

A Message from the Healthy Schools Team

Just a little gratitude can unlock the great fullness of love and good health! This month, especially, we want our school and community partners to know how much we appreciate the dynamic energy that you bring to our wellness efforts.

On the family health front, we offer information on respiratory illnesses, the common cold, and the health benefits of staying positive and grateful. Our school-based health and community teams have covered the region, offering diverse activities. We've taught yoga classes at Metairie Academy, planted gardens at Bonabel High School, celebrated Hispanic Heritage Month in Jefferson Parish, spruced up the Samuel J. Green School in New Orleans, attended the City of Kenner Night Out Against Crime, and partnered with Discovery Schools Baton Rouge and Southern University School of Nursing to distribute information about the new school and nursing education programming.

In keeping with our attitude of gratitude this Thanksgiving, we want to spotlight our committed school nurses Amanda Lagarde and Kaliah Powell. We also want to show our appreciation to our Ochsner web team for making our newsletter enrollment feature live on [our website](#).

Here's to all the great work we've done together this year so far! I'm filled with gratitude to have such great, creative, hard-working people on our team.

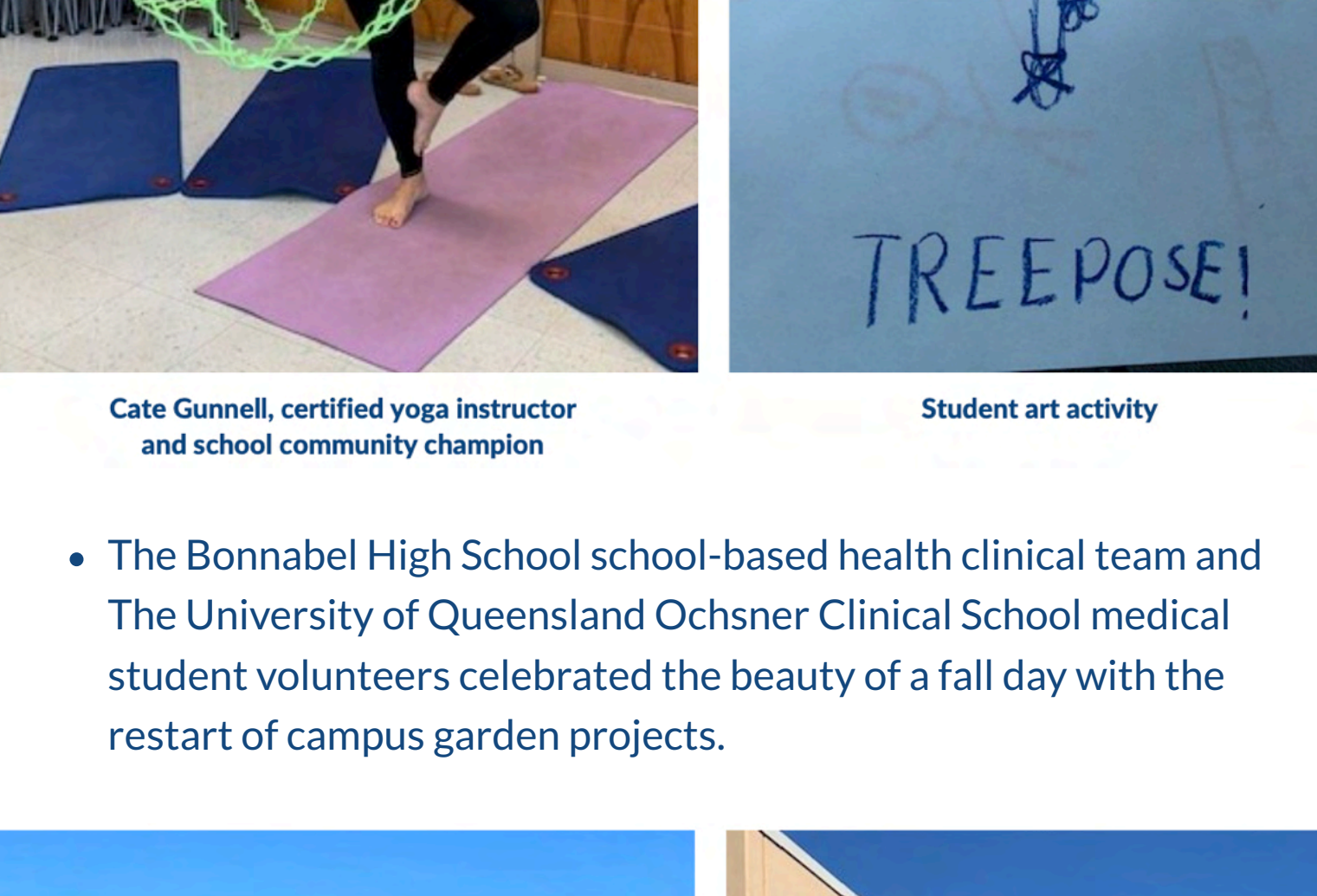
All the best,

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

FAMILY HEALTH

This is the time of year when respiratory illness affects children, school attendance and family life. A family's emotional health is of the utmost importance, especially as we look toward the sometimes-stressful holiday season.

- Multiple viruses play a factor. [Read about RSV.](#)
- When the season changes, the common cold is also a factor that impacts children, parents and teachers. [Learn more about the common cold.](#)
- It is best to stay home when you are not feeling well and cover your coughs and sneezes to avoid spreading germs. Hand hygiene is a vital preventive measure at this time of the year. [Learn more.](#)



- Staying positive and grateful are important traits to practice as we deal with family life stressors. During this season of Thanksgiving, [learn about gratitude and the connection to positive mental health.](#)

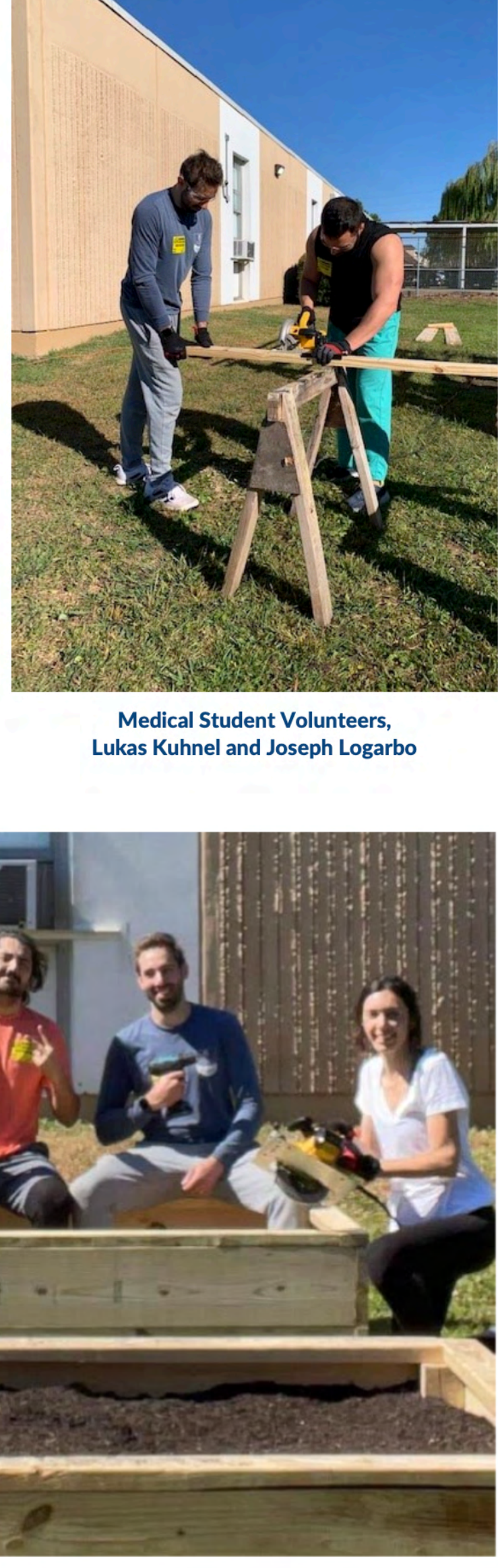
SCHOOL WELLNESS

Ochsner's school-based health teams stay focused on the physical and emotional health of students. To that end, we led numerous wellness activities in schools throughout the region. We implemented programs at heart safe and sports safe schools and led a project management class for the Jefferson Parish Teen Wellness Council.

