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.
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 Manager 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.

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-Optln.html](http://pages.choa.org/School-Nurse-Optln.html)

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