

# Ochsner Hospital for Children

## Healthy Schools Program

### A MESSAGE FROM THE HEALTHY SCHOOLS TEAM

February is full of celebrations, especially this year with Valentine's Day, Mardi Gras festivities and Black History Month sharing the same season. Parties and parades will be in full swing, and we want you and your family to enjoy safe and healthy merriment.

Keeping family health in mind, it is also American Heart Month, and we offer heart murmur and heart-smart diet and lifestyle information.

As always, our education outreach team is busy across the region with Kenner Discovery Health Sciences Academy, Lycée Français De La Nouvelle-Orléans Middle School and John Ehret High School students. We are pleased to feature School Partnerships Assistant VP Carlos Calix in a Fox 8 television interview about Ochsner summer programs and mentorship opportunities. This month, our spotlight is on Erin Brechtel, RN, from St. Ann Catholic School. She heals, listens and is a star member of our school nurse team.

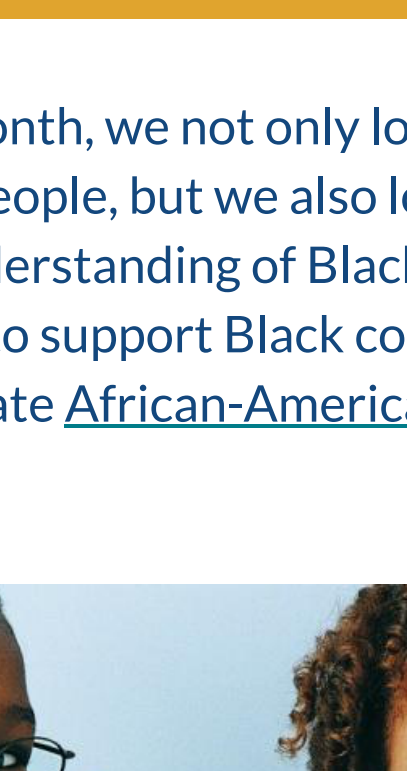
Finally, partners and friends, remember to be safe along those Mardi Gras parade routes and please try not to overdo the Valentine's Day chocolate. Most of all, enjoy the revelry with family and friends!

**Dr. Christina Cannizzaro**

Medical Director, Ochsner Healthy Schools

## Family Health

- American Heart Month is a suitable time to think seriously about your family's heart health. Consider getting started with these education topics:
  - [Are Heart Murmurs in Children Dangerous? | Ochsner Health](#) or [Chest Pain in Kids: Is It Cardiac? | Ochsner Health](#)
  - [Live A Heart-Healthy Life with These 4 Easy Tips | Ochsner Health](#)
  - [3 Surprising Heart-Smart Foods | Ochsner Health](#)
- Valentine's Day is Feb. 14, a special day to have fun and indulge. [Learn more about healthy chocolate-covered strawberries.](#)



- Carnival season culminates later this month. Parades and street parties will be in full swing. Mardi Gras is diverse and unique, but the crowds, traffic, parade logistics and taking care of family members can present challenges. Here are some tips for a safe and healthy Carnival:
  - [Mardi Gras Tips for Parents and Caregivers | Ochsner Health](#)
  - [2023 Mardi Gras Ladder Safety Tips You Must Know if You're a Parent | Ochsner Health](#)
  - [How to Keep Your Heart Healthy During Mardi Gras 2023 | Ochsner Health](#)
  - [King Cake Monkey Bread Recipe | Ochsner Health](#)



## Happy Black History Month

During Black History Month, we not only look back on the many contributions of Black people, but we also look inward to discover ways to improve our understanding of Black history and forward toward what we can do to support Black communities. This month we are excited to celebrate [African-American trailblazers in healthcare!](#)



[Learn more about meaningful ways to reflect during Black History Month](#)



## Partnerships in the News

We began the year with a focus on mentoring. Assistant VP of School Partnerships Carlos Calix was interviewed on Fox 8 TV about Ochsner Education Outreach high school summer programs and the importance of early mentorship of young people. [Watch here.](#)

[Learn more about Ochsner STAR and STEM Pathfinders summer programming.](#)

### Call for STARS.

Science • Technology • Academics • Research

#### STAR Summer Scholars Program

Summer shines brighter with STAR, a 4-week program that provides qualified high school juniors with a cost-free opportunity to explore the world of healthcare. Through a rigorous, hands-on course, STAR engages and inspires students to pursue further education and careers in science and medicine.

