



A Message from the Healthy Schools Team

Yes, it has been a long wait, but fall is finally in the air. October is a beautiful month! The time is now to enjoy a crisp, juicy, fresh apple in honor of National Apple Month! It is the season for outdoor adventures, football games and a family road trip to the pumpkin patch.

We know your calendar is filling up with school and family commitments and the Ochsner Healthy Schools Team is here to provide information, support and encouragement. This month's newsletter updates you on the success of our hearing and vision screenings on school campuses and highlights one of our committed school nurses. Our health priorities are concentrated on a new free virtual yoga class for teachers. In our family health section, we have facts about asthma, flu vaccinations and safe practices for trick-or-treaters. And we will recap the flurry of activities guided by our Education Outreach and Community teams across the New Orleans and Baton Rouge region.

If you plan to trick or treat, make it a safe Halloween!

All the best,

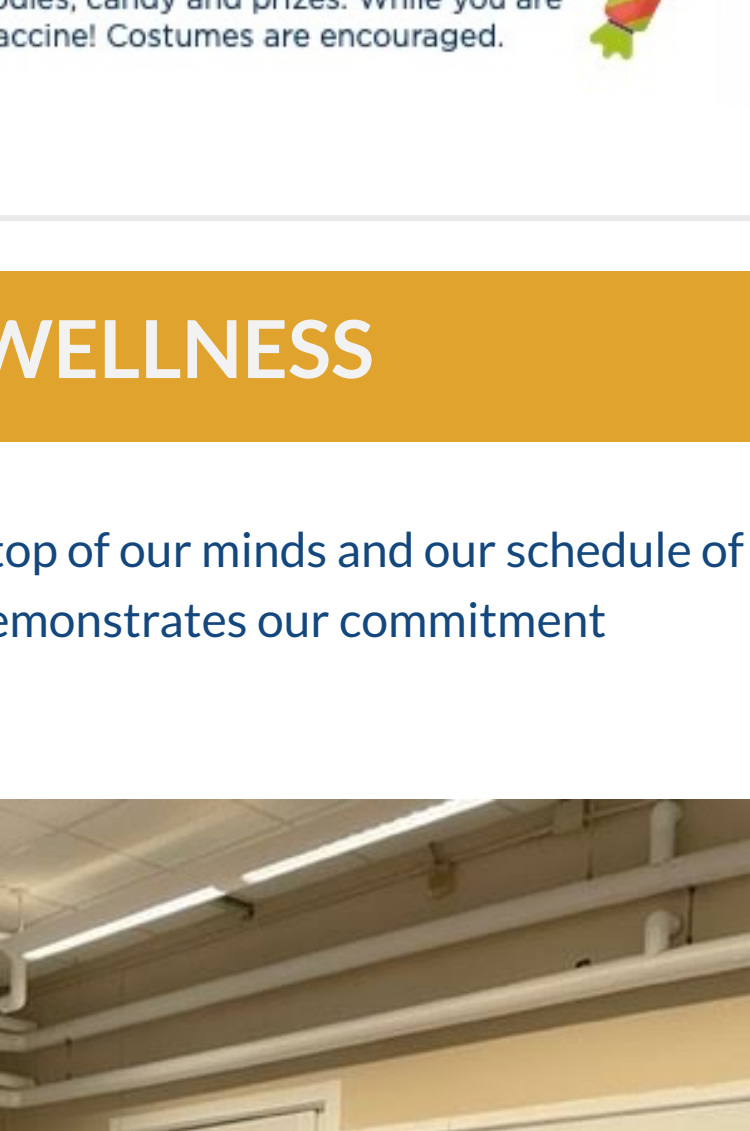
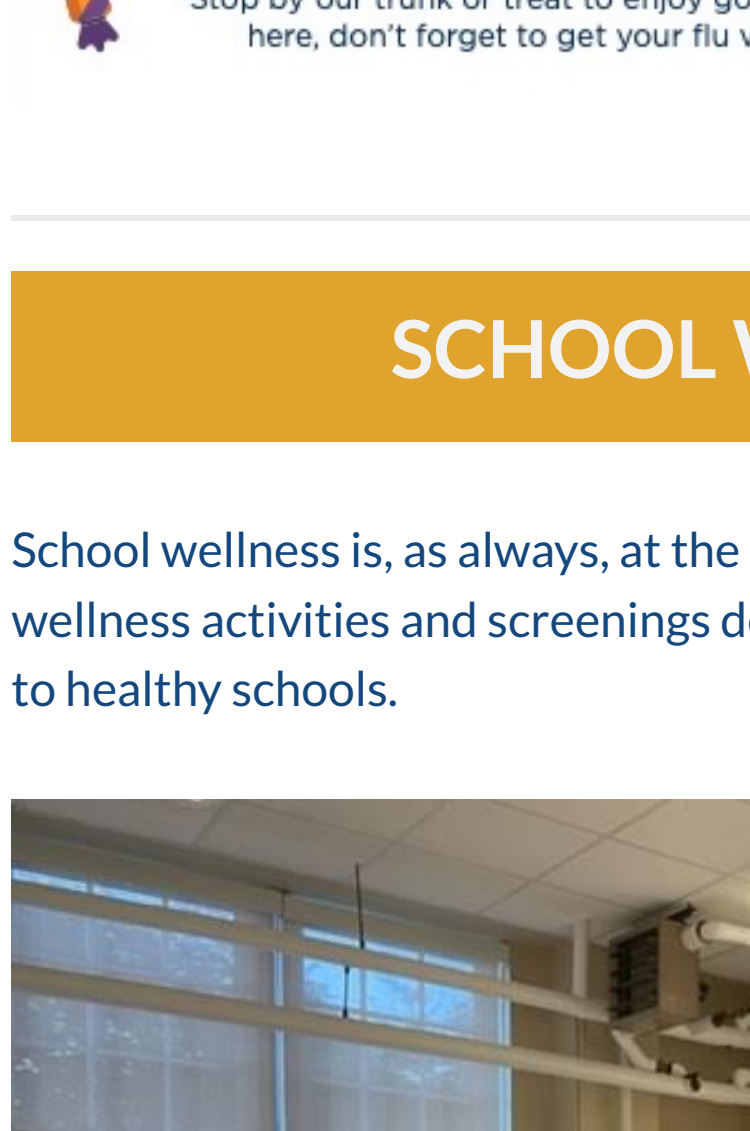
Dr. Christina Cannizzaro, MD

