



School Health Headlines

Quarterly Newsletter



Let's help prevent the Flu and Other Infectious Illnesses from Spreading this Winter!

Info Submitted By Lynne Meadows, Coordinator

As the school bell rings and students and staff are headed back to class, the threat of the flu and other infectious illnesses are a major concern especially in light of last year's H1N1 pandemic. Unfortunately, schools can be a leading place for public health outbreaks which is why prevention strategies in schools are so important. In addition, each year, about 10-20% of the people in Georgia get influenza (the flu). This means 1.6 million Georgians may be infected by the flu this fall and winter.

What can you do to help prevent the spread of the flu and other infections illnesses? **The first thing is simple....wash your hands frequently!** Did you know according to the CDC the single most important thing you can do to prevent the spread of infectious illnesses is washing your hands? While most of us already know this, it is sometimes hard to remember this simple little important task during a busy day. Using hand sanitizer is also an option when soap and running water are not readily available. However, select a hand sanitizer that is alcohol based (and as with any soap, always supervise its use with small children). Recent research shows that frequent hand washing and regular use of hand sanitizers in school settings can reduce absenteeism by as much as 20% + in students and staff, and increased attendance by students and staff translates to improved academic performance!

When to clean hands

You should clean your hands **before**:

- * Eating or feeding someone else
- * Drinking
- * Treating a scrape or cut
- * Caring for someone who is sick
- * Giving medicines

You should clean your hands **after**:

- * Going to the bathroom
- * Handling uncooked food
- * Blowing your nose, coughing or sneezing
- * Touching garbage
- * Touching anything that might have germs
- * Wiping your or someone's nose
- * Caring for someone who is sick
- * Playing with/touching and feeding pets
- * Coming from any kind of public place

Here are some additional things you can do to help prevent the spread of flu and other infectious illnesses:

- Teach children not to share personal items like drinks, food, eating utensils or other personal

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FCBOE-Student Health Services

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Special points of interest:

- ☉ Flu Prevention
- ☉ Calendar of Events
- ☉ Hydrocephalus
- ☉ Project SEARCH
- ☉ Healthy Recipe

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Fulton
County Schools
Where Students Come First

Editor's Note:

Greetings! Please check out our latest edition of Student Health Headlines. This issue focuses on a variety of health topics related to Hydrocephalus, cancer fighting foods, Breast Cancer, and Project SEARCH. We hope that you will find this information helpful and interesting. As always, if you have suggestions or comments please feel free to contact me at toomern@fultonschools.org.

HAPPY READING!

Natalie

Contributors

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November 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19 CPR/AED	20
21	22	23 SHS Staff Mtg	24 Thanksgiving	25	26	27
28	29	30				

Schedule of Events

November 2010

- ☉ Nov 19th-CPR/AED Class
- ☉ Nov 23rd-SHS Staff Mtg
- ☉ Nov 24-26th-Thanksgiving Break

December 2010

- ☉ Dec 10th-Emergency Preparedness Triage Training (NASN)
- ☉ Dec 16th-CPR/AED Class
- ☉ Dec 21st-SHS Staff Mtg
- ☉ Dec 23rd-Jan 3rd-Winter Break

January 2011

- ☉ Jan 4th-Teacher Workday
- ☉ Jan 17th-MLK Holiday
- ☉ Jan 25th-SHS Staff Mtg
- ☉ Jan 28th-CPR/AED Class

Coordinator's Corner

Welcome Back! It is hard to believe that the 2010-2011 school year is already in full swing. We are excited about this school year!

As you know, Student Health Services (SHS) works to ensure the health and well being of students by developing, implementing, and delivering health services and programs. The following are some of the school health services and programs we have planned and/or will be assisting with coordinating for this school year:

- Mass Vision & Hearing Screenings at all elementary schools
- Scoliosis Screenings at all middle schools
- Monthly CPR/AED Classes in both North & South Counties
- Handling Medical Emergencies Classes, Hand washing Classes and other school requested trainings
- Management of Acute and Chronic Illnesses in collaboration with the Clinic Assistants
- Prevention and Control of Communicable Diseases
- Flu Vaccine Clinics for staff and students
- Other Health Initiatives and Wellness Activities – Breast Cancer Awareness, Screenings, etc.