- Metairie Academy 4th and 5th grade students participated in yoga classes. The sessions incorporated various poses, a short art activity and ended with a guided meditation to leave the students grounded and relaxed for the rest of their day.



Cate Gunnell, certified yoga instructor and school community champion

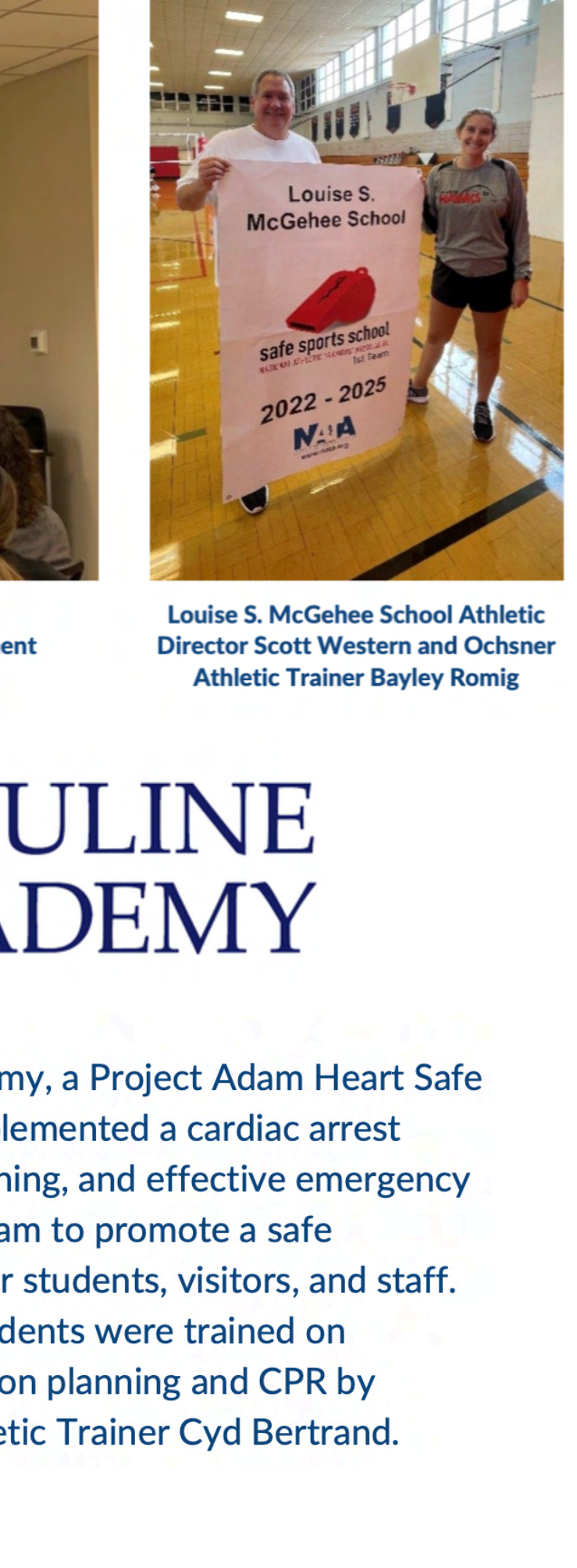


Student art activity

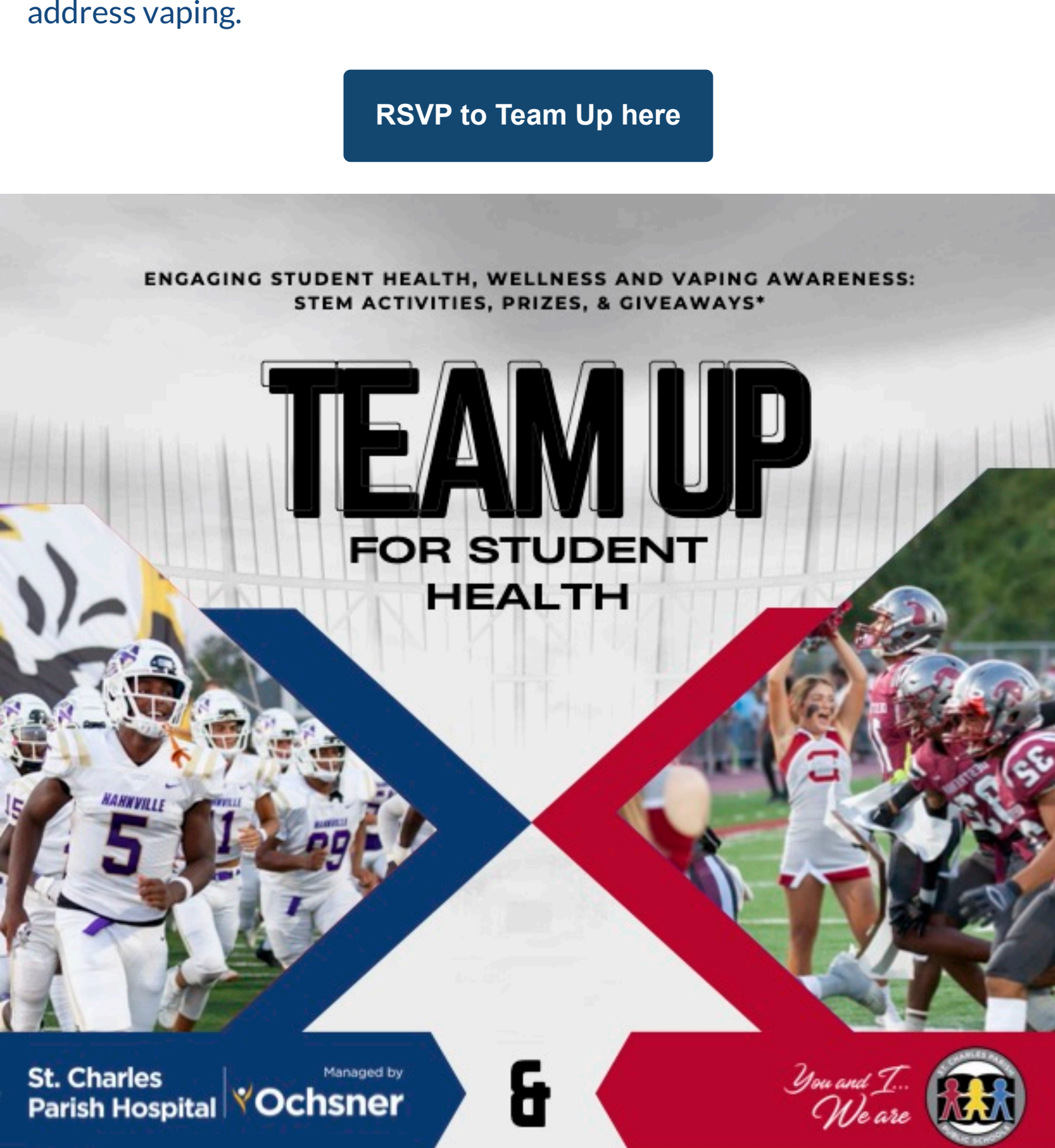
- The Bonabel High School school-based health clinical team and The University of Queensland Ochsner Clinical School medical student volunteers celebrated the beauty of a fall day with the restart of campus garden projects.