Medical Director, Ochsner Healthy Schools

FAMILY HEALTH

We are pleased to offer asthma education, safe Halloween tips and information to determine if you have the flu or just a cold. Our wellness calendar is full of fun and healthy events.

- Asthma is the most common childhood condition with a wide range of severity. Learn about the various causes of asthma, and how to best manage them. [Click here.](#)
- Halloween is a fun holiday for families. We want all trick-or-treaters to have a fun and be safe. [Learn more about Halloween safety.](#)
- Flu season is here. Take advantage of flu vaccine events that are happening. Here is more information about the [Ochsner Drive Thru Flu Fair on October 29](#). [Click here to identify flu symptoms.](#)



Wellness Fall Fest - Saturday, October 8, 9:00 a.m. - 12:00 p.m. at Ochsner Fitness Center, 1200 S. Clearview Pkwy, Suite 1200, Harahan, LA 70123, located in Elmwood Plaza Shopping Center.

Say BOO to the Flu

Ochsner Hospital for Children's Trunk-or-Treat

Date: Thursday, October 20, 2022

Time: 4:30-6:30 p.m.

Location:

Ochsner Health Center for Children - New Orleans

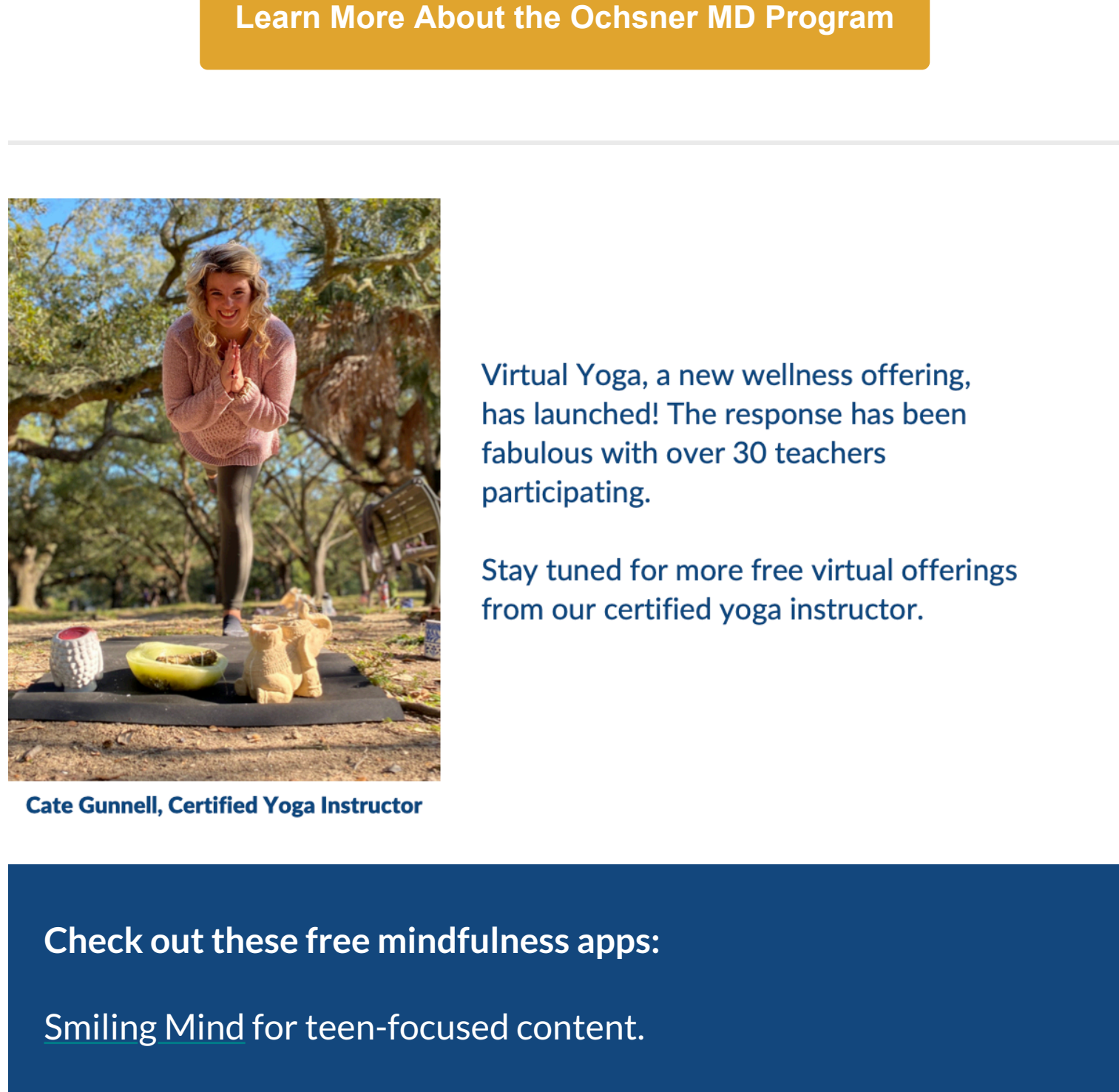
1315 Jefferson Hwy

- Pediatric flu vaccines available
- Pfizer COVID-19 vaccines (6 months - 18 years old) available

Stop by our trunk or treat to enjoy goodies, candy and prizes. While you are here, don't forget to get your flu vaccine! Costumes are encouraged.

SCHOOL WELLNESS

School wellness is, as always, at the top of our minds and our schedule of wellness activities and screenings demonstrates our commitment to healthy schools.



At the Samuel J. Green Charter School, the Ochsner Healthy Schools team collaborated with fourth-year medical students from the University of Queensland to perform hearing and vision screenings on 200 K-8th graders. The medical students worked collaboratively to identify impairments and make referrals to staff physicians.

[Learn More About the Ochsner MD Program](#)



Cate Gunnell, Certified Yoga Instructor

Virtual Yoga, a new wellness offering, has launched! The response has been fabulous with over 30 teachers participating.

Stay tuned for more free virtual offerings from our certified yoga instructor.

Check out these free mindfulness apps:

Smiling Mind for teen-focused content.

UCLA Mindful App - UCLA Mindful Awareness Research Center - Los Angeles, CA uclahealth.org) for guided meditations in Spanish.

Calling teachers, staff and ALL school employees! Free mental health visits are offered virtually through the Ochsner Connected Anywhere program with the Louisiana Department of Education.



