

# NEBRASKA WHOLE CHILD NEWSLETTER

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MARCH 2023

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**MARCH NATIONAL OBSERVANCES...**



## NATIONAL NUTRITION MONTH

Ideas to Get Involved in  
National Nutrition Month  
& Celebrate National School  
Breakfast Week - March 6-10

1. Create a "nutrition question of the day" contest
2. Vote for your favorite fruits and vegetables
3. Focus a science lesson around how plant foods grow – from seed to harvest.
4. Try a new fruit or vegetable each week during National Nutrition Month

For more ideas to use at home & at school, [click here](#).



## NATIONAL SCHOOLS SOCIAL WORK WEEK

March 5-11, 2023

Below are ideas of ways you can show your appreciation:

1. Send them a personal note/card
2. Make an announcement over the intercom
3. Encourage cards/drawings or virtual messages from students

More information including a media release & partner toolkit, [found here](#).



## NATIONAL DRUG & ALCOHOL FACTS WEEK

March 20 - 26th

National Drug and Alcohol Facts Week® (NDAFW), an annual health observance, connects youth with resources about drugs, alcohol, and related health topics.

Help share facts with your students by:

- \* Posting [infographics](#) from the Nebraska YRBS survey
- \* Use these [ideas](#) to help your students.

## GRANT OPPORTUNITIES

**School Nutrition Foundation | [School Nutrition Foundation Equipment Grants](#)**

The School Nutrition Foundation (SNF) has teamed up with industry partners to provide new kitchen equipment to deserving districts! Apply now for one (or more) of five available grants through the 2023 SNF Equipment Grant Program. **Deadline: Friday, March 31, 2023.**

**Taste and Teach Classroom Grant** with Nebraska Agriculture in the Classroom:

First grade classrooms can enter to win a \$100 Taste and Teach Grant to use with the [Mapping Our Food](#) lesson plans. Fifty classrooms will be awarded. [Contest Entry](#)

# NEBRASKA NATIVE YOUTH GATHERING, 2023



On April 26th & 27th, the Nebraska Native Youth Gathering will held in Norfolk.

This will be the 5th year to bring together Native American Youth participants from communities across the state in an effort to:

- To connect Native students with their peers from across the state of Nebraska;
- To gain traditional Native knowledge, skills, and practices;
- To share personal experiences; and
- To consider future career and college opportunities.

The Nebraska Native Youth Gathering centers on the idea of honoring the Sacred Hoop – body, spirit, heart, and mind. Sessions address each of these components, emphasizing the importance for youth to examine their higher selves through information, connections, and experiences shared during the Gathering.

## [Sign Up](#)

Questions? Contact Jessie Coffey at [jessie.coffey@nebraska.gov](mailto:jessie.coffey@nebraska.gov).

## #BE REAL, BE BODYKIND

We're doing efficacy testing on *BodyKind* in high schools this spring with our academic team at the University of North Carolina. We'd love to have your high school school to participate in this research! Please fill out our [Google Form](#) if you are interested. This research will involve teaching all 4 *BodyKind* lessons and giving students a pre- and post- test at your school. You will get free *Body Confident Schools* teacher training for your school (worth \$1500) for participating in the research!

[More Information](#)



## SCHOOL SAFETY

### Help for Parents: Dealing with Suicide Concerns

This booklet will help parents become educated on possible signs, how to respond and where to get help.

[Download here](#)

### Mini-Grant: Hazelden Lifelines Suicide Prevention Curriculum

is available at no-charge to schools across the state through a [mini-grant application](#) and provides curriculum lessons for grades 5-12, staff training, and a parent awareness session.

# PHYSICAL EDUCATION/PHYSICAL ACTIVITY

## WALK TO UNLOCK NEBRASKA



The goal of the program is to increase physical activity opportunities and provide lessons that outline historical, agricultural, nature and STEAM curricula both during the school day and in the out-of-school time setting across Nebraska. Each participating classroom/after-school club/family will utilize the program to track miles students and adults accumulate on an interactive map leading participants on a virtual trek on one of the four trails being created. Utilizing the interactive website, lessons will allow youth to expand Nebraska-based learning opportunities in the form of a video, books, posters, or curriculum to draw connections to locations across the state through the use of project partner resources highlighting historical, agricultural and nature curricula created in Nebraska.