We also have several new school health initiatives that we have planned for the school year which include a pilot Mass Vision Program in collaboration with Project 20/20 and Sight Savers of America, Introduction of CPR in three middle schools, and a national Emergency Preparedness Training conference for School Nurses and Clinic Assistants. Stay tuned to hear more about these exciting programs and initiatives.

We are so excited to welcome Annette Freeman, RN to our staff. Mrs. Freeman will be transitioning into the vacant Special Needs Nurse position in the Riverwood/North Springs/Centennial cluster areas. She comes to us with many years of pediatric and school nursing experience. We are so excited about Mrs. Freeman joining our team.

I would also like to welcome all new Clinic Assistants and Clinic Assistant Subs. Welcome Aboard! We are thrilled to have you working with us.

For new updates and information, as well as a listing of the new staffing assignments/contact numbers, and to review the SHS School Health Calendar, please visit our website at www.fultonschools.org/healthservices.

Please feel free to email our Editor-In-Chief, Natalie Toomer if you have suggestions for articles and/or information for the next edition. We would love to hear from you! Let's continue to have a great school year!

Lynne Meadows, RN, MS, Coordinator - Student Health Services

Special Education Nurses News

Hydrocephalus

Karen Wolk, RN, Special Education Nurse-North County



In this section we like to discuss issues that deal with the special needs that students in the school system may have. This issue, we will highlight **Hydrocephalus and Shunts**.

HYDROCEPHALUS is a build-up of cerebrospinal fluid (CSF) within the head. It occurs when there is a blockage to the flow or drainage of CSF. The most common treatment for hydrocephalus is to insert a tube called a **shunt** between the ventricles of the brain and another part of the body. This diverts the excess CSF to another site, such as the abdomen, where it can be reabsorbed back into the bloodstream. The most common problems with shunts are they can become plugged or obstructed, break or come apart, resulting in a **shunt malfunction**.

SYMPTOMS OF A SHUNT MALFUNCTION

COMMON SYMPTOMS

- Headaches
- Nausea
- Vomiting

LESS COMMON SYMPTOMS

- Vision Problems
- Irritability and/or tiredness
- Difficulty in waking up or staying awake
- Seizures
- Personality change
- Loss of coordination or balance

SCHOOL'S RESPONSIBILITY

- Know which students have shunts
- Call the parent immediately if you suspect the student is having a shunt malfunction, notify the Special Education or Cluster Nurse
- Call 911 as appropriate (unconscious, etc.)

This information is available as a handout from Fulton County School's Special Needs Handbook. Ask any Special Education or Cluster Nurse for a copy



Project SEARCH

Cathie Peeples, RN, Special Education Nurse

The Project SEARCH program is a one-year transition program designed for students with developmental disabilities who are in their last year of high school and who are interested in exploring careers in a healthcare setting. Interns report directly to Emory University Midtown Hospital where they are assigned to a specific job rotation. Many of these job assignments require interns to be CPR certified. Cathie Peeples with Fulton County Student Health Services has generously supported Project Search by annually offering CPR training for our staff and interns.



Project Search's end goal is to provide work experiences that lead to meaningful employment opportunities. The staff is eager to report that over 80% of Project Search alumni are currently employed. The Project Search staff includes Sandra Mason, Special Education Teacher; Brenda Sheard, Paraprofessional, Jessica Kasten, Transition Services and Denise Curcio, Transition Services. The Project Search appreciates Student Health Services contribution to this essential school-to-work program.



Pictured from left to right: Francel Kendrick, Tracie Lewis, Teroish Mitchell, Stanley Cannon.

"Children must be educated to be healthy and healthy to be educated"

Dr. Jocelyn Elder, Former Surgeon General

Feature Spotlight of the Quarter

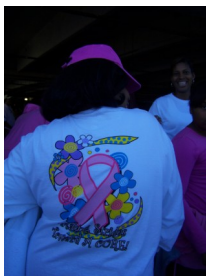
SPOTLIGHT!