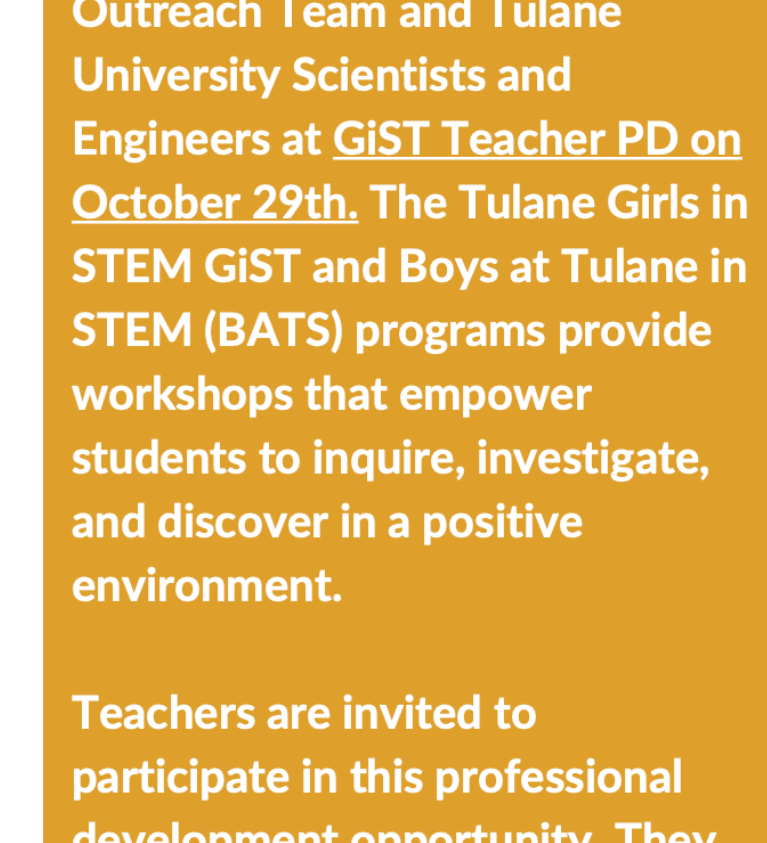
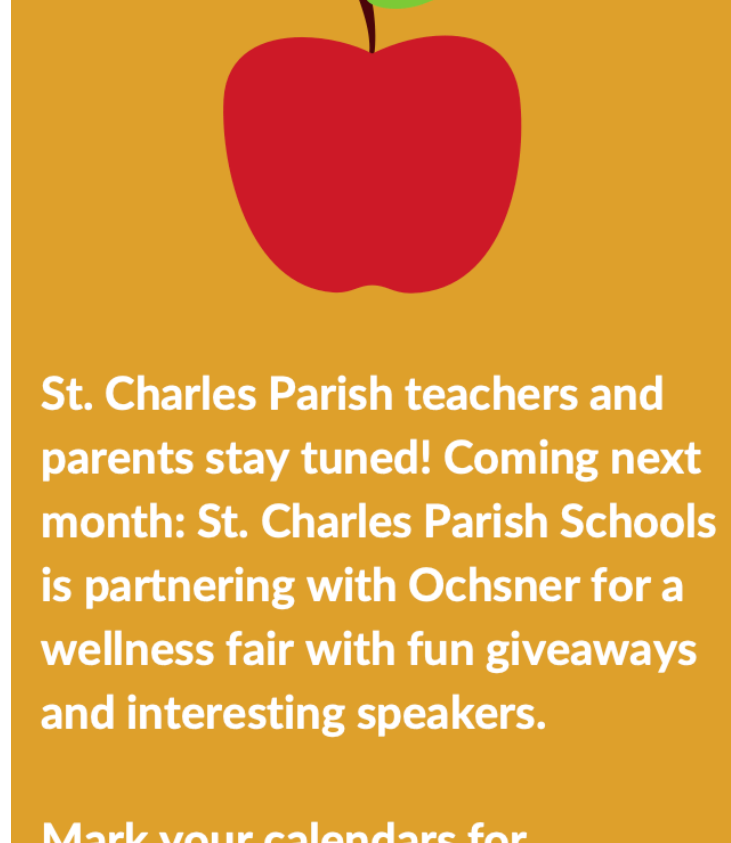
Louisiana Department of Education Virtual Therapy through Ochsner Connected Anywhere

The Ochsner John Ehret School-based health center recently held a Wellness Day, recruiting students across all grade levels for membership in their wellness club. Nurse Practitioner Dionne Jones led the effort to create a peaceful zen garden just behind the clinic, creating a tranquil space for students to relax and enjoy.



John Ehret School-based Health Center

St. Martin's Episcopal School and Benjamin Franklin High School were recognized for excellence in health and safety by the Louisiana Athletic Trainers' Association.



Ursuline Academy, Ben Franklin, John Curtis and St. Martin's Episcopal implemented a sudden cardiac arrest program of awareness, training and effective emergency response to promote a safe environment for students, visitors and staff.

These schools are the only designated Project ADAM Heart Safe Schools in the state of Louisiana.

[Learn More About Project ADAM Heart Safe School](#)

UPCOMING ACTIVITIES

Ochsner Fitness Center - Kidsports opened registration for its 2022-2023 holiday childcare camps. Discounts for members!