**Program Dates:**  
June 5th-30th  
Ochsner Medical Center — New Orleans

Application open from  
January 17th – March 16th, 2023

**Explore future career opportunities.**  
The STAR Summer Scholars Program is open to current high school juniors who are 16 years old by program start and reside in Louisiana. Students should have a strong interest in science or medicine. No minimum GPA or test scores required.

**Go to [Ochsner.smapply.org](https://Ochsner.smapply.org) to apply.**

For more information on STAR, you can visit [Ochsner.org/STAR](https://Ochsner.org/STAR), email [STAR@ochsner.org](mailto:STAR@ochsner.org), or call 504.842.5123.

**Apply Today**

### One week that can change your future. Think STEM.

#### Ochsner Baptist STEM Pathfinder Summer Program New Orleans

Make the most out of your summer with the STEM Pathfinder Program, a one-week program designed to prepare students in 8th, 9th and 10th grade for a successful career in STEM (Science, Technology, Engineering & Math). Students will participate in hands-on science lessons and receive inspiring mentorship from Ochsner healthcare professionals from across many disciplines.

**Program Dates:**  
July 17th-21st

Application open from  
February 6th – April 7th, 2023

Transportation provided and cost-free

**The Who, Whats, and Whens of STEM**

- Applicants must be at least 14 years old by the start of the program
- Must attend a school or live within one of the following zip codes: 70126, 70127, 70128 or 70129
- Open to current 8th, 9th, or 10th grade students
- Must have an interest in the health sciences

**Go to [Ochsner.smapply.org](https://Ochsner.smapply.org) to apply.**

The STEM Pathfinder Program will be offered in multiple regions throughout Louisiana. For more information, visit [Ochsner.org/EduOutreach](https://Ochsner.org/EduOutreach).

**Apply Today**

• Webpage: [Ochsner.org/star](https://Ochsner.org/star)

• Email: [STAR@Ochsner.org](mailto:STAR@Ochsner.org)

• Telephone: (504) 842-5123

## Spotlight on Nurses

We are pleased to honor St. Ann Catholic School's Erin Brechtel, RN. According to Nursing Supervisor Mimi Gary, RN, Erin is both a gifted nurse and a joy to her student patients and colleagues. Erin has been a nurse for 14 years, an Ochsner school nurse for three years, and is known for her precision and compassion.



