

2023



A Message from the Healthy Schools Team

Happy New Year! It is time to turn the page. This year, let's make a resolution to set positive, attainable, and sustainable goals with your family and make it fun!

Take a moment to sit down with your children and brainstorm one or two goals that they have for this year. By including your kids in the decision-making and by setting age-appropriate goals, these resolutions can turn into positive, lifelong habits!

To get you started, the Healthy School newsletter offers exercise, healthy eating, mental health, and wellness information. And don't forget, it's cold outside, so "Tis the Season for Sneezein'!" If you're not feeling well, we will direct you to get tested for the many respiratory illnesses making an impact in our communities right now.

Of course, our education and community teams are staying busy. A *Holiday Design Contest* with elementary students in East Baton Rouge, and *Career Day* and *Together Tuesday* events in Iberville Parish were all enormous successes. And a real crowd pleaser, *Donuts with Dad*, was held at the ReNew: Dolores T. Aaron Academy (DTA) in New Orleans East.

This month, the spotlight is on Nurse Janea Dillon from Ursuline Academy. Nurse Dillon is the best of the best.

Partners and friends, let us go forward together into 2023!

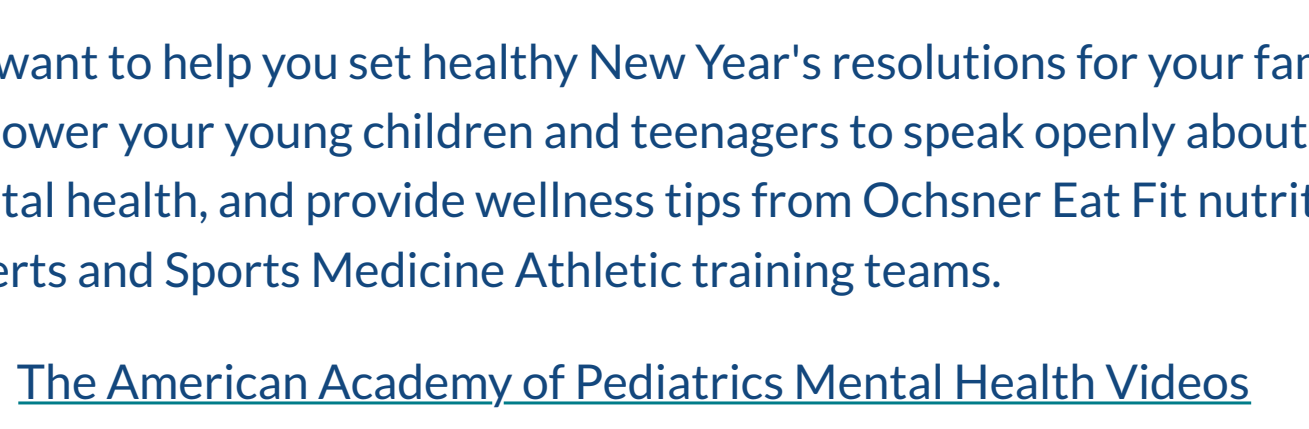
Dr. Christina Cannizzaro, MD

Medical Director, Ochsner Healthy Schools

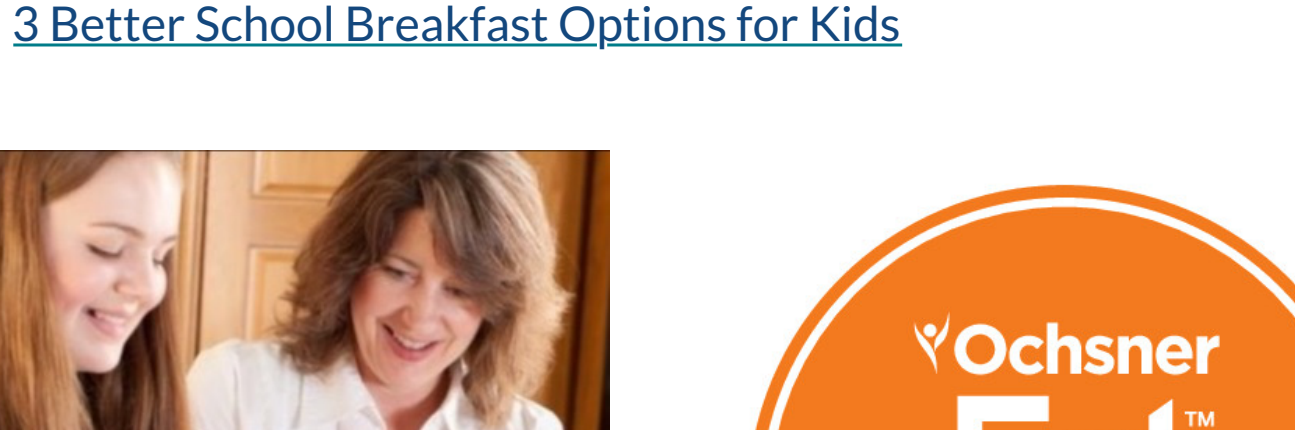
Family Health

Rule out COVID-19, flu, RSV and strep. Use these Ochsner Health resources to stay up to date in the new year with your family's health education, vaccination schedules, and doctor appointments.

- Ochsner Health [testing locations](#)
- Monitor COVID-19 community levels [here](#)
- Schedule an appointment. Call 1-866-OCHSNER or online through [MyOchsner](#)
- Schedule an appointment for your child at [Ochsner Hospital for Children](#). Call 504-842-3900



MyOchsner



We want to help you set healthy New Year's resolutions for your family, empower your young children and teenagers to speak openly about mental health, and provide wellness tips from Ochsner Eat Fit nutrition experts and Sports Medicine Athletic training teams.

- [The American Academy of Pediatrics Mental Health Videos](#)
- [Healthy New Year's Resolution for Children & Teens](#)
- [How to Maintain Your Exercise Resolutions](#)
- [How to Make Your 2023 New Year's Resolutions Stick](#)
- [9 Best Ways to Start Your 2023 Off Right](#)
- [3 Better School Breakfast Options for Kids](#)



Partnerships in the News

The [Education Outreach Team](#) made headlines recently for their outstanding partnership work to improve children's health. Congratulations to our school partners who have trusted and guided us to create and implement the Healthy Schools Program.



[Read more here](#)

Holiday Design Contest Honors Health Care Heroes & Community Partners