2022-2023 HOLIDAY CAMPS

Camp Times

9:00am-4:00pm

Before care:

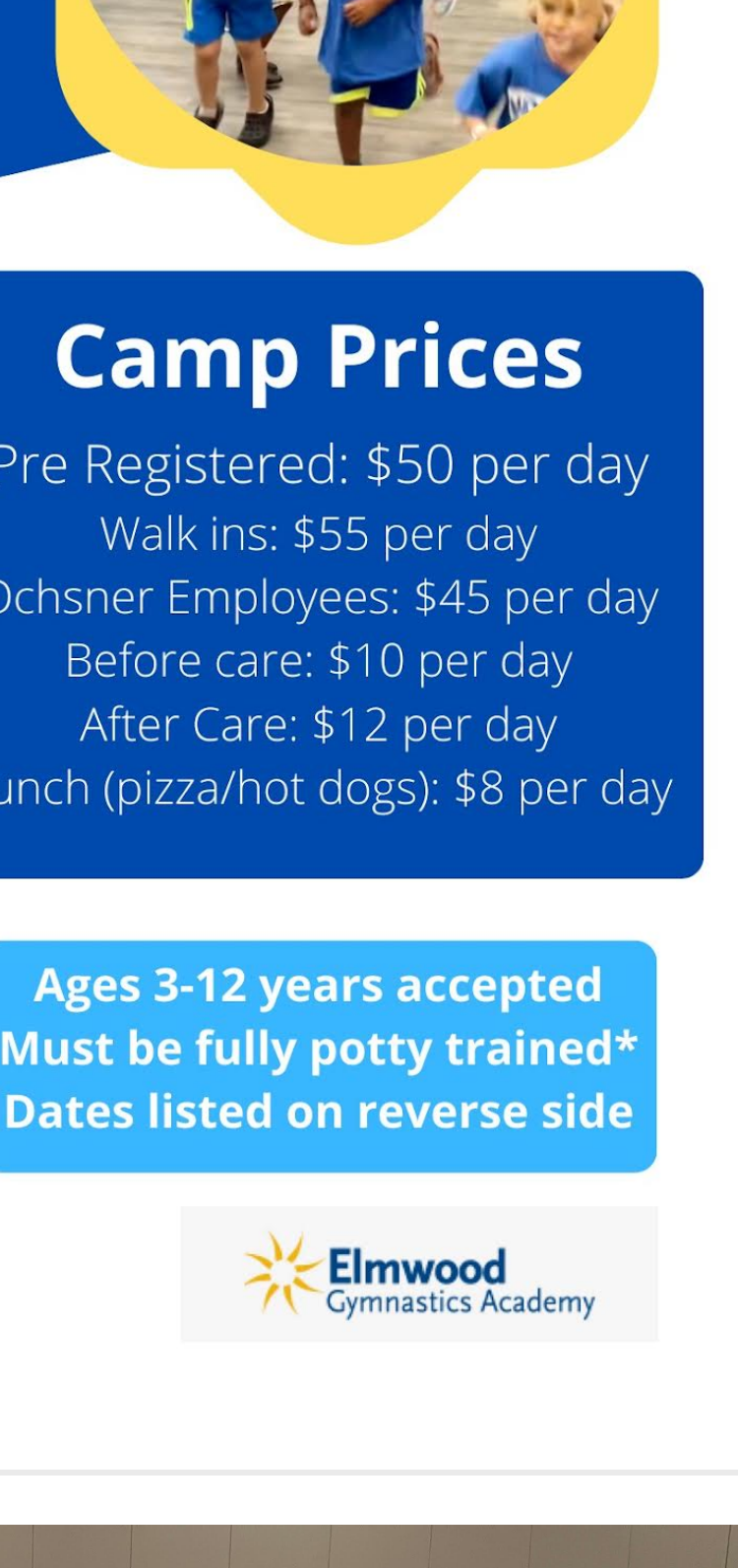
7:00am-9:00am

After Care:

4:00pm-6:00pm

Kidsports: 504-733-1200

Gymnastics: 504-733-4496



Camp Prices

Pre Registered: \$50 per day

Walk ins: \$55 per day

Ochsner Employees: \$45 per day

Before care: \$10 per day

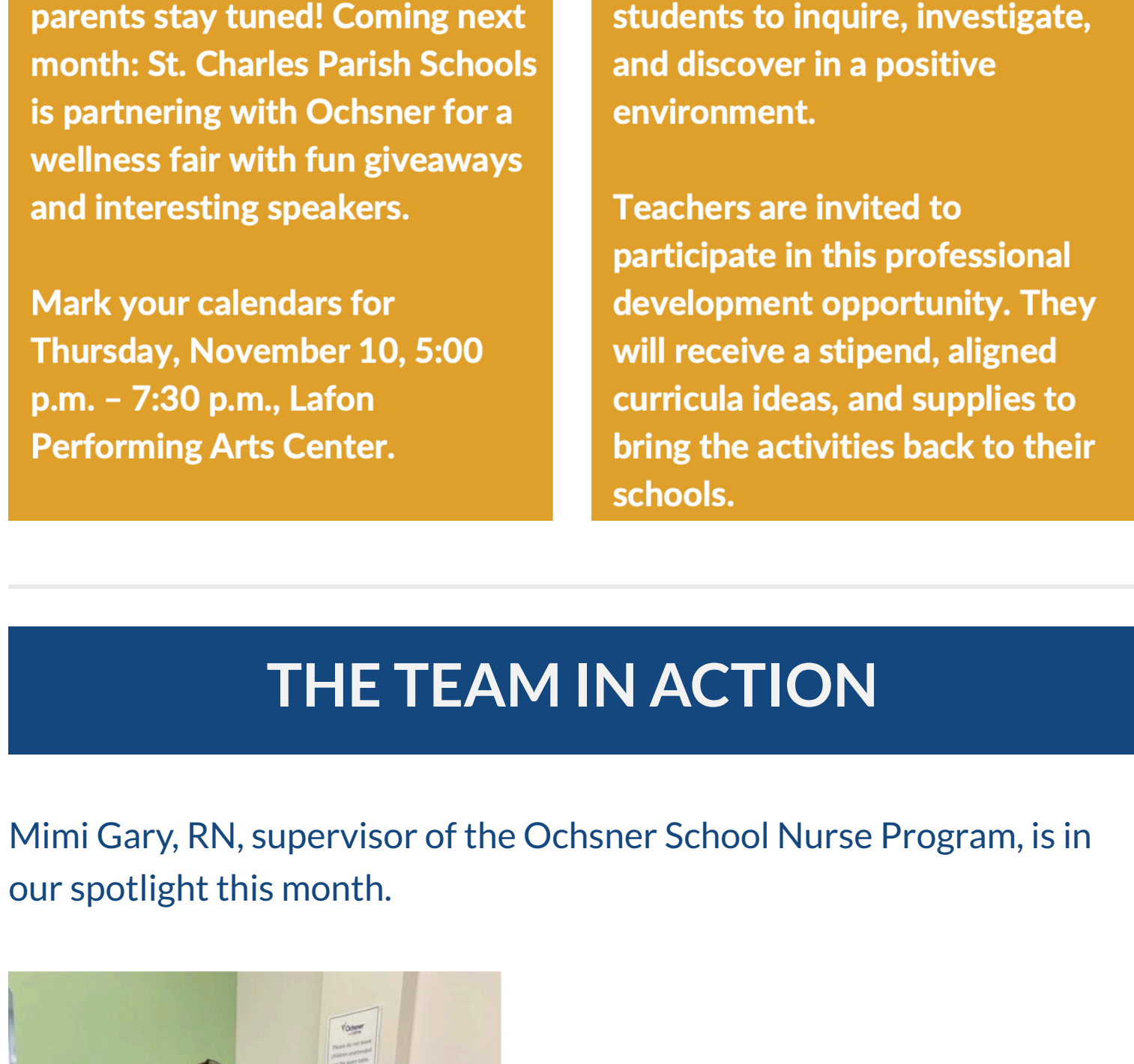
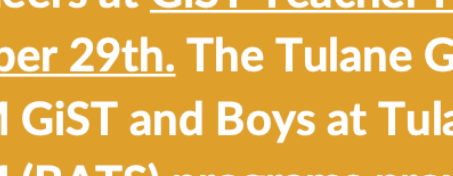
After Care: \$12 per day

Lunch (pizza/hot dogs): \$8 per day

Ages 3-12 years accepted

Must be fully potty trained*

Dates listed on reverse side



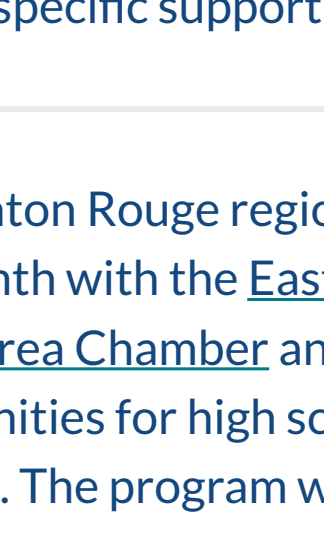
Tobacco Prevention and Cessation Team Members, Madison Neill and Travis Costanza, at The Big Health Event

To schedule a tobacco or vaping prevention presentation at your school campus for students, faculty or staff, contact:

Madison Neill

(985) 705-3359

Madison.Neill@ochsner.org



St. Charles Parish teachers and parents stay tuned! Coming next month: St. Charles Parish Schools is partnering with Ochsner for a wellness fair with fun giveaways and interesting speakers.

