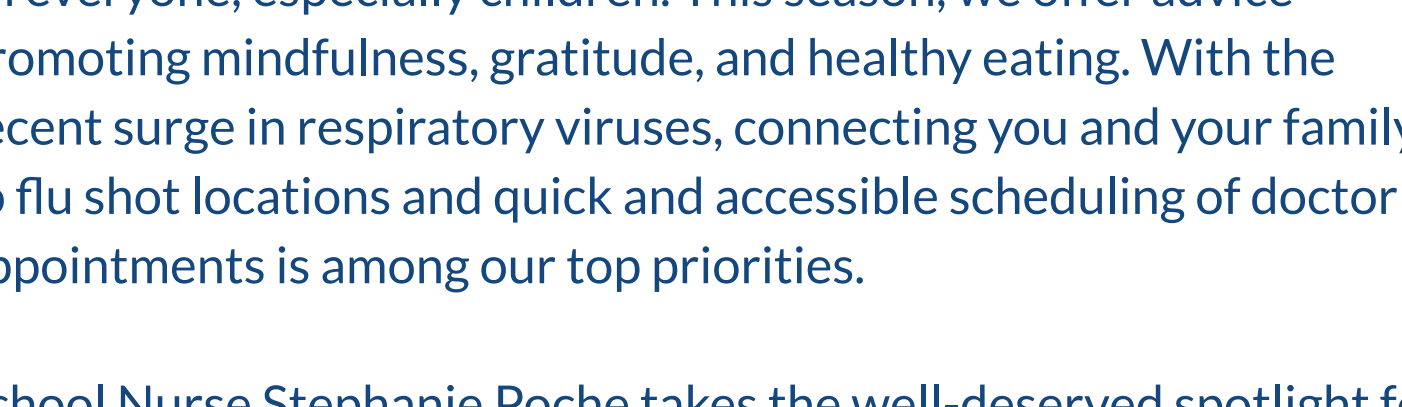




## A Message from the Healthy Schools Team



Wishing you and your family a happy and healthy holiday season and a bright new year!

It is a joyous time of year, but there can be extra demands and stress on everyone, especially children. This season, we offer advice promoting mindfulness, gratitude, and healthy eating. With the recent surge in respiratory viruses, connecting you and your family to flu shot locations and quick and accessible scheduling of doctor appointments is among our top priorities.

School Nurse Stephanie Poche takes the well-deserved spotlight for her outstanding work. And we report out our work with schools across the region including John Ehret, Haynes Academy, St. Joseph Academy, and the Episcopal School of Baton Rouge, among others.

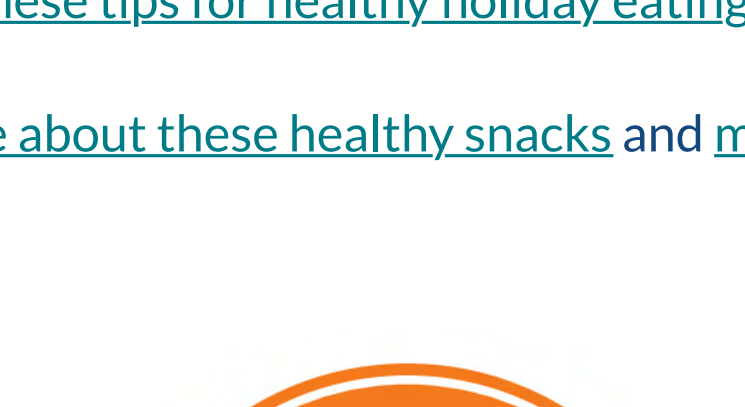
Volunteerism and community engagement focused on green and sustainable activities. Working with the nonprofit Grounds Krewe, we assembled sustainable Mardi Gras throws. And with the Kenner Discovery Health Sciences School, we dedicated a repurposed and expanded community garden at the Ochsner Health-Kenner Campus.

Together, we have had a busy and productive year because of our shared goal of improving health outcomes and access for our children and their families.

I am hopeful and excited about the possibilities of 2023. The best is yet to come!