Spotlights on You:

Student Health Services-For Your Support of Breast Cancer

In support of Breast Cancer Awareness Month (October), SHS has, for the fifth year in a row, formed a team to participate in the American Cancer Society's Making Strides Against Breast Cancer Walk. Friends, families and coworkers joined us for this 3 mile non-competitive walk. The walk was held at Atlantic Station on Saturday October 23rd, it was a great day for walking with the most participants ever!



There is never a cost to participate in the walk. We are thankful for your support in raising \$\$\$\$. This year, we raised \$3, 528.25. Money raised helps fund lifesaving research and support programs to help fight breast cancer. Next year, please consider having a fundraisers at your school to support this worthy cause.



Hope starts with one walker and one dollar at a time. Hope starts with our team. And hope can start with you. Thanks again for your continued support!



Quick Breast Cancer Facts

Info Submitted by Karen Wolk, RN, Special Education Nurse, North County



Did you know that?

- Breast Cancer is the most common cancer among women, except for skin cancers.
- The chance of developing invasive breast cancer at some time in a woman's life is less than 1 in 8 (12%). The chance that breast cancer will be responsible for a woman's death is 1 in 35 (about 3%).

• **Men** also are diagnosed with breast cancer.

• There are over 2.5 million breast cancer survivors in the United States

Death rates from breast cancer are on the decline. These decreases are believed to be the result of early detection through screening and increased awareness, as well as improved treatment.

What can you do?

- Remind the women in your life to do monthly breast exams.
- Be sure that routine mammograms are performed. Routine mammograms should be performed yearly beginning at the age of 40. Women at increased risk (for example, family history, genetic tendency, past breast cancer) should talk with their doctors about beginning mammograms earlier and the need for additional tests.
- Remember that men also get breast cancer and that if there is a change noted in the breast tissue it needs to be examined.

Join Student Health Services next October in the American Cancer Society's Making Strides Against Breast Cancer Walk!



Top Cancer Fighting Foods

Info Submitted by: Judy Reddick, Milton Cluster Nurse



Researchers believe that 60 percent of cancer deaths can be prevented by adopting a healthier lifestyle. Start with your diet: Work these 8 cancer-fighting foods into your daily routine.

Dark Leafy Greens: Collards, spinach and kale are premium examples of dark leafy green veggies that contain both lutein and beta-carotene (a.k.a. vitamin A). Both are part of the carotenoid family and give food that red-orange color. They've been shown to help prevent breast cancer.



Green Tea: Scientific evidence suggests that the powerful antioxidants found in green tea (called polyphenols) help prevent breast, prostate, colon, stomach and skin cancer.

Tomatoes: Tomatoes contain the antioxidant lycopene, which has been shown to help protect against prostate, breast, lung and stomach cancer. Cooked tomatoes and tomato products like canned tomatoes, ketchup, tomato soup and spaghetti sauce contain more lycopene than fresh tomatoes. Watermelon, guava, pink grapefruit, blood oranges and apricots also contain the potent antioxidant



Cruciferous Vegetables: These are veggies from the cabbage family including broccoli, cauliflower, cabbage, brussel sprouts and mustard greens. They contain antioxidants that have been shown to help reduce the risk of cancer.

Red Wine: The antioxidants found in red wine (called resveratrol) have been shown to help prevent prostate, skin and breast cancer. The suggested amount: one 5-ounce glass per day for women and two for men.



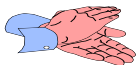
Nuts: Nuts like almonds, cashews, walnuts, chestnuts and pistachios contain the antioxidant vitamin E, which may help prevent certain types of cancer. Many oils including safflower, corn and soybean oil also contain vitamin E.

Garlic: Several components found in garlic are thought to help prevent stomach, colon, esophageal, pancreas, skin, lungs and breast cancer. The active compounds are formed when garlic cloves are chopped or crushed.

