are up to date on MMR vaccine, including before international travel.

For more information, including guidelines for patient evaluation, diagnosis and management, [visit our Department of Public Health measles webpage.](#) The Centers for Disease Control and Prevention also has a free continuing education course called "Immunization: You Call the Shot – Module Seven – MMR- 2019." [Take the course today.](#)

### School Health Services

#### School-Based Dental Sealant Programs

Does your school offer school-based dental sealants to students? Dental sealants help stop cavities and prevent tooth decay. These programs have been shown to reach children from low-income families who are less likely to receive private dental care. [Visit the Centers for Disease Control and Prevention's Oral Health in Schools for more information.](#) [Find out about programs available in Georgia through the Oral Health Program.](#)

## Georgia Student Wellness-Supporting the Whole Child

## Community Involvement

**PowerPoint Presentation Helps Parents Support Healthy Schools**

The Centers for Disease Control and Prevention has a PowerPoint presentation parents can use when discussing health issues at their child's school. Use it to find out your school's policies on physical activity, school nurses and more. [Visit the webpage to download a PDF of the presentation.](#)

**Webinar On Access to Healthy Foods**

About 23.5 million Americans live in food deserts — areas more than a mile from a grocery store or market that sells whole grains, fresh produce and other healthy foods. Is your community a food desert? [Register for a webinar on increasing access to healthy foods, then tune in for "Fuel for Active Bodies: Increasing Access to Healthy Foods" on May 8 at 2 p.m.](#)

## Nutrition Services

**Georgia Poison Center Webinar on Marijuana Edibles**

May 16 10 a.m.-11 a.m.

Nurses are eligible for 1.0 contact hours for participating in the live event. [Register Here](#)

**Upcoming No Kid Hungry Webinars**

Wednesday, May 15, 2019

[Getting Started with Afterschool Meals](#)

Thursday, May 23, 2019 2 p.m. to 3 p.m.

[Get the Word Out! Ideas and Resources to Promote Your Program and Measure Progress](#)

## Staff Health Promotion

**Review Policy Recommendations for Employee Wellness**

The Society of Health and Physical Educators (SHAPE America) has resources and information for schools to implement employee wellness policies and programs. [Review SHAPE America's position statement.](#)

Staff wellbeing

**Resource for Health Care Professionals to Promote Their Own Mental Health**

EduMed.org is launching a new campaign to help professionals maximize their mental health and wellness. Why is this important? Many professionals in healthcare deal with demanding schedules and/or traumatic events, which can lead to anxiety, sleeplessness, chronic stress, and other difficult challenges. To help, EduMed created a guidebook that addresses these issues. You can check out the complete guide here: <https://www.edumed.org/resources/mental-health/>

## Funding Opportunities

**NEA Foundation Learning and Leadership Grants**

The [NEA Foundation for the Improvement of Education](#) awards grants that support the professional development of public school teachers and faculty in public institutions of higher education. For specific information, visit the NEA Foundation's [application instructions External link](#) page.

**Target Field Trip Grants**

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. Funds may be used for transportation, registration for events, admission prices and other field trip expenditures.

**Firehouse Subs Public Safety Foundation AED Grants**

Wednesday, May 22 at 5 p.m. for Quarter 3 Grants  
Wednesday, August 28 at 5 p.m. for Quarter 4 Grants  
Wednesday, November 13 at 5 p.m. for 1st Quarter Grants

**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. The deadline is December 31. [Visit the foundation's webpage for a complete list of requirements.](#)

**School Grants for Healthy Kids**

Applications for the BE Time grant are due May 28.

## Georgia Student Wellness-Supporting the Whole Child

### Resources & Webinars



#### Webinar Addresses Access to Healthy Foods

About 23.5 million Americans live in food deserts. Those are areas that are more than a mile from a grocery store or market that sells whole grains, fresh produce and other healthy foods. Is your community a food desert? [Register for a webinar on increasing access to healthy foods, then tune in for “Fuel for Active Bodies: Increasing Access to Healthy Foods” on May 8 at 1 p.m.](#)

#### Safety Reporting to FDA: E-Cigarette Use Causing Seizures

FDA has become aware that some people who use e-cigarettes have experienced seizures, with most reports involving youth or young adult users. Seizures or convulsions are known potential side effects of nicotine toxicity and have been reported in the scientific literature in relation to intentional or accidental swallowing of e-liquid. However, a recent uptick in voluntary reports of adverse experiences with tobacco products that mentioned seizures occurring with e-cigarette use (e.g., vaping) signal a potential emerging safety issue. FDA continues to monitor all adverse experiences reported to the agency about the use of e-cigarettes. School nurses can help by reporting cases of individuals who use e-cigarettes and have had a seizure via the online [Safety Reporting Portal](#).

