September National Health Observances

Childhood Cancer Awareness Month
Fruits & Veggies—More Matters Month
Healthy Aging Month
National Childhood Obesity Awareness Month
National Food Safety Education Month
National Pediculosis Prevention Month/Head Lice Prevention Month
National Preparedness Month
National Recovery Month
National Sickle Cell Month
Ovarian Cancer Awareness Month
Prostate Cancer Awareness Month
Sexual Health Awareness Month
World Alzheimer's Month
National Suicide Prevention Month

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.

**October 14— 1:00 to 3:30 p.m.**
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

Counseling & Social Services

**Participate in Virtual School Mental Health Conference**

The 2020 Annual Conference on Advancing School Mental Health is going virtual this year. It’s taking place October 29, from 12 AM to 3 PM EST. This year's theme is *Equitable and Effective School Mental Health*. Grab your school mental health colleagues and register! Visit the conference site to learn more.

**View Sample Scripts for Classroom Teachers**

The National Coalition to Support Grieving Students offers sample scripts for classroom educators for the first day of school. There are four different options (middle/high school with in-person classes; middle/high school with remote classes; elementary school with in-person classes; and elementary school with remote classes). For more information, visit the webpage.
COVID-19 Resources

CDC: Talking with Children about COVID-19—Messages for parents, school staff, and others working with children

Coronavirus: Information for AFT Nurses and Health Professional members and employers

National Association of School Nurses: Coronavirus Disease 2019 Resources

School Health Services

View Dental Screening Resources for School Nurses

The National Association of School Nurses created a four-page document summarizing currently available resources about dental screening. Download a PDF copy of the resource for more information.

Community Involvement

Healthy People 2030 Is Here

Healthy People 2030 sets data-driven national objectives to address the nation’s latest health priorities to improve the health and wellbeing of Americans over the next decade. Check it out today!

View 2019 Youth Risk Behavior Survey Results

The Centers for Disease Control and Prevention (CDC) recently released the 2019 national, state, and local school district Youth Risk Behavior Survey (YRBS) results. View the results, and read the CDC Morbidity and Mortality Weekly Report about tobacco product use and dietary and physical activity behaviors.

Nutrition Services

Read Study on Removal of Chocolate Milk from Cafeterias

The Centers for Disease Control and Prevention recently published a study on the removal of chocolate milk and milk and nutrient consumption among urban secondary school students. Based on the results, removing chocolate milk may be a low-cost intervention to support healthier student beverage consumption. Read the study for more information.

Take Online Food Group Quizzes

Do you want to test your high school students’ knowledge of the food groups? Have them take the online food group quizzes, brought to you by the U.S. Department of Agriculture's ChooseMyPlate. Take the quizzes today!

Healthy School Environment

Learn About Safe Chemical Management in Schools

The Environmental Protection Agency has a Toolkit for Safe Chemical Management in K-12 Schools that can help schools start chemical management programs and improve chemical management practices. The toolkit includes guides on building successful programs and resources for school administrators.

Health Education

Take Free Skills-Based Approach to Managing Chronic Health Conditions Course

The National Association of School Nurses (NASN) is offering a free interactive course to help school nurses manage chronic health conditions in schools. The course, Skills-Based Approach to Managing Chronic Health Conditions in Schools, is available to NASN members and non-members. Take the course today!

Register for Virtual Asthma Summit

The Allergy & Asthma Network and the American College of Allergy, Asthma & Immunology will be hosting the 2020 US Asthma Summit. The Summit will take place on Friday, November 13 from 12:00 AM to 4:00 PM EST. Due to COVID-19 and ongoing travel restrictions, this year's Summit will be virtual. Learn more and register for the conference.
Employee Wellness

Take Care of Yourself During the Pandemic

The COVID-19 pandemic may be stressful for people. Fear and anxiety about a new disease and what could happen can be overwhelming and cause strong emotions in adults and children. Public health actions, such as social distancing, can make people feel isolated and lonely and can increase stress and anxiety. However, these actions are necessary to reduce the spread of COVID-19. Visit the Centers for Disease Control and Prevention to learn ways to cope with stress.

Fueling Georgia’s Future

September Harvest of the Month

Apples

Georgia Grown Resources

Classroom Resources: Resources include downloadable activity books, bulletin board kits, commodity fun facts, Georgia Grown videos and more, from Georgia Grown.

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<tr>
<th>JULY</th>
<th>AUGUST</th>
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<td>Peaches</td>
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<th>OCTOBER</th>
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<th>DECEMBER</th>
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<td>Zucchini</td>
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<th>JANUARY</th>
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<td>Greens</td>
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<td>(CABBAGE, MUSTARD, TURNIP)</td>
<td>(CARROTS, BEETS, RADISHES)</td>
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<tr>
<th>APRIL</th>
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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, call 404-785-7202, or email schoolhealth@choa.org
Click here for more information or here to opt-in to receive School Health news.

CHOA Events and Trainings

ACE Asthma Care and Education Course Friday, October 9

Visit the school health events calendar to learn more and register.

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
Join the Youth Mental Health Awareness Campaign!

It's National Suicide Prevention Week, and what better time to launch our youth mental health awareness campaign "Free Your Feels"? Free Your Feels encourages Georgia's young people to explore their real feelings and share them fearlessly. With our children and teens empowered to speak out and express their real feelings, adults and peers tuned in and listening judgment-free, and everyone connected to available resources, we will see a healthier, thriving generation.

For further resources, please visit [www.freeyourfeels.org](http://www.freeyourfeels.org)

Visit our Website and Instagram!

Visit the Free Your Feels website which will house a collection of resources from different organizations and agencies, and will include ready-to-use editable graphics so you can easily promote and share messaging!

Follow [@free.your.feels](https://www.instagram.com/freeyourfeels) on Instagram, where we will share mental health materials. Share posts on your own account and/or ask people in your networks to follow and help spread the message far and wide!