Sincerely,

**Dr. Christina Cannizzaro, MD**  
Medical Director, Ochsner Healthy Schools



## FAMILY HEALTH

National Influenza Vaccination Week is December 5-9. Getting the flu vaccine for you and your family is one of the easiest ways to stay healthy during the holiday season. A healthy and fully satisfying holiday also includes encouraging your family to care for themselves emotionally and physically.



- Check out the many Ochsner Health locations offering flu shots [here](#) or schedule an appointment with your [MyOchsner account](#).

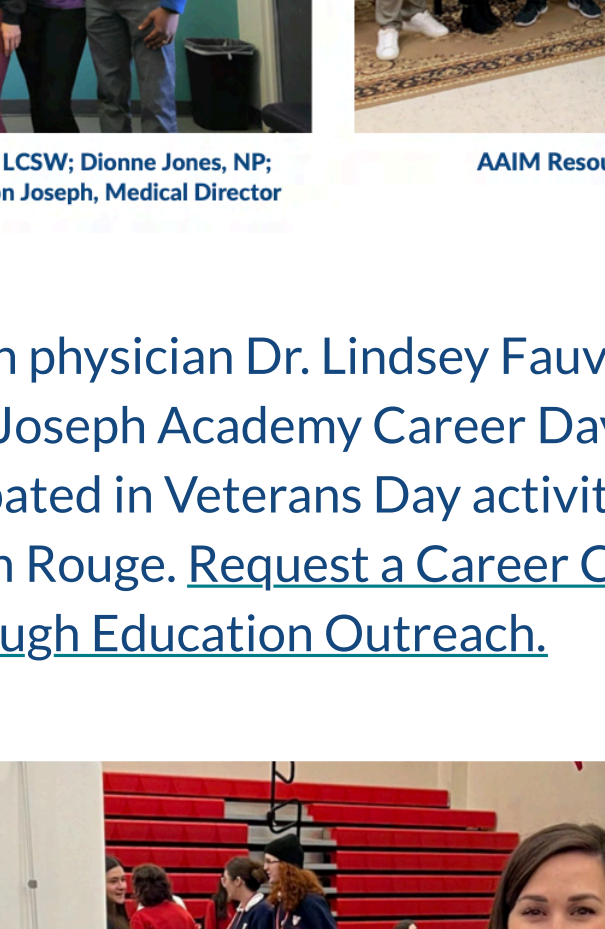
- Embrace the purpose of the season. [Learn more about how mindfulness and gratitude can improve your well-being.](#)

- Don't forget it's flu season, too. [Learn about these immune boosting foods for your family.](#)

- Of course, an enjoyable holiday means wonderful meals, snacks, and sweets. Kids have cravings too.

- [Consider these tips for healthy holiday eating.](#)

- [Learn more about these healthy snacks and make holiday cookies.](#)



## K-12 PROGRAM HIGHLIGHTS

It was a busy month across the region beginning with National STEM Day. There were activities in Marrero, Metairie, and Baton Rouge. We also spent time looking to next year as we plan the launch of the 2023 Ochsner Health STAR Program application process.

- Ochsner Health faculty and medical students took part in "STEM Saturday," educating students about the heart and circulatory system. Volunteers led a sheep's heart dissection, and the building of a heart pump, a stethoscope, and a 4-chambered heart model.

[Sign-up for upcoming STEM NOLA events](#)

