



December National Health Observances

[International AIDS Awareness Month](#)

[National Impaired Driving Prevention Month](#)

[Safe Toys and Gifts Month](#)

[Universal Human Rights Month](#)

December 1 [World AIDS Day](#)

December 3 [International Day of Persons with Disabilities](#)

December 1 – 7 [National Handwashing Week](#)

December 5 – 11 [National Influenza Vaccination Awareness Week](#)

December 10 [Human Rights Day](#)

December 21 [National Homeless Persons' Memorial 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.

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

[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.

[Not just ADHD? Helping Children with Multiple Concerns](#)

Many children with attention-deficit/hyperactivity disorder (ADHD) have other concerns or disorders. For some children, symptoms that look like ADHD can be better explained by another diagnosis. Recognizing symptoms of ADHD and other disorders and finding ways to help children can be a challenge for families. The Centers for Disease Control and Prevention (CDC) compile resources for families and schools on how to help children who have ADHD and other disorders. View [CDC's resources about ADHD and other disorders](#).

Healthy School Environment

[COVID-19 Vaccine Confidence Toolkit and Webinar](#)

Action for Healthy Kids (AFHK) in partnership with Kaiser Permanente released the COVID-19 Vaccine Confidence Toolkit. The toolkit is designed for school staff, parents and caregivers, and any other adults looking to learn more about the COVID-19 vaccine and how to discuss it throughout their community. In addition, AFHK and Kaiser Permanente will be hosting a webinar to provide tips on how to best use the COVID-19 Vaccine Confidence Toolkit. This webinar is for school and district staff as well as anyone who may be working with parents/caregivers and discussing the COVID-19 vaccine. View the [toolkit and register for the webinar](#).

[Smokeless Tobacco: Facts, Stats, and Regulations](#)

The Truth Initiative released a fact sheet that provides an overview of the four general types of smokeless tobacco - chew, snuff, snus, and dissolvable tobacco. The fact sheet also provides information on the prevalence of smokeless tobacco use in the United States, health and safety concerns, and more. View the [Truth Initiative's fact sheet on smokeless tobacco](#).

[New Infection Prevention Infographics for Schools](#)

The National Association of School Nurses and Association of Professionals in Infection Control and Epidemiology (APIC) partnered to create resources for school nurses and school administrators. "Back-to-School Safety" and "10 Ways to Prevent Infection" are two new infographics available in English and Spanish. These can be shared with school communities, caregivers, and colleagues. [View and download the APIC resources](#).

[Consensus Statement on the Core Tenets of Chronic Condition Management in Schools](#)

In cooperation with a broad group of health and education organizations, the 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](#).

School Health Services

[Diabetes in Children Resources](#)

In 2018, 210,000 children and adolescents younger than age 20 years, or 25 per 10,000 U.S. youths, had a diagnosis of diabetes. To help school nurses stay up to date on diabetes information, the National Association of School Nurses (NASN) has compiled diabetes resources. View the [NASN diabetes resources](#).

[National Influenza Vaccination Week](#)

December 5-11, 2021 is National Influenza Vaccination Week. The Centers for Disease Control and Prevention (CDC) released the National Influenza Vaccination Week Digital Toolkit to highlight the importance of influenza vaccination. [View the CDC toolkit](#) and download resources.

[Database of Diabetes Friendly Recipes](#)

As the holiday season approaches, be sure to check out the American Diabetes Association's Diabetes (ADA) Food Hub. The food hub is a database of diabetes friendly recipes. The food hub contains tons of recipes in both English and Spanish that everyone can enjoy. View the [ADA Food Hub recipes](#).

Nutrition Services

[Different is new in December!](#)

December is a great month to try foods in new ways. Take lettuce for instance. Do you only think about traditional salads when you think about lettuce? Lettuce is great in a salad, but also on a sandwich or even as a topping on a taco. It is a good source of vitamins A and K and comes in several varieties. These include butter, romaine, green or red leaf, Boston, and bibb, to name a few. The darker the leaf color, the more nutrients it contains.

Lettuce flavors range from sweet and delicate to peppery and bold. It adds a light flavor to meals and partners perfectly with dressing. There are many versions of salads that extend far beyond a traditional side salad. Check out this [recipe video](#) featuring citrus and lettuce from Farm to School Specialist Holly Thaw!

[Try New Foods in School Meals](#)

Georgia school meals provide opportunities for students to try new and different foods! Encourage students to try a menu item that is new to them and share their experiences with a favorite adult or friend. School breakfasts and lunches are available to all Georgia children at no cost until **June 30, 2022**.

Employee Wellness

CDC Expands Eligibility for COVID-19 Booster Shots to All Adults

The Centers for Disease Control and Prevention (CDC) expanded recommendations for booster shots to include all adults ages 18 years and older who received a Pfizer-BioNTech or Moderna vaccine at least six months after their second dose. [See CDC resources](#) on how to choose your COVID-19 booster shot and more information about the booster shots for each vaccine type.

Fueling Georgia's Future

December Harvest of the Month

LETTUCE

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. [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

Thursday, December 16 from 8:30 a.m.-12:00 p.m.

Diabetes Caregiver Class

Tuesday, December 28 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*

