

Ochsner Healthy Schools on Demand

Dedicated Student Health Guidance

Ochsner's Healthy School Nurse Program offers a variety of options to meet the demands of your school. With the Dedicated Student Health Guidance option, our nurses are available to your school for phone consultation during school hours for pediatric needs that may arise.

Nurse Access

- Your school will have on-demand phone access to an Ochsner pediatric school nurse from 8am- 4pm each school day.
- The nurse can assist with common pediatric issues such as fever, pink eye, COVID-19 guidelines, when to send a child home, etc.
- If needed, the nurse can escalate care by consulting Ochsner's on call school health team of pediatricians.
- Your school will have email access for questions about non-urgent student health guidance, policy review, student events, extracurricular activities, sports, etc.
- Ochsner's Healthy Schools website will be available and can provide your school with a variety of resources including parent handouts, webinars, newsletters, videos, and pediatric healthcare support.
- School health team physicians will also be available for educational classes as needed by your school.

Nutrition

Ochsner EatFit Nutrition Roadshow

- An interactive class to learn more about the science of healthy choices, food marketing and healthy habits.
- Each presentation is 45 minutes and catered to four grade levels: Prek-2nd, 3rd -5th, 6-8th, and 9th-12th.
- To request a class, visit the [Ochsner EatFit Nutrition Roadshow website](#).

CHOP Program (Cooking up Healthy Options and Portions)

- The CHOP cooking program is designed to teach middle school students how to prepare healthy meals and feel more confident in the kitchen.
- Our goal is to reduce childhood obesity through a school-based program by providing students with pertinent nutrition information and the skills necessary to successfully navigate a kitchen.
- For more information, email EArceneaux@ochsner.org.

Education Outreach

Ochsner Education Outreach is committed to supporting the educators and schools in our communities by offering opportunities for furthering curriculum exploration, investigating career options, and providing first-hand experiences through multiple programs, including field trips and job shadows. To learn more, email EducationOutreach@ochsner.org.

Visit ochsner.org/healthyschools