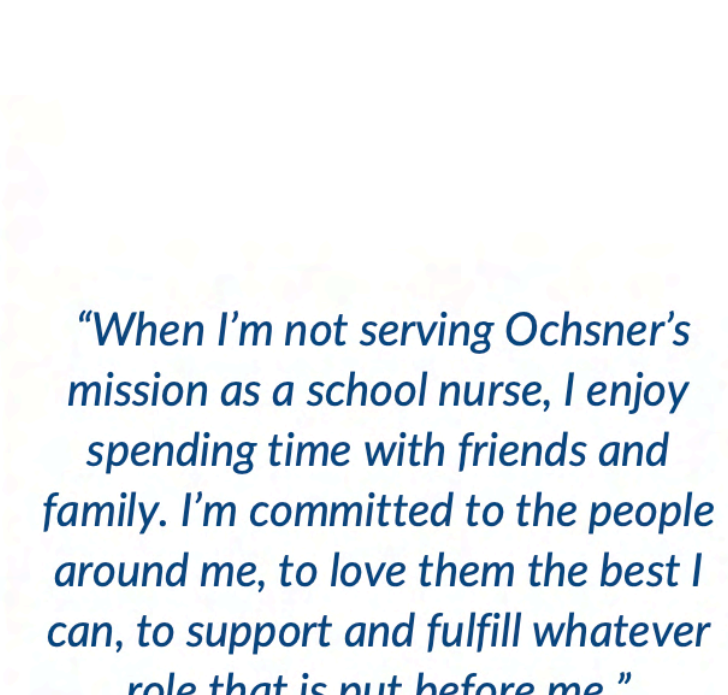


Faculty and medical students at STEM Saturday

- John Ehret's Wellness Club had fun and kept it moving with a hula hoop competition. The Asian American Innovation Movement (AAIM) resource group met with students of Asian heritage at Haynes Academy to discuss ways to support mental health and create mentorship opportunities. [Learn more about the mission and vision of AAIM here.](#)

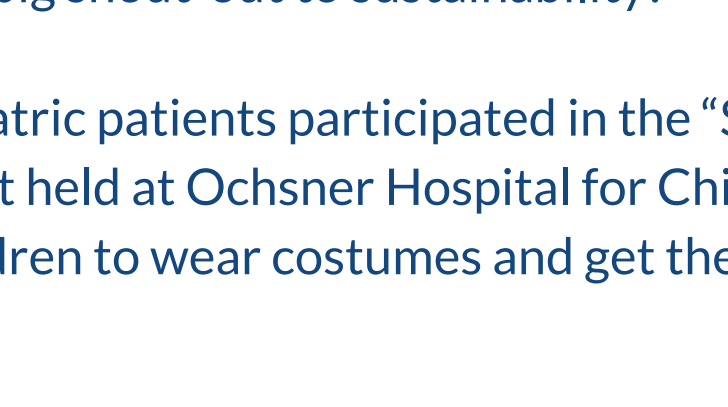
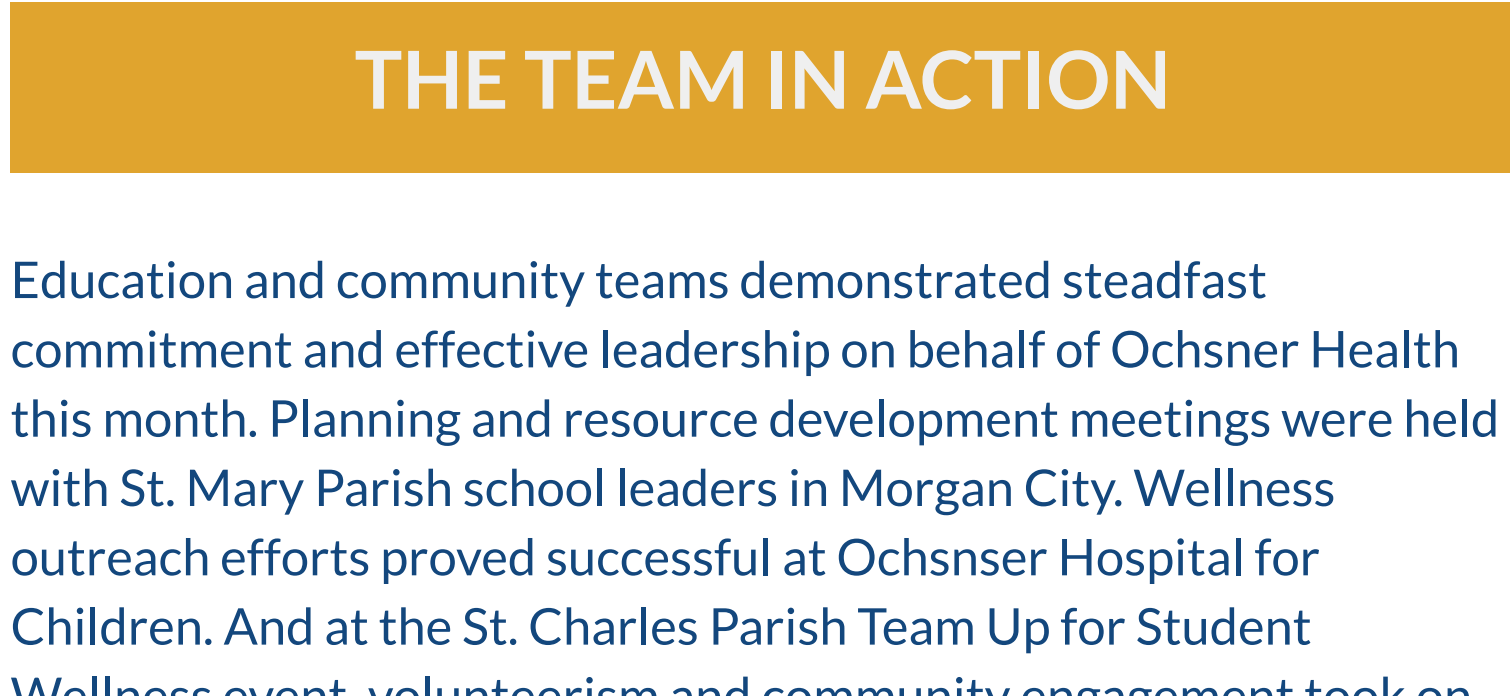