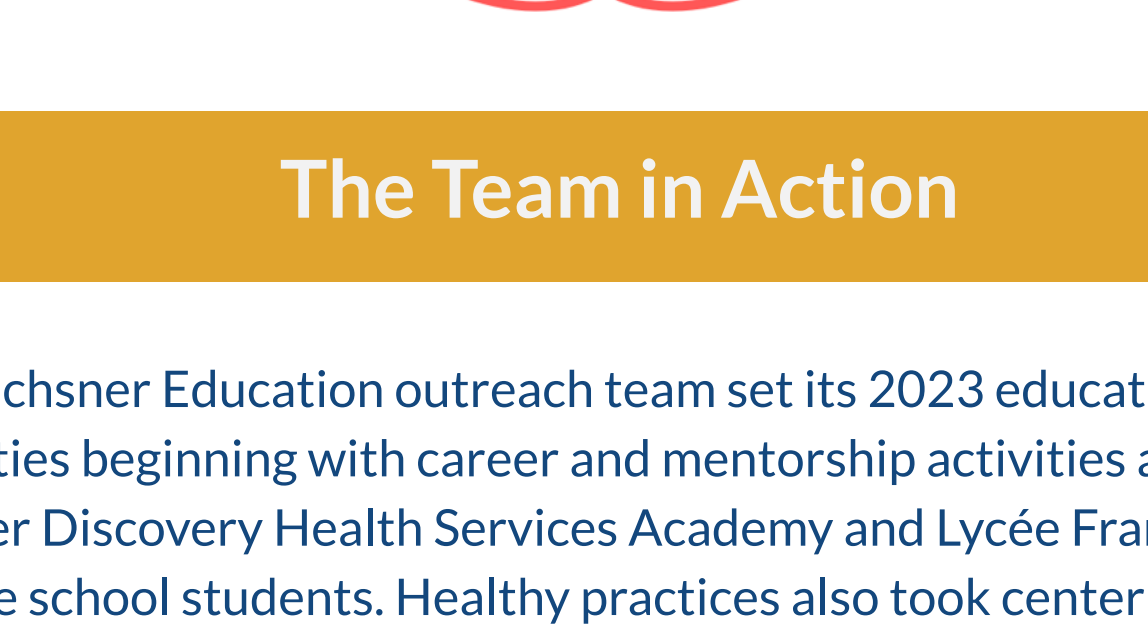
Nurse Erin Brechtel, St. Ann School

"My favorite nursing experiences are when I'm present for a student when they aren't feeling well, or perhaps have had a mishap on the playground, or when they just need someone to talk to. I especially love the entertaining stories and funny life perceptions that my younger patients come up with!"

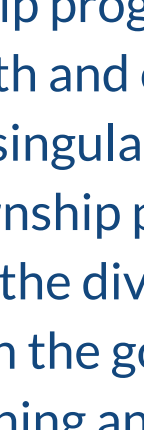
-Erin Brechtel

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

## Safe Path to School Task Force



Advocacy and Awareness on the 1st Memorial of Emma Bell Savoie's Passing



Emma Bell Foundation

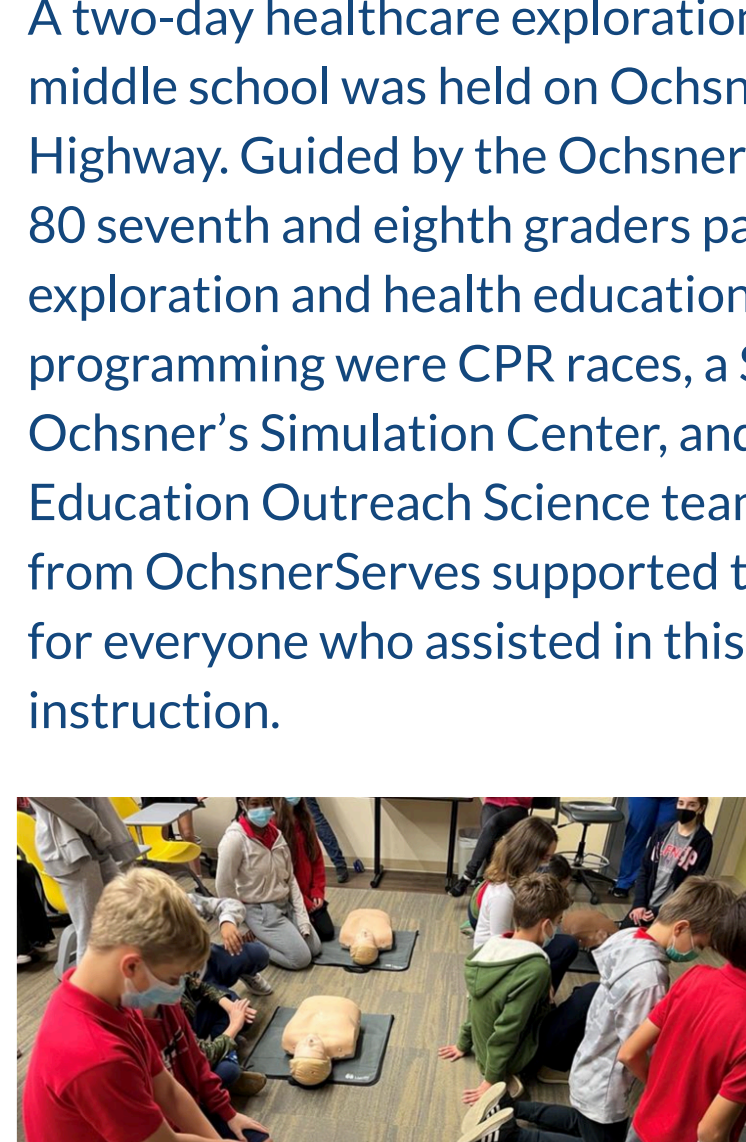
This task force was formed in the wake of Emma Savoie's untimely death. The mission is to bring awareness of child safety within the footprints of campus and to and from school. We plan to make an impact on infrastructure of school parking lots, streets, school zones, and other areas within schools to make this world a safer place for kids.