Bonabel SBHC clinical team from right to left: Leyton Orillon, LCSW, Miriam Pizzati, MA, Katie Celestin, NP and Ashlee Thevenot, RN

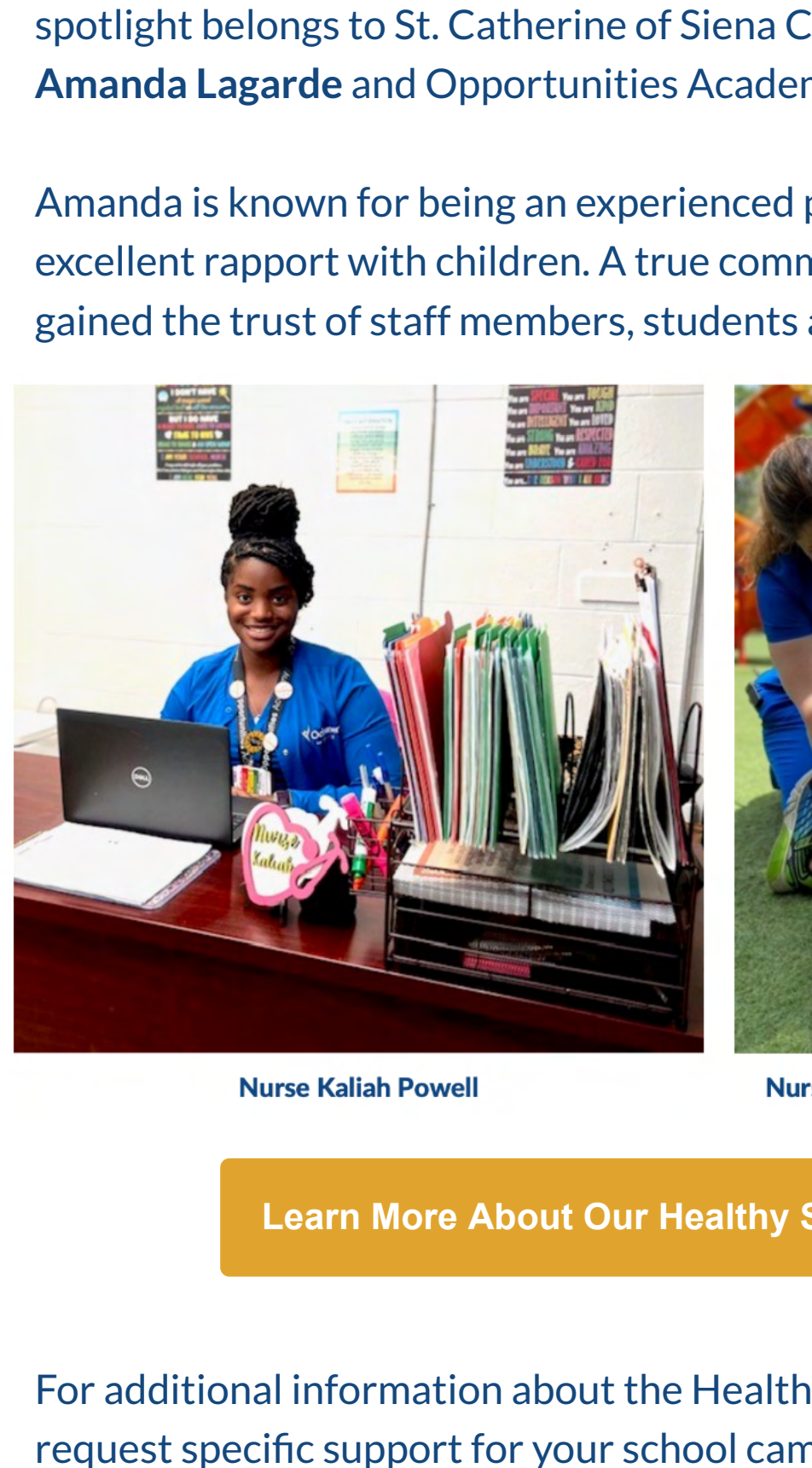


Medical Student Volunteers, Lukas Kuhnel and Joseph Logarbo



Showing off the completed garden beds

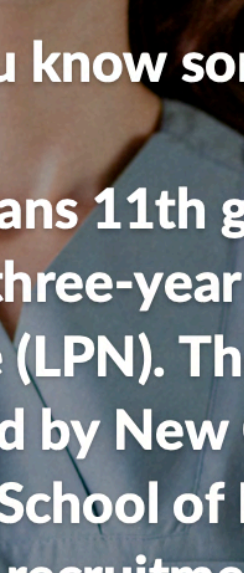
- Ochsner's Culture and Education Organizational Change Manager Bao Nguyen led an introductory class on the basics of project management. Students learned how to create a project charter and action plan.
- Louise S. McGehee School is recognized as a NATA Safe Sports School. [Learn more about the NATA Safe School Award.](#)