#### FDA permits marketing of first medical device for treatment of ADHD

The U.S. Food and Drug Administration on April 19, 2019 permitted marketing of the first medical device to treat attention deficit hyperactivity disorder (ADHD). The prescription-only device, called the Monarch external Trigeminal Nerve Stimulation (eTNS) System, is indicated for patients ages 7 to 12 years old who are not currently taking prescription ADHD medication and is the first non-drug treatment for ADHD granted marketing authorization by the FDA. [Read more...](#)

#### Patient video tutorials released

The American Lung Association released a new set of video tutorials for patients, including [How to Properly Use a Nebulizer](#) and [How to Properly Clean a Nebulizer](#).



#### Immunization Rules - Notice of Proposed Rulemaking

Please see the link below for the Notice of Proposed Rulemaking for the revised Immunization rules. This document is posted on the DPH website: <https://dph.georgia.gov/regulationsrule-making>. If you have not already done so, please sign up for rulemaking notices on the previous website. This Notice will be posted for 30 days, and then DPH will host a public comment meeting (information provided in the Notice). Provided all necessary approvals are received, and comments addressed, the new rules would then take effect 30 days after they are adopted (approximately 60 days after the original posting date), which in this case would be around June 3.

*Effective July 1, 2020, children 16 years of age and older who are entering the 11th grade (including new entrants) must have received one booster dose of meningococcal conjugate vaccine (MCV4), unless their initial dose was administered on or after their 16th birthday.*

For more information, visit <http://dph.georgia.gov/vaccines-children>, call (800)-848-3868 or email Sheila Lovett, DPH Immunization Director at [Sheila.Lovett@dph.ga.gov](mailto:Sheila.Lovett@dph.ga.gov).



# FOOD ALLERGIES IN THE U.S.

## 15 MILLION

Americans have food allergy,  
a serious medical condition.



People can be allergic to any food, but there are

### 8 FOODS THAT CAUSE THE MOST REACTIONS.



Milk



Eggs



Peanut



Tree Nuts



Soy



Wheat



Fish



Shellfish

Reactions can range from a mild response to **anaphylaxis**, a severe and potentially deadly reaction.

**Every 3 minutes** a food allergy reaction sends someone to the **ER**.



It now affects  
**1 IN 13**  
children

The number of people who have the disease is growing, increasing **50% among children** between 1997 and 2011.



There is **no cure** for food allergy, but scientists are working to find treatments to prevent life-threatening reactions.



You can help make the world a safer place for those with food allergies.



**FARE**  
Food Allergy Research & Education

Get involved at  
[www.foodallergy.org](http://www.foodallergy.org)

# WAYS A SCHOOL NURSE BENEFITS THE SCHOOL

SCHOOL NURSES ARE INSTRUMENTAL IN THE IDENTIFICATION AND REFERRAL TO COMMUNITY RESOURCES FOR HEALTH RISKS AND ARE OFTEN THE ONLY HEALTH PROFESSIONAL STUDENTS SEE ON A REGULAR BASIS.

## ATTENDANCE

1

School nurses improve attendance through health promotion, disease prevention and disease management. Students with a full-time school nurse have about half the student illness- or injury-related early releases.

## ACADEMICS

2

Improved attendance means the healthy student is in the classroom and ready to learn. School nurses enable better performance, which also contributes to reducing drop-out rates.



## TIME

3

School nurses save a considerable amount of time for principals, teachers and staff that they would have spent addressing health concerns of students.

## STAFF WELLNESS

4

School nurses improve the general health of staff. Healthy staff = increased attendance and productivity.

## ACCOUNTABILITY

5

School nurses help schools stay accountable by promoting compliance with federal and state law, advocating for staffing, and preparing for emergencies.