[Learn how you can help raise awareness for safe schools by participating in our fundraiser on Wednesday, Feb. 15.](#)

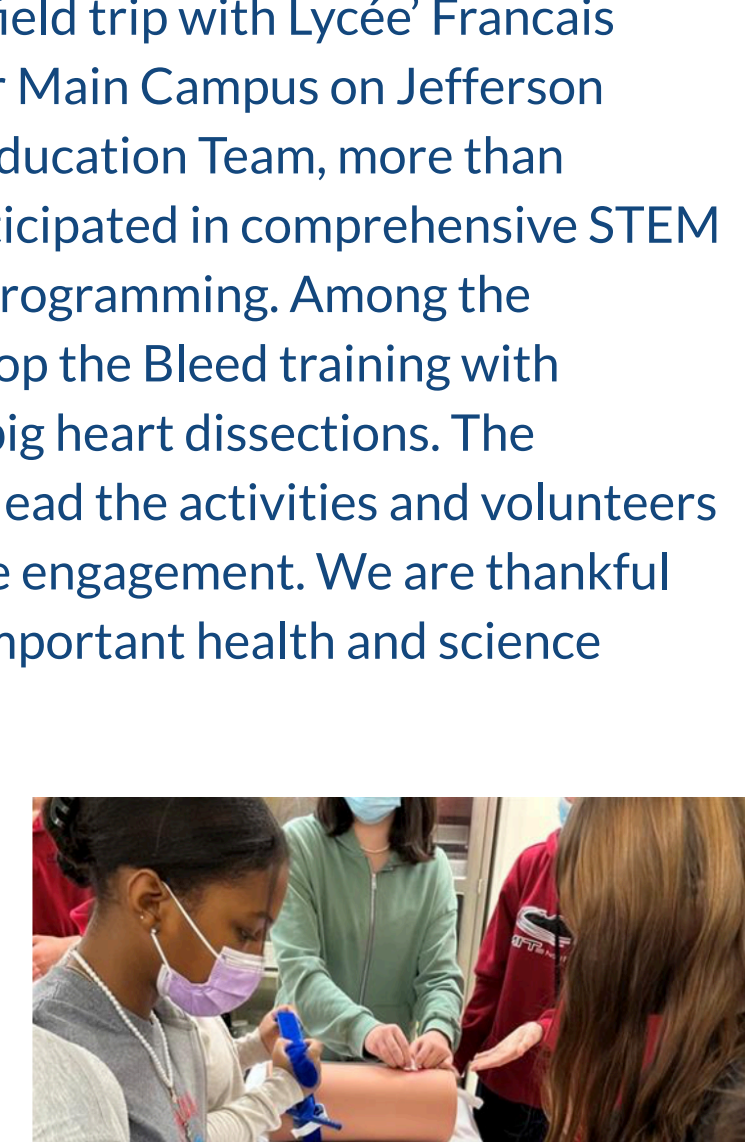
## The Team in Action

The Ochsner Education outreach team set its 2023 education priorities beginning with career and mentorship activities alongside Kenner Discovery Health Services Academy and Lycée Français middle school students. Healthy practices also took center stage with vaping education classes at John Ehret High School.

- The Ochsner Kenner team kicked off their activities with the Kenner Discovery Health Sciences Academy high school student internship program. Through March 15, 2023, students will be placed with and observe Ochsner healthcare professionals in singular and team environments. Among the goals of the internship program is to provide students with an up-close view of the diverse health care industry work atmosphere, with the goal of gaining an appreciation for professional training and the potential career options it can provide.

