



November National Health Observances

[American Diabetes Month](#)

[COPD Awareness Month](#)

[Lung Cancer Awareness Month](#)

[National Alzheimer's Disease Awareness Month](#)

[National Healthy Skin Month](#)

[Diabetes Heart Connection Day; November 9](#)

[World Pneumonia Day; November 12](#)

[World Diabetes Day; November 14](#)

[World Prematurity Day 2021; November 17](#)

[Great American Smokeout; November 19](#)

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

New Tools to Help Children Deal with Stressful Situations

The National Academies of Sciences, Engineering, and Medicine, with support from the Centers for Disease Control and Prevention, developed a series of tools that teach healthy ways to deal with stressful situations. The tools include short, interactive videos and graphic novel-style documents that teach strategies for reducing stress and anxiety. The tools are free to use and available in English and Spanish for parents and children to use together. View the tools from the **National Academies of Sciences, Engineering, and Medicine**.

5 Steps to Help Someone in Emotional Pain

Suicide is a major public health concern and a leading cause of death in the United States. It is often complicated and tragic, but it can be preventable. Knowing the warning signs for suicide and how to get help can help save lives. The National Institute of Mental Health (NIMH) has five action steps for helping someone in emotional pain. **View the NIMH steps to help someone** and learn more information on suicide prevention.

Healthy School Environment

Consensus Statement on the Core Tenets of Chronic Condition Management in Schools

In cooperation with a broad group of health and education organizations, the American Academy of Pediatrics (AAP) has released a Consensus Statement on the Core Tenets of Chronic Condition Management in Schools. This statement aims to improve health and academic outcomes for children by establishing a common framework that can be used by schools, physicians, and other partners from across disciplines to guide an integrated, collective, and equitable approach to chronic condition management in schools. [Read AAP's statement on chronic condition management in schools.](#)

Keep Teen Drivers Safe

Motor vehicle crashes are the second leading cause of death for U.S. teens with almost 2,400 teens aged 13–19 losing their lives in car crashes in 2019. Motor vehicle crashes are preventable, and parents can make a big difference in keeping teen drivers safe. The Centers for Disease Control and Prevention (CDC) compiled resources for parents to help teens stay safe while driving. View [CDC's resources to keep teen drivers safe.](#)



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

National Diabetes Month 2021

November is National Diabetes Month. This awareness month is a time when communities across the country team up to bring attention to diabetes. This year's focus is on prediabetes and preventing diabetes. [The National Institute of Diabetes and Digestive and Kidney Disease](#) has resources and tips on ways to manage prediabetes and prevent diabetes.

Clinical Practice Guideline: Medication Administration in Schools

School nurses care for 56.4 million students in elementary, middle, and high school across the United States, many of whom require medication during the school day. The National Association of School Nurses (NASN) created the Clinical Practice Guideline: Medication Administration in Schools. It seeks to create a uniform clinical practice guideline for the administration of medication in schools, and to give the school nurse evidence-based recommendations for the safe care of Pre-K-12 students who receive medications during the day. [Read NASN's guideline on medication administration.](#)

Nutrition Services

Sweet Potatoes are SPUDtacular!

November is a month to give thanks and celebrate with sweet potatoes! Sweet potatoes are root vegetables that are in season from around August to November in Georgia. Sweet potatoes are excellent sources of vitamin A and potassium. In addition, sweet potatoes are simple to prepare and highly versatile baked, candied, or as pie filling! Check out this Harvest of the Month [video](#) by GADOE Farm to School Specialist Holly Thaw.

Dig Into School Meals

Students across Georgia can enjoy sweet potatoes, and a variety of Georgia-grown produce in school meals every day. School breakfast and lunch meals are available to Georgia students K-12 at no cost **until June 30, 2022.**

Try Making School Breakfast Fresh and Local

The USDA released a guide for nutrition professionals on how they can offer meats and meat alternate as part of a reimbursable breakfast. This guide includes information on meal pattern requirements, tips for menu planning, sample menus, success stories, and more! This publication is available in English and Spanish, online, and in print. [Download or order the guide from USDA.](#)

Employee Wellness

Fighting Fatty Liver

The October 2021 issue of National Institute of Health's (NIH) "News in Health" discusses ways to prevent and limit fat build up in the liver. Like other parts of the body, fat can build up in your liver. That may damage the liver and lead to serious health problems. To prevent fatty liver disease, aim for a healthy weight and drink alcohol in moderation. [Read about fighting fatty liver](#) in the October 2021 issue of "News in Health."

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

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.

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.

2022 Farm to School Grant

The United States Department of Agriculture (USDA) is requesting applications to the 2022 Farm to School Grants. There are three types of grants available, and the grant awards range from \$50,000 to \$500,000. The application is due January 10, 2022. View the USDA application request on [Grants.gov](#) for eligibility requirements and how to apply. The USDA is hosting two webinars on November 8 and 9, 2021, to provide an overview of the grants and offer tips on how to submit a competitive application. [Sign up for the USDA webinars.](#)



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

Tuesday, November 9 from 8:30 a.m.-1:00 p.m.

Diabetes Caregiver Class

Tuesday, November 23 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*



LIFE SKILLS TRAINING GRANT

We encourage Georgia schools to submit a brief application for a grant to implement the Botvin LifeSkills Training (LST) Middle School program with grades 6-8 or 7-9 **and/or** to implement the Botvin LifeSkills Training (LST) High School program with grade 9 or 10. **Botvin LifeSkills Training** is designed to build social-emotional skills, reduce violence, and prevent substance use, including vaping.

This opportunity is being offered by the Center for the Study and Prevention of Violence (CSPV) at the University of Colorado Boulder.

GRANT INFORMATION

Webpage: <https://cspv.colorado.edu/what-we-do/initiatives/lst-grant/application/>

Grant Announcement attached (Middle School Grant – page 1; High School Grant – page 2)

PROGRAM HIGHLIGHTS

Middle School Program: 30 45-minute sessions across three grade levels (6-8 or 7-9).

High School Program: 10 45-minute sessions for grade 9 or 10.

- Evidence of effectiveness.
- Skills to reduce stress and anxiety and increase well-being.
- Substance use and violence prevention.
- Guidance to integrate vaping prevention topics into relevant lessons.

Aligns with health education standards.

SCHOOLS RECEIVE (at No Cost)

- LST curriculum materials including teacher manuals and student guides, for two years (high school program) or three years (middle school program).
- Training and technical assistance for all personnel delivering the program.
- Capacity-building workshops to prepare for sustainability beyond the grant.

Feedback reports detailing implementation fidelity, successes, and recommendations.



HOW TO APPLY

Complete a brief online **grant application** by **December 15, 2021**.

- For most school systems, the application takes less than 30 minutes.
- If multiple schools within your district plan to apply, please submit one application for the entire system.

Awards will be announced in Spring 2022.

QUESTIONS? For questions, additional information, or technical support with the online application please contact me at amanda.lain@colorado.edu or 303-492-2134.