# FOOD ALLERGY AWARENESS



Foods that most often cause an allergic reaction:

PEANUTS  
TREE NUTS  
WHEAT  
SOY

MILK  
EGGS  
FISH  
SHELLFISH

However, other, less common foods can also cause allergic reactions. Reactions can range from mild to deadly.



**Anaphylaxis** is a serious allergic reaction that is rapid in onset and may cause death. The most common causes of anaphylaxis are food, medication, insect stings, and latex.

Common warning signs and symptoms of an anaphylactic reaction:



- Complaint of a tingling, itchiness, or metallic taste in the mouth
- Hives
- Difficulty breathing
- Swelling and/or itching of the mouth and throat area
- Diarrhea
- Vomiting
- Cramps and stomach pain
- Paleness (due to a drop in blood pressure)
- Loss of consciousness

If you see someone showing any of these symptoms, **ACT FAST! Call 911**, mention anaphylaxis, and say you need someone who can administer epinephrine.

# the Truth about Tanning

Your natural skin color is great the way it is!



**“I have to get a tan to look good.”**

**Myth**

**You should know your skin will pay a price!**

**Truth**

**Myth**

**“Only old people get cancer.”**



**Young women are getting skin cancer more often. The risk is real!**

**Truth**

Melanoma—the deadliest kind—is the third most common cancer in people from 15 to 39. You can get melanoma in your eyes.

Every time you **tan**, you increase your risk of **melanoma**.

**You can get more than a tan from a tanning bed.**

If the tanning bed isn't clean, you could pick up a serious skin infection with symptoms like:

- Genital warts
- Skin rashes
- Skin warts
- Flaky, discolored patches on your skin



**Myth**

**“Having a good ‘base tan’ will protect my skin from the sun.”**



**Truth**

**A tan is a sign of damaged skin.**

**Myth**

**“Tanning beds are a good way to get vitamin D.”**



**Truth**

**Tanning beds are risky, and most people get enough vitamin D from food and sunlight during daily activities.**





# 10 WAYS SCHOOLS CAN PROMOTE POSITIVE MENTAL HEALTH



@BelievePHQ

## ENCOURAGE

students and teachers be honest and open with each other



## PROVIDE

mental health support to students as well as teachers



## EDUCATE

students about mental health and the stigma associated to it



## HELP

students to express themselves in a creative way



## BUILD

programmes that helps to develop positive psychological skills such as resilience



## Support

teachers as well as students. Make sure they are looking after their own mental health



## CREATE

a positive school environment where students feel safe to speak about issues or problems they are facing



## ADOPT

a whole school approach to mental health



## DEVELOP

strategies to help support students who are experiencing mental health problems



## WORK

with other organisations to help provide interventions to pupils



**World Hand Hygiene Day - May 5<sup>th</sup>, 2019**

**Clean Care for All - It's in Your Hands**



**Did  
you wash  
them?**



**Hand washing stops  
the spread of germs.**

SmartSign.com • 800-952-1457 • S-4871

**MAY 8, 2019**

# **NATIONAL SCHOOL NURSE DAY**



**School Nurses:**  
Making the Grade on School Health

## **Celebrate Your School Nurse!**

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(School Nurse Name)







# TEACHERS ARE OUT OF THIS WORLD

**TEACHER APPRECIATION WEEK<sup>SM</sup>**

May 5–11, 2019



**#ThankATeacher**

Sponsored by  
**Office DEPOT.**  
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**National**  
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everychild.onevoice.<sup>®</sup>

## 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

### Children's 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, BSN, RN  
 School Health  
 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](#)

### Department of Public Health– School Health Program

The Georgia Department of Public Health employs a Deputy Chief Nurse for School Health to provide leadership, training, and consultation as it relates to school nursing practice and public health to all health districts, school districts, and nurses serving children in the school setting.

Among the goals of the School Health Nursing Program are to improve the quality of school nursing practice and school health programs, including the health and learning of children and youth.

For more information contact:

**Sara Kroening, RN, MSN, FNP-BC, AE-C**  
 Deputy Chief Nurse for School Health  
 Georgia Department of Public Health  
 2 Peachtree Street, N.W., 9th Floor  
 Atlanta, GA 30303  
[schoolhealth@dph.ga.gov](mailto:schoolhealth@dph.ga.gov)





## 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!