

Educating Georgia's Future

October 2021



October National Health Observances

[Eat Better, Eat Together Month](#)

[National Breast Cancer Awareness Month](#)

[National Dental Hygiene Month](#)

[National Physical Therapy Month](#)

[Mental Illness Awareness Week](#) (Sunday, October 3rd – Saturday, October 9th)

[Bone and Joint Health Action Week](#) (October 12-20)

[National Health Education Week](#) (October 18th-22nd, 2021)

[National Depression Screening Day](#) (October 7th, 2021)

[World Food Day](#) (October 16th)

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.

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

On-Demand Child Sex Trafficking Trainings

Counseling & Social Services

Becoming Trauma-Informed: Adverse Childhood Experiences (ACEs) and Trauma

This **brief** from the **National Comprehensive Center** introduces readers to adverse childhood experiences (ACEs), so educators can understand the role of trauma, its effect on children and learning, and the importance of addressing it in school settings, especially in the current context.

Becoming Trauma-Informed: Taking the First Step to Becoming a Trauma-Informed (TI) School

This **brief** from the **National Comprehensive Center** provides guidance for the implementation of trauma-informed (TI) approaches at the school-, district-, and state-level.

Implementing Trauma-Informed Practices in Rural Schools

This **brief** by the **National Comprehensive Center** incorporates research and practice to provide guidance to school, district, and state leaders to facilitate trauma-informed implementation by considering various strategies, or to strengthen existing trauma-informed practices in rural school communities.

Healthy School Environment

The COVID-19 Community Corps

The United States Department of Education is seeking young people to join the COVID-19 Student Corps. This initiative is designed to help build vaccine confidence among their peers and in their communities. By signing up, the student will receive fact sheets on vaccine safety, email updates with the latest vaccine news, and resources to share with family, friends, and neighbors. Learn more about the [We Can Do This](#) initiative.

Model School District Policy on Suicide Prevention

ASCA, the National Association of School Psychologists, The Trevor Project, and American Foundation for Suicide Prevention (AFSP) created the "Model School District Policy on Suicide Prevention." View the [AFSP's suicide prevention policy resource](#).

School Nurses Play a Role in Ending Childhood Obesity

Childhood obesity affects about 1 in 5 (19%) children in the United States, and some groups of children are more affected than others. The National Association of School Nurses (NASN) has resources to help school nurses enact policies and practices in the school that support healthy eating, regular physical activity, and limited screen time. NASN also provides links to other organizations and their work to end childhood obesity. View the [NASN resources on childhood obesity](#).

Upcoming Events/ Trainings

Scoliosis Screening Conference

Thursday, November 18, 2021 9 am-3 pm

Location:

Children's Healthcare of Atlanta Support Center
1575 Northeast Expressway
Atlanta, GA 30329

Register online today at [Scoliosis Screening Conference | Children's Healthcare of Atlanta \(choa.org\)](#)

Contact Krista Lowe, Spine Program Manger at 404-785-7575 or krista.lowe@choa.org for more information.

Course Description

At this scoliosis screening conference, attendees will learn about scoliosis, the scoliosis screening process, and your role as a scoliosis screener. You will learn from our Spine Program Manager, an Orthotics and Prosthetics Specialist, a Physical Therapist, and an Orthopedic Spine Surgeon.

School Health Services

September is National Childhood Obesity Awareness Month

About one in five children in the United States has obesity. September is dedicated to bringing awareness to childhood obesity and providing parents and caregivers resources and information to support healthy growth. Learn more about childhood obesity and [access the resources from the Centers for Disease Control and Prevention](#).

Vision and Eye Health Nursing Resources

Studies show that we don't blink as often while using computers and other digital devices which can make our eyes dry and irritated. The National Association of School Nurses (NASN) compiled resources on vision and eye health to help school nurses standardize approaches to vision health. View the [NASN vision health resources](#).

NOT for Me

The American Lung Association launched a teen vaping and tobacco cessation program called "NOT for Me." [Access the free "NOT for Me" online program](#).

Nutrition Services

October Squash Goals!

Fall is here which means there is an abundance of new fruits and vegetables to enjoy! One familiar fall favorite is winter squash. Winter squash are distinguishable by their thick outer skin. Various types of winter squash include butternut, acorn, spaghetti, and the popular pumpkin! They are a rich source of nutrients and provide fiber, vitamin C, and minerals such as calcium and potassium. Check out this school nutrition-inspired [Pumpkin Bar](#) recipe to try and share with friends and family.

Celebrate National School Lunch Week in October!

School nutrition programs across Georgia will celebrate National School Lunch Week (NSLW) October 11th - 15th. This year's theme is "Wild About School Lunch!" NSLW is an excellent opportunity to engage students in conversations about school meals, encourage them to try new menu items, or invite friends to join them for lunch! Check with the School Nutrition director in your local district for details.

School breakfast and lunch meals are available to Georgia students K-12 at no cost **until June 30, 2022**.

Employee Wellness

121 Employee Wellness Program Ideas, Tips, & Activities For 2021 That Your Team Will Love

Employee wellness programs have become a staple in many companies as a way to attract top talent, keep them happy and productive, and decrease employee turnover.

The key to having a successful wellness program at work is encouraging overall wellbeing while still keeping it fun. So make your initiatives fun, try new ideas and see what your team values the most.













Fueling Georgia's Future

October Harvest of the Month

ZUCCHINI or SQUASH

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

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.

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 Grant to Improve Your Community

If you have a plan for helping your community but need some money to get started, Walmart may be able to help. Walmart's Local Community Grant Program awards grants to eligible kindergarten-through-12th grade public, private or charter schools. Proposed projects could be a soup kitchen, food pantry, clothing closet or other activities that benefit the community at large. The deadline to apply is December 31, 2021. Visit the [Local Community Grant Program](#) for a complete list of eligibility requirements and areas of funding.

NASN Research Grants

Purpose: To encourage and support research regarding school nursing and health of school aged children.

To advance and fund quality school nursing practice and school-affiliated delivery of healthcare.

Program Donates Equipment & Apparel for Sports

Does your school need help getting sports equipment and apparel? If it does, [apply for a donation from Good Sports](#). The application process will open in January. If selected, your school will gain access to the Good Sports catalog for available inventory. Schools must serve young people between ages 3-18 years old. More than half of the student body must be eligible for free or reduced lunches.

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](#)



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:

Elin Brumbaugh RN, BSN- Deputy Chief Nurse for School Health
Elin.Brumbaugh@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 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

Thursday, October 14 from 8:30 a.m.-1:00 p.m.

Diabetes Caregiver Class

Tuesday, October 26 from 8:30 a.m.-1:00 p.m.

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



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