Ochsner Health Baton Rouge Region 4th graders were invited to use their creativity to create Ochsner Healthy Holidays signage to honor, appreciate, and encourage our Health Care Heroes and Community Partners. The winners were: Ethan Liu, 1st place, Wildwood Elementary; Iris Linder, 2nd place, St Thomas More; and Jordan McGee, 3rd place Forest Heights Elementary. The designs were shared with all employees for their own holiday greetings.



Spotlight on Nurses

We are pleased to honor Janea Dillon, School Nurse at Ursuline Academy. According to Nursing Supervisor Mimi Grary, RN, Janea has hit the ground running with her nursing career. She is a phenomenal caregiver, always striving to know more in her field. Nurse Dillon recently received her certification in pediatric nursing and is working toward her MSN in nursing.



Nurse Janea Dillon, Ursuline Academy

"I'm a certified pediatric nurse who has been with Ochsner for three years. I love school nursing, especially the excitement of the kids when I visit their classes. In my free time, I enjoy crafting, shopping, and trips to Starbucks!"

-Janea Dillon

[Learn more about our Healthy Schools leaders](#)

The Team in Action

January is Mentorship Month. The Ochsner Team got a head start with mentorship programs across the New Orleans and Baton Rouge region including *Donuts with Dad*, *Together Tuesday*, and *East Iberville Career Day*.



The Ochsner Team at Donuts with Dads, Dolores T. Aaron Academy, New Orleans East



ReNew: Dolores T. Aaron Academy (DTA) in New Orleans East hosted its annual *Donuts with Dad* event in partnership with Ochsner Health. It is one of the school's most popular and highly anticipated events of the year. More than just a breakfast, it's an occasion to celebrate and highlight the importance and benefits of getting fathers and father figures involved in children's education. Each year, the school invites fathers, male mentors, volunteers, and community leaders to The Ochsner Community Health Brees Family Center which provides donuts, hot chocolate, and coffee. But it's the fathers and male mentors and volunteers who bring the real value.



Ochsner Health Iberville Emergency Team

The Ochsner Health Iberville Emergency Room Team participated in *Together Tuesday*, welcoming students with energy and encouragement as they start their school day. The Iberville School System organizes *Together Tuesday* on campuses across the system each week. Business and corporate leaders greet students with positive reinforcement, inspiring them to do their best work.

Brittany Speights, LPN; Heidi Howat Wendt, Manager Education Outreach & Healthy Schools; and Chaz Cooper, RN at East Iberville High School

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

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[to your health](#)

Healthy living tips from your friends at Ochsner

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