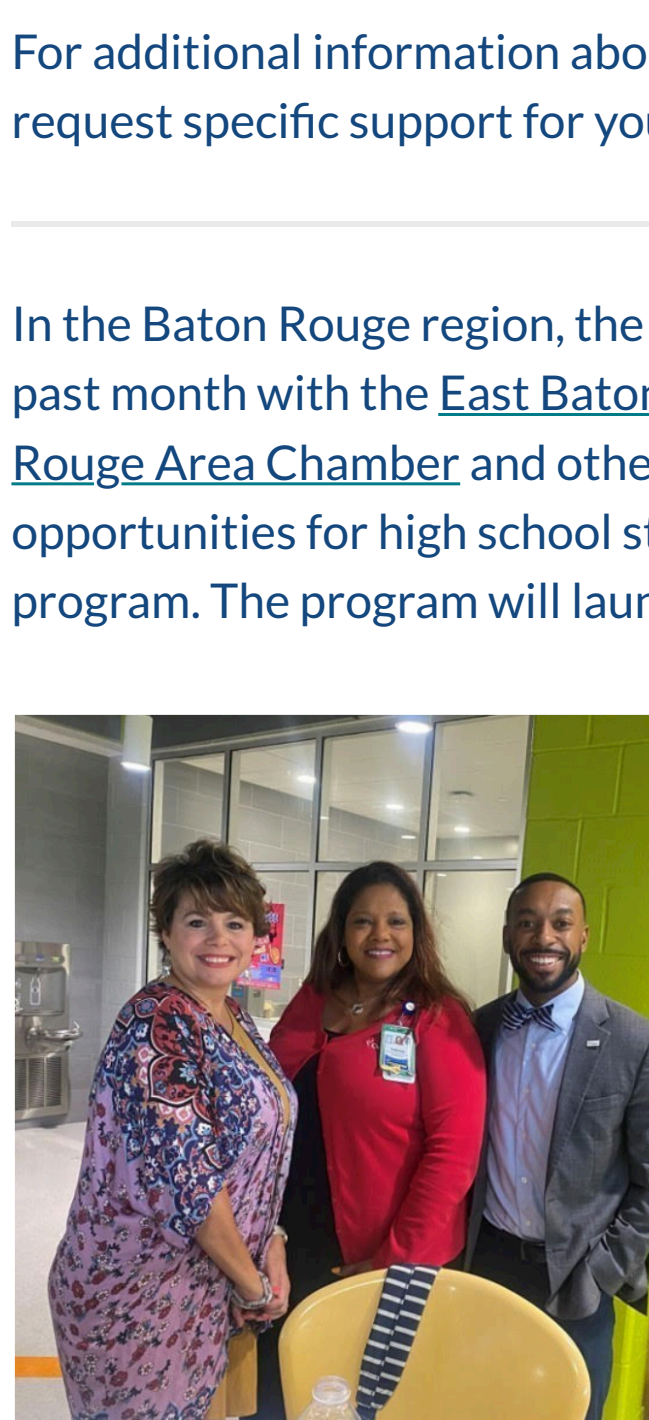
Mark your calendars for Thursday, November 10, 5:00 p.m. - 7:30 p.m., Lafon Performing Arts Center.

Join the Ochsner Education Outreach Team and Tulane University Scientists and Engineers at **GIST Teacher PD on October 29th**. The Tulane Girls in STEM (GiST) and Boys at Tulane in STEM (BATS) programs provide workshops that empower students to inquire, investigate, and discover in a positive environment.

Teachers are invited to participate in this professional development opportunity. They will receive a stipend, aligned curricula ideas, and supplies to bring the activities back to their schools.

THE TEAM IN ACTION

Mimi Gary, RN, supervisor of the Ochsner School Nurse Program, is in our spotlight this month.



