

Child Nutrition Advisory Council seeks PTA representative

The State Board of Education's Child Nutrition Advisory Council is currently recruiting for the position of PTA representative. For more information and to access the application, go to: www.cde.ca.gov/be/cc/ab

Deadline: December 15, 2014

The Four Principles of Hand Awareness

1. Wash your hands when they are dirty and BEFORE eating.
2. DO NOT cough into your hands.
3. DO NOT sneeze into your hands.
4. Above all, DO NOT put your fingers into your eyes, nose or mouth.

Share SugarScience!

[The SugarScience Resource Kit](#) is a great way to share research-supported facts about sugar and your health with family, friends and your community.

Available tools include fliers to post on bulletin boards or school lunchrooms, and brochures to hand out at PTA or community meetings. You'll also find fact sheets for community events, electronic invitations and PowerPoint templates, as well as eye-catching images to share via social media. Plus, research-based public service announcements are available for your local TV and radio stations.

Take a minute to download the ones you like best – they're yours to share!

For information on the use of the SugarScience Resource Kit, check out the [online user guide](#).



Research: Dental care for children

Dental disease is one of the top reasons that students are absent from school. Researchers from **The Children's Partnership** conducted a survey to better understand families' experiences in trying to get dental care for their Medi-Cal-enrolled children.

The survey revealed several barriers to care, including dentists who refused to take Medi-Cal, unnecessary referrals to specialists and refusals to treat a three-year-old child. Take a look at the [findings and recommendations](#) to increase access to dental care for children enrolled in Medi-Cal.

For more information on student dental health, see the EdSource story to see how schools are providing a [dental health safety net for students](#).



December 2014

Health and Wellness Observances

Now – January 1

Tie One On For Safety Campaign

Mothers Against Drunk Driving (MADD)

www.madd.org

International AIDS Awareness Month

International HIV/AIDS Alliance

www.aidsalliance.org/

National Drunk and Drugged Driving Prevention (3D) Month

National Highway Traffic Safety Administration

<http://www.nhtsa.gov/StopImpairedDriving>

Safe Toys and Gifts Month

Prevent Blindness America

www.preventblindness.org

December 1 World AIDS Day

World AIDS Campaign

www.worldaidscampaign.org

December 5 International Volunteer Day

United Nations Volunteers

www.unv.org

www.worldvolunteerweb.org

December 7 – 13

Aplastic Anemia and MDS Week

Aplastic Anemia and MDS Internl, Inc.

www.aamds.org

December 7 – 13 National Hand Washing Awareness Week

Henry the Hand Foundation

www.henrythehand.com

December 7 – 13 National Influenza Vaccination Week

www.cdc.gov/flu/nivw/

December 10 Human Rights Day

United Nations Human Rights

www.ohchr.org



Health Commission

Vice President – Kathy Rabun

health@capta.org

Commissioners: Rhonda Brambley, Wendy Davis, Scott Folsom, Deanna Ford, Jeanette Jin, Deb Levine, Anna Measles, Lisa Mielke, Carla Niño
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www.capta.org

2014-15 California County Scorecard

see how your
county measures up!



EDUCATION



HEALTH



CHILD WELFARE &
ECONOMIC WELL-BEING

[The 2014-15 California County Scorecard of Children's Well-Being](#) presents county-level data organized by the categories of health, education, child welfare and economic well-being to help you identify your community's bright spots and where there is room for improvement.

The *Scorecard* measures 29 key indicators of child well-being in California and across the 58 counties. To allow for a quick gauge of counties' progress in each area, the *Scorecard* also includes a five-point star rating system for each county. And to contextualize the data, the tool compares data over a two-year timespan and by race and ethnicity to the California average and to other counties' performances.

See how the *Scorecard* works. [WATCH DEMO](#).

Raising healthy children



Do not leave childhood depression untreated

Every psychological disorder, including depression, has some behavioral components. Some parents think that medication is the solution for depression-related problem behaviors but the FDA has not approved any drugs solely for the treatment of "behavior problems." Read more about [diagnosing and treating depression](#).

Increased physical activity linked to improved school performance

Participating in extra physical activity for just two hours every week can boost school performance, a new study states. Read the [Science World Report article](#).