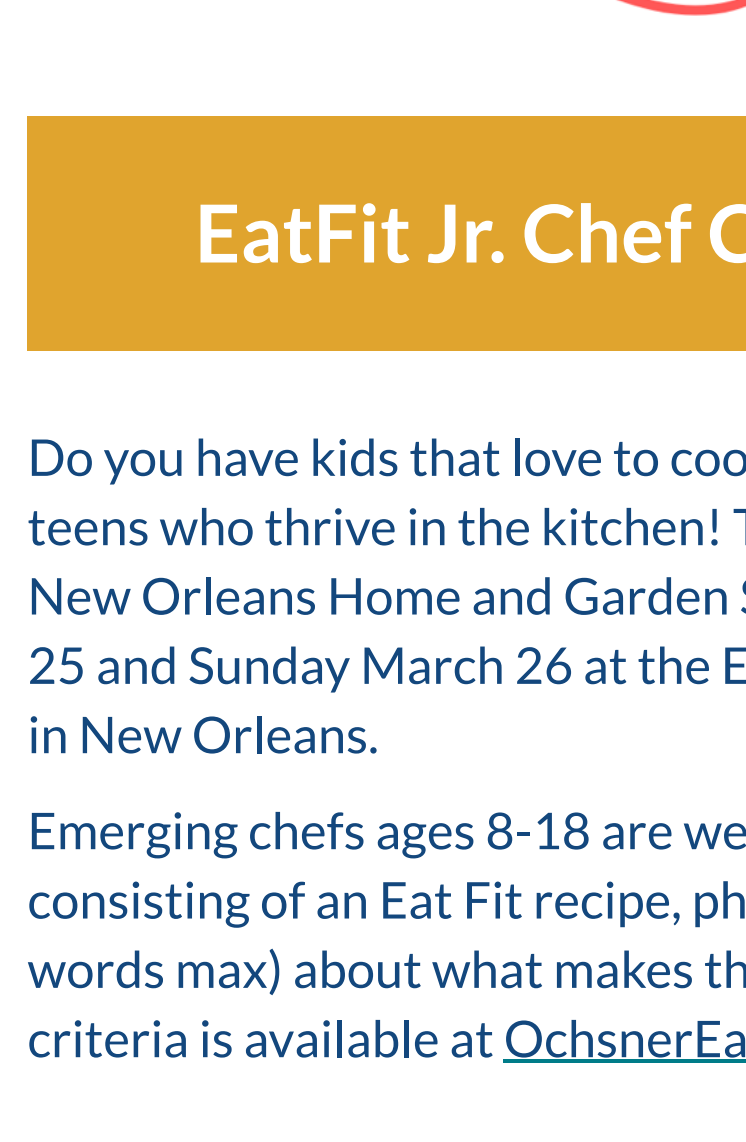


Students listen in to Ochsner Kenner team instructions

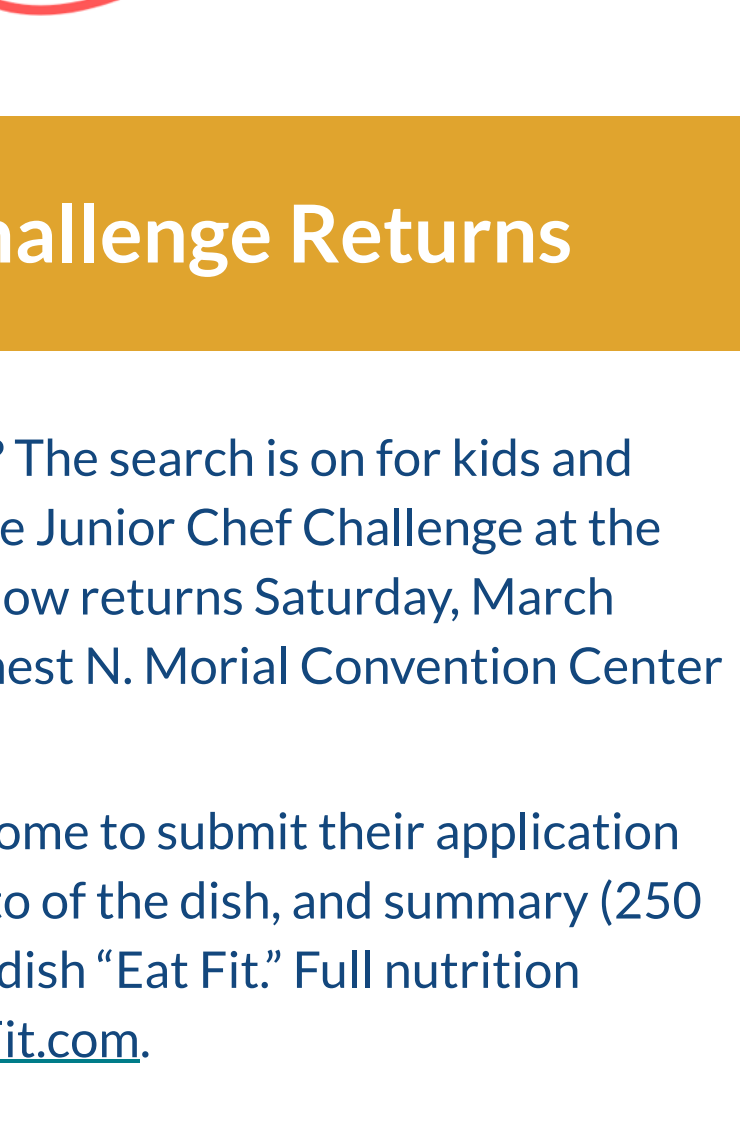


Kenner Discovery Health Science Academy student interns

A two-day healthcare exploration field trip with Lycée Français middle school was held on Ochsner Main Campus on Jefferson Highway. Guided by the Ochsner Education Team, more than 80 seventh and eighth graders participated in comprehensive STEM exploration and health education programming. Among the programming were CPR races, a Stop the Bleed training with Ochsner's Simulation Center, and pig heart dissections. The Education Outreach