



AWARENESS MONTH  
**CHILDHOOD CANCER**  
 SEPTEMBER

### 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](#)

*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.

**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](mailto: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](#)

## 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.](#)

## 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!](#)

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.

<p><b>JULY</b> Peaches</p> 	<p><b>AUGUST</b> Watermelon</p> 	<p><b>SEPTEMBER</b> Apples</p> 
<p><b>OCTOBER</b> Zucchini</p> 	<p><b>NOVEMBER</b> Sweet Potatoes</p> 	<p><b>DECEMBER</b> Lettuce</p> 
<p><b>JANUARY</b> Greens (COLLARD, MUSTARD, TURNIP)</p> 	<p><b>FEBRUARY</b> Cabbage</p> 	<p><b>MARCH</b> Root Vegetables (CARROTS, BEETS, RADISHES)</p> 
<p><b>APRIL</b> Strawberries</p> 	<p><b>MAY</b> Blueberries</p> 	<p><b>JUNE</b> Tomatoes</p> 

Funding Opportunities

**Apply for Garden Grants**

Do you want to start an edible garden at your school? Consider applying for the [Annie's Grants for Gardens](#) program. If selected, the funds may be used to purchase plants, seeds, wheelbarrows, raised beds, or any equipment appropriate for an edible school garden. The application window closes November 1.

**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.

**Apply for ALDI Smart Kids Grants**

ALDI is partnering with local organizations to make a positive impact on kids' health and wellness. Grant funds can be used to support children through education, arts, or other activities that help kids stay active and healthy. Applicants can request either cash or ALDI gift cards ranging in value from \$100 to \$5,000. The application deadline is December 15, 2020. [For more information on the program, visit the Aldi Smart Kids webpage.](#)

**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**

- November 11, 2020 at 5 p.m. for Quarter 1 2021 Grants
- Portal reopens January 1, 2021

[Click here to learn more.](#)

**Apply for a Community Grant**

Do you have an idea for an after-school program that would benefit an underserved community? Apply for a Community Grant from the Walmart Foundation. [Click here for more information.](#)

## 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](mailto: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*



## 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:

[schoolhealth@dph.ga.gov](mailto:schoolhealth@dph.ga.gov)



## BE INFORMED



### 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](#) 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!