



June National Health Observances

- [Alzheimer's and Brain Awareness Month](#)
- [Cataract Awareness Month](#)
- [National Migraine and Headache Awareness Month](#)
- [National Safety Month](#)
- [PTSD Awareness Month](#)
- [Scoliosis Awareness Month](#)
- [National Cancer Survivors Day \(June 6\)](#)
- [Family Health and Fitness Day \(June 12\)](#)
- [World Blood Donor Day \(June 14\)](#)
- [Men's Health Week \(June 14–20\)](#)
- [Autistic Pride Day \(June 18\)](#)
- [World Sickle Cell Day \(June 19\)](#)
- [Helen Keller Deaf-Blind Awareness Week \(June 21–27\)](#)

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

Help Teens Focus on Self-Care

The pandemic has affected everyone's mental health, including teens. Educators have the opportunity to talk to students about taking care of themselves, both physically and mentally. KidsHealth in the Classroom has lessons that can help students learn to handle strong emotions, improve coping skills and know when to get help. Learn more and access the lessons at [KidsHealth in the Classroom](#).

U.S. Schools Turn Focus to Mental Health of Students Reeling from Pandemic

As COVID-19 dramatically changed education during the past year, teachers all over are seeing the urgent need for mental health support for young students. Some students have struggled with focus, isolation, and worrying about the future. Read the [Reuters article](#) to learn more about what is being done in schools to focus more on student's mental health.

Keep Students Safe from Bullying

The Alliance for a Healthier Generation has released information on how to identify the signs of bullying, what specific actions to take when bullying is seen and strategies to build a sense of belonging. [Read about what you can do about bullying](#).

Healthy School Environment

[FDA Moves to Ban Flavoring from Cigarettes and Cigars to Prevent Future Generations of Smokers](#)

The U.S. Food and Drug Administration (FDA) has announced its commitment to advancing two tobacco product standards to significantly reduce disease and death from using tobacco products. The FDA is working towards issuing proposed product standards within the next year to ban menthol in cigarettes and ban all characterizing flavors in cigars. This move is to reduce youth initiation and overall use of combusted tobacco products which is the leading cause of preventable death in the U.S. [Learn more and view FDA's resources on how to help quit smoking.](#)

[Keep Moving this Summer](#)

Looking for ideas to keep your family active this summer? Alliance for a Healthier Generation has tips and tools on how to keep you and child moving. Resources include at-home scavenger hunt, family activity tracker and much more. Learn more at the [Alliance for a Healthier Generation.](#)



COVID-19 Resources

[Confronting COVID-19-Related Harassment in Schools](#)

This month, the Departments of Education and Justice announced a new resource: Confronting COVID-19-Related Harassment in Schools — a fact sheet for students and families. You may find this resource in the Race and National Origin Discrimination section of Education's Office for Civil Rights' (OCR) Reading Room, in English, Chinese-simplified, Chinese-traditional, Korean, Tagalog, and Vietnamese, with additional translations expected later this month.

[Covid-19 Vaccines in Children and Teens](#)

Though most children with COVID-19 exhibit mild or no symptoms, some children can become very ill and require hospitalization. On May 12, the CDC endorsed the safety and use of a vaccine in the 12 and older population. The following [resources](#) are provided to assist parents and families with understanding important data and research before their child receives a vaccine.

School Health Services

[June is National Scoliosis Awareness Month!](#)

National Scoliosis Awareness Month was created to highlight the growing need for education, early detection and awareness about scoliosis and its prevalence within the community. Take this opportunity to unite people with scoliosis, families, medical professionals and others to develop local activities and events throughout the month. Visit the [Scoliosis Research Society](#) to learn more about how you can celebrate.

[Hearing Screening Fact Sheet](#)

The Office of Head Start's Center on Health, Behavioral Health and Safety has a hearing screening [fact sheet](#) to help parents know what to expect from a screening and how to prepare their child. Additional resources for supporting families and staff are included in the document.

Nutrition Services

[CDC Food Allergy Resource Center](#)

The Centers for Disease Control and Prevention (CDC) has created a free toolkit to help schools implement the Voluntary Guidelines for Managing Food Allergies to prevent and manage severe allergic reactions in schools. The toolkit includes tip sheets, training presentations and much more. [Download a free toolkit today.](#)

Summer Hydration Tips: Summer is a great time for children go to outdoors and enjoy the warm weather. However, it can also result in heat exposure and increases the risk for dehydration. Dehydration in children can lead to fatigue, restlessness, or dizziness. Water is the perfect beverage to prevent dehydration.

To encourage drinking water on the go, carry a water bottle or freeze water bottles to keep them cool. Also, limit access to sugar-sweetened beverages and infuse water with fresh or frozen fruit to add flavor and variety. Consider adding Harvest of the Month seasonal fruit items such as blueberries, peaches, or watermelon. The amount children should drink is based on age and activity level. This chart from the Academy of Nutrition and Dietetics explains how much water children should drink. [Water: How Much Do Kids Need?](#)

Enjoy Summer Meals: While children are out enjoying activities be sure they pick up and enjoy a summer meal at no cost! Summer meals are available to children 18 and under. Contact your local district for dates and times.

Employee Wellness

Staff Breakroom Makeovers

Creating a healthy environment isn't just important for students! Make good health a part of everyday life for school faculty and staff by providing them with an on-campus space where they can relax. A well-equipped staff and teachers' lounge can contribute to lower stress levels, helping them to be healthier and more engaged. [Learn some breakroom makeover tips](#) to create a peaceful space.

Fueling Georgia's Future

June Harvest of the Month

TOMATOES

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](#)

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

Diabetes Caregiver Class

Tuesday, June 22 from 8:30 a.m.-1:00 p.m.

Diabetes Caregiver Class

Tuesday, July 27 from 8:30 a.m.-1:00 p.m.

Diabetes Caregiver Class– Virtual by WebEx

Tuesday, August 17 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>



Children's
Healthcare of Atlanta

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



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