Science team lead the activities and volunteers from OchsnerServes supported the engagement. We are thankful for everyone who assisted in this important health and science instruction.



Learning CPR training

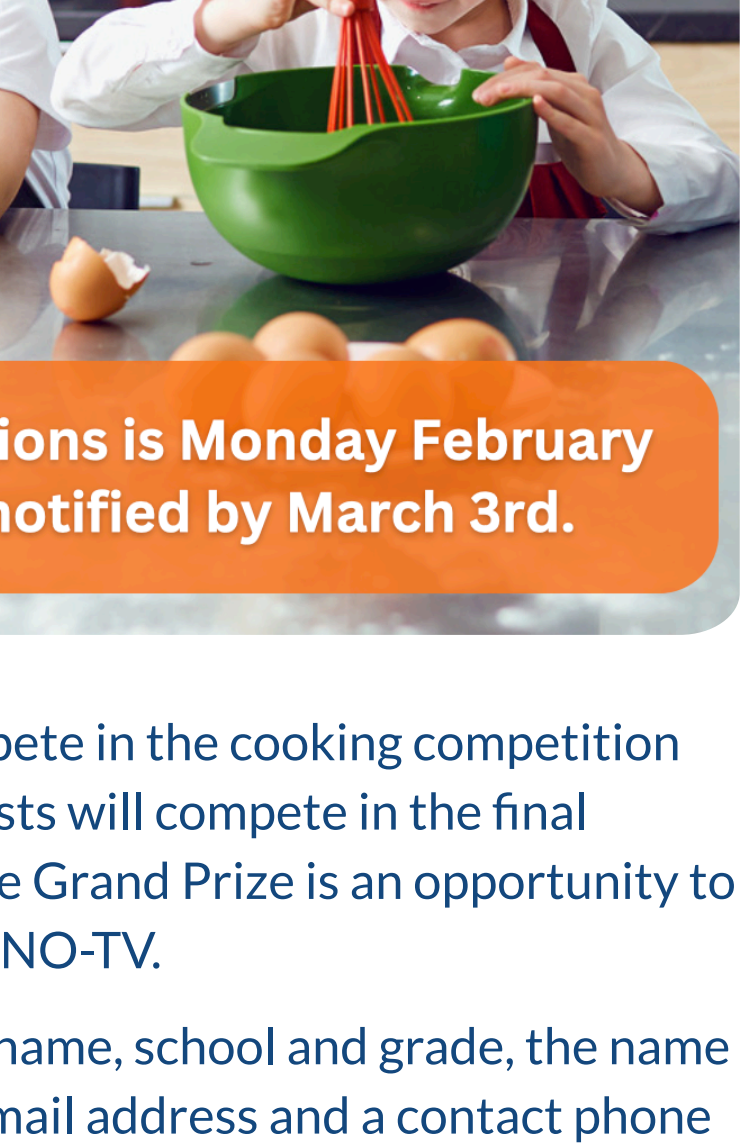


A Stop the Bleed exercise

Our tobacco treatment specialist, Travis Costanza, visited John Ehret High School to share an educational presentation on vaping. To schedule a tobacco or vaping prevention presentation at your school campus for students, faculty, or staff, contact Madison Neill by phone (985) 705-3359 or via email [Madison.Neill@Ochsner.org](mailto:Madison.Neill@Ochsner.org)



