

# Wellness News to Watch

Georgia PTA Health & Wellness Committee  
January 29, 2009



## In this email: (please distribute!)

- High Fructose Corn Syrup Report testing shows Mercury – please be sure to read your food labels!
- What you can do to Save Our School Nurses plus flyer to distribute
- Deadline January 31 to comment on first phase of National School Lunch Program IOM Study

## The Washington Post reports Study Finds High-Fructose Corn Syrup Contains Mercury

MONDAY, Jan. 26 (HealthDay News) -- Almost half of tested samples of commercial high-fructose corn syrup (HFCS) contained mercury, which was also found in nearly a third of 55 popular brand-name food and beverage products where HFCS is the first- or second-highest labeled ingredient, according to... (Visit <http://www.washingtonpost.com/wp-dyn/content/article/2009/01/26/AR2009012601831.html?referrer=emailarticle> to read the rest of the story)

## PTA Opposes Cut of School Nurse Funding

The Governor's proposed FY2009 Budget includes (among many proposed budget cuts) the complete elimination of funding for all school nurses in Georgia.

**What that means to you** – If approved, School Nurse Funding would be eliminated for the 2009-10 school year.

## What you can do

1. Contact your State Senator and House Representatives to urge them to continue funding the School Nurses. Call or write letters letting them know how important it is to have a school nurse in every school. Find your District's representatives' contact information by visiting Capitol Watch at [http://www.ciclt.net/sn/new/n\\_main.aspx?ClientCode=gapta](http://www.ciclt.net/sn/new/n_main.aspx?ClientCode=gapta), then click on Official/GA District Look Up.
2. Attend PTA Day at the Capitol on February 24. Register on-line at <http://www.georgiapta.org/>
3. Participate in "popsicle stick/ tongue depressor campaign" - Georgia PTA calls on every school in Georgia to conduct a Popsicle stick/tongue depressor campaign:
  - **For every child who visits the clinic in a day or a week write the grade of the child and what s/he needed whether it was for medicine, a cut, a lice check, a stomachache, etc.**
  - **Bundle the sticks and send them to your State legislator with a note from your school calling for the funding for school nurses to be restored.**
4. Share this information with others and distribute the school nurse flyer ([http://www.georgiapta.org/documents/Wellness\\_Watch\\_School\\_Nurse\\_Flyer.pdf](http://www.georgiapta.org/documents/Wellness_Watch_School_Nurse_Flyer.pdf)) electronically or in your newsletters!

## Share Your Comments on National School Lunch Program by January 31

The Institute of Medicine has undertaken a study to review and provide recommendations to update the nutrition standard and the meal standards for the National School Lunch Program and School Breakfast Programs. The recommendations are to reflect new developments in nutrition science, increase the availability of key food groups in the school meal programs, and allow these programs to better meet the nutritional needs of children, foster healthy eating habits, and safeguard children's health. The study is supported by the US Department of Agriculture, Food and Nutrition Service and will have two reports. See [www.iom.edu/fnb/schoolmeals](http://www.iom.edu/fnb/schoolmeals) for information on this study and the report.

The Phase I report is completed and a meeting and an open forum for comments on this report is scheduled for Wednesday, January 28, 2009, in Washington, DC. Gloria Stables, PhD, RD, chair of the Public Health/Community Nutrition Practice Group, will be presenting the American Dietetic Association's comments at this meeting.

Persons interested in commenting on the approach described in the report will be able to submit their comments to the committee electronically through January 31, 2009 at the following address:

[FNBSchoolMeals@nas.edu](mailto:FNBSchoolMeals@nas.edu) It is not necessary to register for the meeting in order to submit a comment.