Nurse Mimi Gary with a pediatric patient

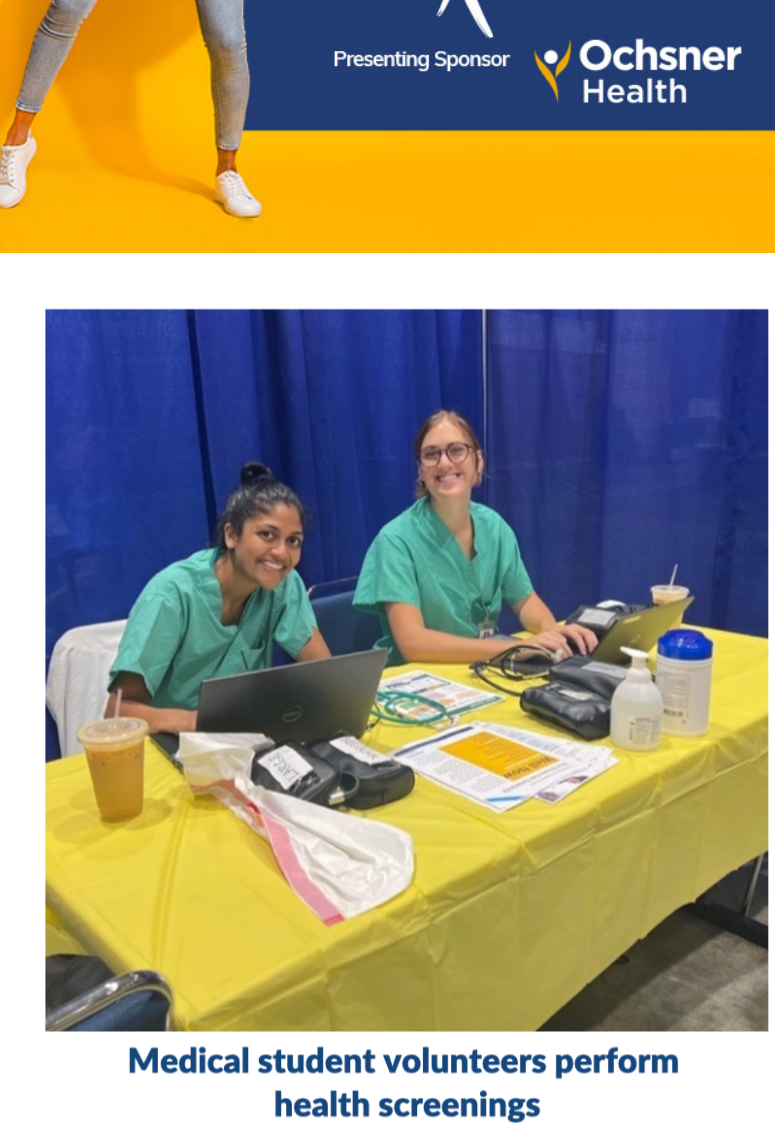
Nurse Gary has been with the Ochsner School Nurse Program since its inception. Mimi loves everything about working with children and has found her forever nursing home with Ochsner Health.

When not on the job, she is a wife and mom of two. In her spare time, she loves running and dining at new and different eating establishments.

[Learn More About Our Healthy Schools Leaders](#)

For additional information about the Healthy Schools Program or to request specific support for your school campus, [contact us](#).

In the Baton Rouge region, the education outreach team worked this past month with the [East Baton Rouge Parish School System](#), [Baton Rouge Area Chamber](#) and other industry leaders to develop internship opportunities for high school students through the new EBRSS industry program. The program will launch this fall.



Left: Heidi Howat Wendt, Valencia Anderson, and Tre Nelson working with the East Baton Rouge School System and the Chamber to create intern opportunities

THE BIG HEALTH EVENT

The education outreach and community teams knocked it out of the park with The Big Health Event. The inaugural holistic family health event provided more than 3,400 health screenings and educational interactions. The community engagement team led the planning and execution. Education outreach activities helped children create a model lung and diaphragm with balloons and a cup to demonstrate how a healthy lung inhales and exhales. There was also a fun interactive memory game for all ages, among other activities. Chefs participated with the Eat Fit team in the culinary zone and The University of Queensland Ochsner Clinical School assisted with health screenings.



Community Outreach Team: left, Matthew Broussard, Sunni LeBoeuf and Tonia Moore

Medical student volunteers perform health screenings

STEM activities, Education Outreach Team and OchsnerServes Volunteers, Kids Zone

Chef Sergine Mbaye in the Culinary Zone

[Read Our Past Newsletters](#)

to your *health*

Healthy living tips from your friends at Ochsner

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