Dorothy Wells, RN; Margaret Haydel, LCSW; Dionne Jones, NP; Victoria Cockerham, MA; and Dr. Marlon Joseph, Medical Director



AAIM Resource Group at Haynes Academy

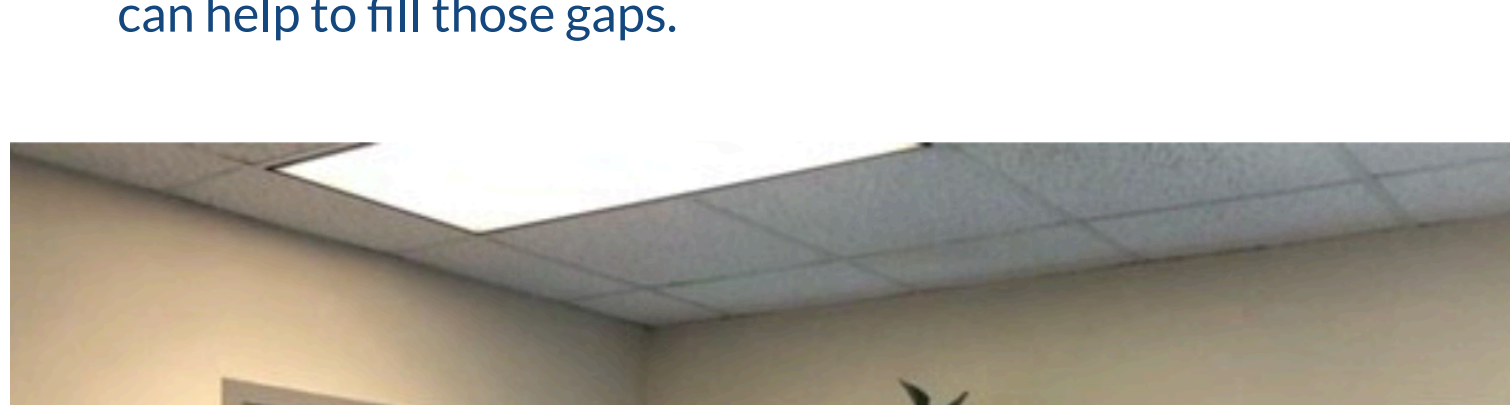
- Ochsner Health physician Dr. Lindsey Fauveau spoke to students at St. Joseph Academy Career Day and Dr. James Wayne participated in Veterans Day activities at the Episcopal School of Baton Rouge. [Request a Career Chat Speaker for your classroom through Education Outreach.](#)



## STAR PROGRAM

- The Ochsner Health STAR Program application process will be open January 17 through March 16, 2023. The 4-week course will be held June 5-30, 2023, at Ochsner Medical Center - New Orleans, 1514 Jefferson Hwy., New Orleans, LA 70121.

- STAR provides qualified high school students with a cost-free opportunity to explore the world of healthcare. Through a rigorous, hands-on summer course focusing on science, technology, academics, and research, STAR engages and inspires students to pursue further education and careers in science and medicine.