John Ehret High School students learning the health aspects of vaping

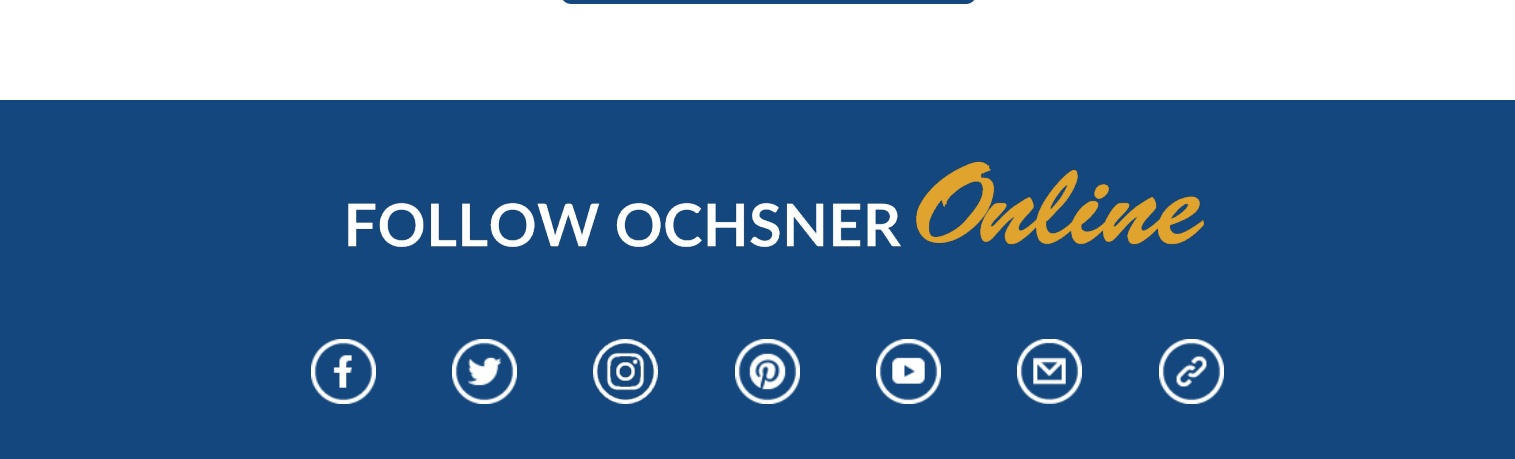


Travis Costanza, Tobacco Treatment Specialist, leads students

## EatFit Jr. Chef Challenge Returns

Do you have kids that love to cook? The search is on for kids and teens who thrive in the kitchen! The Junior Chef Challenge at the New Orleans Home and Garden Show returns Saturday, March 25 and Sunday March 26 at the Ernest N. Morial Convention Center in New Orleans.

Emerging chefs ages 8-18 are welcome to submit their application consisting of an Eat Fit recipe, photo of the dish, and summary (250 words max) about what makes the dish "Eat Fit." Full nutrition criteria is available at [OchsnerEatFit.com](https://OchsnerEatFit.com).



**The deadline for applications is Monday February 26th. Finalists will be notified by March 3rd.**

Junior Chef semi-finalists will compete in the cooking competition on Saturday March 25. Three finalists will compete in the final challenge on Sunday March 26. The Grand Prize is an opportunity to lead a live cooking segment on WGNO-TV.

Recipe submittals require student name, school and grade, the name of a parent or guardian and their email address and a contact phone number. Email submittals can be sent to Erin Arceneaux at [earceneaux@Ochsner.org](mailto:earceneaux@Ochsner.org).

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

[Read our past Healthy Schools newsletters](#)

to your health

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