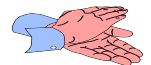


Citrus: Oranges, lemons, limes and grapefruit all contain tons of vitamin C, an antioxidant that helps prevent cancer-causing cell damage. Not a citrus fan? Strawberries, kiwi, potatoes, tomatoes and bell peppers also contain the superstar vitamin.

FoodNetwork.com



Special Thanks.....



Student Health Services would like to thank The Assistant League of Atlanta for providing our schools with free clinic and school supplies which includes brand new school uniforms, coats, underwear, socks, belts, shoe vouchers, and many other essential items. These donations have totaled well over \$60,000.

Lynne Meadows, Coordinator, had an opportunity on Oct 13, 2010 to personally thank the Assistance League members for their support and generosity. "The Assistance League is truly a community partner and their work & commitment to help meet the health needs of students has been tremendous," Lynne Meadows.



We appreciate the support the organization gives to our students!

FCBOE-Student Health Services

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Have a Great Winter



Health Tips of the Quarter
Vicki Beasley, RN, Tri-Cities Cluster Nurse



Clean Your Plate

Some say the typical American diet is “dirty”, that it leads to obesity and an addiction to salty, sugary and refined convenience foods. But cleaner options abound, just eat more pure and natural foods that are both nutritious and delicious.

TO START A CLEAN EATING LIFESTYLE:

1. Choose whole, natural foods over processed.
2. Choose unrefined over refined products.
3. Eat well-balanced meals.
4. Eat small portions, about five to six meals per day.
5. Don't drink your calories.
6. Get moving.



Source: Real Health Fall 2010, Realhealthmag.org

items like towels, combs, brushes, and cosmetics

- Properly dispose of used tissues when coughing and sneezing, and use your elbow, arm or sleeve when coughing or sneezing instead of the hand
- Wash athletic practice clothing each day, and shower after any contact sports
- Stay home if you are sick especially during the first days of illness when symptoms are most severe and the infection is most contagious.
- Return to work or school only when symptoms are improving and when you've had no fever for at least 24 hours
- Get vaccinated. Vaccination is the best protection against contracting the flu.

In Fulton County Schools, Student Health Services works in collaboration with the Clinic Assistants, School Administrators, and school staff to insure the guidelines for identifying containing, reporting and preventing suspected and/or confirmed infectious illnesses are followed. By working together, we can help reduce the transmission of the flu and other infectious illnesses in the schools and community. For more information, please contact the Office of Student Health Services at (404) 305-2177.

Recipe Corner

Garlicky Grilled Chicken, Portobello, and Radicchio Salad

Recipe Courtesy Tyler Florence



Ingredients:

- *4 cloves garlic (smashed and chopped)
- *Kosher salt and freshly ground black pepper
- *1/2 cup extra virgin olive oil (extra for drizzling)
- *4 Portobello mushrooms, brushed clean and stems removed
- *1 (4-4 1/2 lb) chicken, cut in half
- *1/2 cup fresh flat leaf parsley
- *6 sprigs of fresh thyme (leaves)
- *2 small heads radicchio, halved
- *watercress to serve

Put the garlic onto a cutting board and sprinkle it with about 1/2 teaspoon salt. Using the side of a large knife, slowly mash the garlic into a paste. Put the garlic paste into a small bowl and blend in 1/2 cup olive oil, parsley, and thyme leaves. Pour half the mixture over the chicken and season it with salt and pepper. Set the chicken aside to marinate while you prepare the other ingredients for grilling. Heat the grill to medium high. Drizzle half the remaining marinade into the mushrooms and half onto the cut side of the radicchios. Season both with salt and pepper and place them on the grill over indirect heat. Grill until the mushrooms and radicchio are soft, about 10 to 15 minutes; set them aside to cool while you cook the chicken. Put the chicken on the grill and cook for about 15 to 20 minutes per side, or until cooked through and juices run clear. Set aside until cool enough to handle. To serve, cut the chicken into pieces, cut the mushrooms into quarters, and cut the radicchio into wedges. Gently toss everything together with fresh watercress and an extra drizzle of olive oil.

Recipe Submitted by: Judy Reddick, School Cluster Nurse, Milton Cluster

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