The Northern Trail is ready for users to accumulate 1,180 to finish! Sign up at [walk2unlock.ne.gov](http://walk2unlock.ne.gov). The Eastern Sprint is 280 miles. **Walk to Unlock Nebraska has just launched the Eastern Sprint Pilot! If you are interested in joining the journey, sign up [here](#)!**

Walk to Unlock Nebraska would not be possible without our wonderful partners: Nebraska Farm Bureau Foundation, Nebraska Game & Parks, Midwest Dairy Association, Nebraska's Natural Resources Districts, History Nebraska, Nebraska Tourism, & Nebraska Public Media.

For more information contact Erika Wibbels at [erika.wibbels@nebraska.gov](mailto:erika.wibbels@nebraska.gov)



## RECESS CHECK-UP

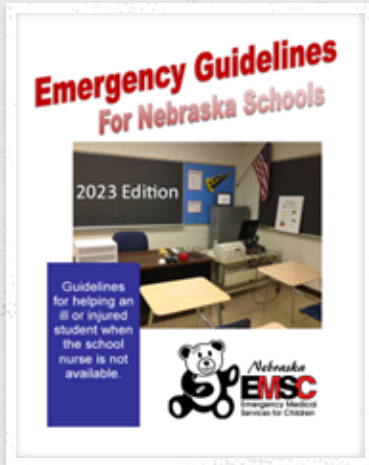
From test scores to school culture, from safety to inclusion, today's elementary schools have several important priorities. But at too many schools, recess is an overlooked opportunity for accomplishing these goals.

Recess Checkup – an online quiz designed to help you identify strengths and uncover areas for improvement. Take our three-minute check-up, and we'll help you understand what's really happening in your play space.

Take the [check-up](#) today!



# NURSE'S CORNER



## EMERGENCY GUIDELINE

**Guidelines for helping an ill or injured student when the school nurse is not available.**

The Emergency Guidelines for Schools Manual is meant to provide recommended procedures for school staff that have little or no medical/nursing training to use when the school nurse is not available. It is recommended that staff who are in a position to provide first complete an approved first- aid to students aid and CPR course. Although designed for a school environment, this resource is equally appropriate for a child care or home setting.

Guideline can be [printed](#) or you can request the guideline to be mailed out, by emailing: [Debbie.kuhn@nebraska.gov](mailto:Debbie.kuhn@nebraska.gov)

## FREE CLEANING & VENTILATION SUPPLIES

Did you know that you can get free cleaning and ventilation supplies for your school? DHHS has the following items available for schools or licensed child care centers to order at no cost:

- HEPA machines (air purifiers) and replacement filters for 2 years
- HEPA filters for HVAC systems
- Child-sized masks
- Alcohol pads
- Tissues
- Disinfectant wipes
- Gloves
- Trash bags

Order the above items at this link: <https://epi-dhhs.ne.gov/redcap/surveys/?s=FHEALWKE3W4JHDNK>

**NOTE: Please check with your school administration prior to ordering supplies to make sure they are approved/permitted.**

In addition, schools may order free COVID-19 tests here: <https://epi-dhhs.ne.gov/redcap/surveys/?s=TPE3YNLHYXEYA79X> Orders for COVID tests placed now through March 21st will be shipped in April 2023.

# SCHOOL NURSE SCHOLARS (SNS) PROGRAM

## Nursing Students in Public Schools

There is a nursing shortage in Nebraska schools. The CDC recommends there is one nurse for every 750 students, and in Nebraska, there is one nurse for over 1000 students in many school districts. The SNS program is aiming to show more students what school nursing is all about so it can be on their radar once they graduate.

The SNS program will allow nursing students to be placed at K-12 schools across the state and be exposed to a broad overview of public health issues at the local level. The nursing students will work at schools across the state that already have nurses. While in the program, students will participate in a comprehensive program including needs assessments, school testing, health education and additional support to keep the general population safe. In addition, students will be able to attend seminars and trainings offered by DHHS throughout their enrollment.

Please contact [kelli.makerson@nebraska.gov](mailto:kelli.makerson@nebraska.gov) or [nora.furr@nebraska.gov](mailto:nora.furr@nebraska.gov) for more information on the program or participation.



## INFECTION CONTROL & PREVENTION IN SCHOOL SETTINGS TRAINING

April 28th 8am - 3pm

Live Training at ESU #3 (Omaha) with satellite locations at all other ESU locations

Cost: \$25

The Nebraska Infection Control Network (NICN) Infection Prevention & Control in School Settings course offers a combination of lectures, discussions, and educational activities on preventing and controlling infections in school settings.



**Nebraska**  
**HEALTHY SCHOOLS**  
**PROGRAM**





# NEBRASKA DEPARTMENT OF EDUCATION

 Facebook  @NDE\_CSSS


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