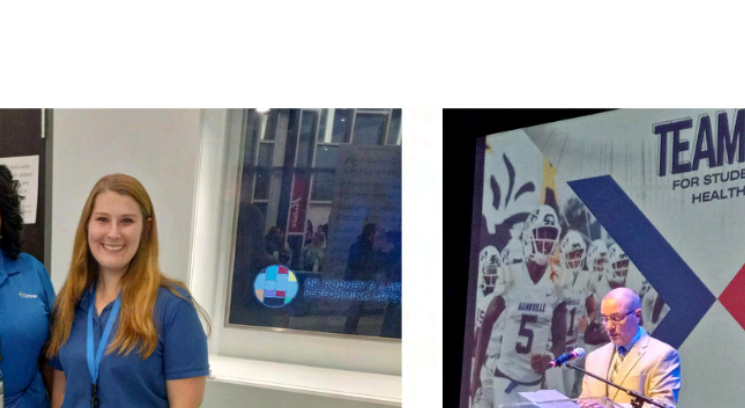


Ochsner Health STAR Program

Webpage: [ochsner.org/star](https://ochsner.org/star)

Email: [STAR@ochsner.org](mailto:STAR@ochsner.org)

Telephone: (504) 842-5123



## SPOTLIGHT ON NURSES

It is our privilege to recognize Stephanie Poche, school nurse at Lake Forest Elementary School, in New Orleans East. She is a valued member of the team who goes above and beyond to ensure that the students at her school receive care that is accessible and of the highest quality.



Nurse Stephanie Poche, Lake Forest Elementary School

*"When I'm not serving Ochsner's mission as a school nurse, I enjoy spending time with friends and family. I'm committed to the people around me, to love them the best I can, to support and fulfill whatever role that is put before me."*

**-Stephanie Poche**

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



## THE TEAM IN ACTION

Education and community teams demonstrated steadfast commitment and effective leadership on behalf of Ochsner Health this month. Planning and resource development meetings were held with St. Mary Parish school leaders in Morgan City. Wellness outreach efforts proved successful at Ochsner Hospital for Children. And at the St. Charles Parish Team Up for Student Wellness event, volunteerism and community engagement took on new meaning. A big shout-out to sustainability!

In October, pediatric patients participated in the "Say Boo to the Flu" community event held at Ochsner Hospital for Children. This event encouraged children to wear costumes and get their seasonal flu shot.



New Orleans area pediatric patients at "Say Boo to the Flu"

- The Ochsner School Partnerships Team traveled to Morgan City to meet with the St. Mary Parish Hospital Community Team and parish school board leaders. Led by Ochsner Health St. Mary Community Outreach Program Coordinator Dwan Navarre, important discussions were held to learn about the needs of the parish school community and how Ochsner Health can help to fill those gaps.



Ochsner St. Mary Team with Ochsner School Partnership Team. Kellie Burnett, Carlos Calix, Stephanie Messina, Dwan Navarre and Lydia Lynn

- The St. Charles Parish Team Up for Student Wellness event at the Lafon Performing Arts Center in Luling was well received. Among the most popular activities were interactive tabletop exercises and vaping education lectures led by Ochsner Health Tobacco Prevention Team members.



St. Charles Parish Team Up for Student Wellness

- The Ochsner Health Kenner Community Affairs Team collaborated with Kenner Discovery Health Sciences School to reinvigorate and expand a community garden at the Ochsner Medical Center - Kenner campus. Ochsner Kenner CEO Stephen Robinson and Office of Sustainability AVP Sarah Chandler participated in the ribbon cutting ceremony with Discovery School CEO Dr. Patty Glaser and Kenner Mayor Michael J. Glaser. [Watch this ribbon cutting ceremony video recap.](#)



Kenner Community Garden

- Carnival season is just around the corner. In advance, the OchsnerServes team helped to organize a fun, unique and meaningful purple, gold, and very green volunteer day with [Grounds Krewe](#). A morning was spent helping the nonprofit organization assemble sustainable Mardi Gras throws including locally sourced red beans, coffee and soap.



OchsnerServes team at Grounds Krewe

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

[Read our past newsletters](#)



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