Bao Nguyen, Ochsner Organizational Change Manager, teaches students about project management



Louise S. McGehee School Athletic Director Scott Western and Ochsner Athletic Trainer Bayley Romig



URSULINE ACADEMY



Cyd Bertrand, Ochsner Athletic Trainer

Ursuline Academy, a Project Adam Heart Safe School, has implemented a cardiac arrest awareness, training, and effective emergency response program to promote a safe environment for students, visitors, and staff. Faculty and students were trained on emergency action planning and CPR by Ochsner's Athletic Trainer Cyd Bertrand.

UPCOMING ACTIVITIES

Team Up for Student Health, a St. Charles Schools Wellness Event and Vaping Talk, will be held on Thursday, November 10. Ochsner Tobacco Prevention Team Member Travis Costanza is a keynote speaker and will address vaping.

[RSVP to Team Up here](#)



SPOTLIGHT ON NURSES

Our cup runneth over with gratitude for school nurses. This month, the spotlight belongs to St. Catherine of Siena Catholic School Nurse Amanda Lagarde and Opportunities Academy Nurse Kaliah Powell.

Amanda is known for being an experienced proactive nurse with an excellent rapport with children. A true community role model, Kaliah gained the trust of staff members, students and families.



Nurse Kaliah Powell



Nurse Amanda Lagarde with pediatric patient

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

For additional information about the Healthy Schools Program or request specific support for your school campus:

[Contact Us | Ochsner Health](#)

Do you know someone interested in a nursing career?

New Orleans 11th grade high school students will soon have a free, three-year path to becoming a Licensed Practical Nurse (LPN). The pilot LPN Apprenticeship Program, developed by New Orleans Career Center (NOCC), Delgado Charity School of Nursing and Ochsner Health, will begin student recruitment in January to fill 20 apprenticeships.

[Learn more about this Ochsner Health workforce development program.](#)

THE TEAM IN ACTION

Across the region, education and community teams demonstrated steadfast commitment and effective leadership on behalf of Ochsner Health. Muchas Gracias to the Hispanics at Ochsner Leading and Advocating (HOLA) for its work on Hispanic Heritage Month celebrations. The Ochsner Serves and the Stop the Bleed Teams were out in full force at events in Kenner and New Orleans.

In Baton Rouge, the healthy schools crew distributed fun giveaways to students at Dunham High School, shared information at The Grove about a new Discovery School partnership, and participated in a community health fair at Blackwater United Methodist in Baker, Louisiana.

- The HOLA team supported students, their families, school leadership and faculty on campuses with bilingual STEM workbooks and blood pressure screenings, among other services and resources.

- The Community Affairs and OchsnerServes Teams joined forces to paint a giant hallway at Samuel J. Green School in New Orleans. OchsnerServes Team Program Manager Vanessa Cave-Herazo is an exemplar organizer and coordinator of all volunteer events for Ochsner Health. Our community work could not be accomplished without her!

OchsnerServes at the Samuel J. Green School

Ochsner's completed the paint job

- Ochsner's Stop the Bleed Team was represented at the City of Kenner Night Out Against Crime event. These Ochsner employees conducted demonstrations showing community members how to respond in lifesaving ways.

Night Out Against Crime

- The Baton Rouge Ochsner Education and Healthy Schools team engaged the community at Dunham High School and Blackwater United Methodist Church in Baker, Louisiana. The Ochsner and Discovery School Baton Rouge Partnership shared information at The Grove about the new Discovery School to open in 2023.

Charlene Ho, RN, Director of Community Health; Heidi Howat Wendt, Manager Education Outreach & Healthy Schools; Blackwater Methodist Pastor Kennon Pickett; and Volunteer Ann Merrill with Southern Students and the JAGMOBILE

Ochsner's Dr. Jay Brooks and Discovery School's Dr. Jesse Watson at The Grove

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

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