

# APHA Center for School, Health and Education



Dear Darien,

This week is **Brain Awareness Week** (March 12 – 18)! APHA's Center for School, Health and Education recognizes the important discoveries in brain research on the effect of toxic and **chronic stress** on the developing brain. In recent years, we've learned a lot about how stress can disrupt the architecture of the developing brain and hinder executive functions like memory and impulse control. From the CDC's groundbreaking Adverse Childhood Experiences, or ACEs, study, to the working papers produced by the National Scientific Council on the Developing Child, we've expanded our knowledge of the mechanisms and prevalence of childhood adversity. We understand the impacts chronic stress and ACEs have on students' ability to succeed (or learn) in school.

We've also learned a lot about how we can buffer the negative effects of this stress, particularly in schools. Children spend nearly a third of their time at school, and we know from the success of school-based health centers that this is a great way to reach vulnerable children. We provide professional development to SBHC and school staff to improve their interactions with students and respond with public health strategies that consider the context of stress and trauma.

We invite you to learn more about chronic stress, its impact on health and educational success, and how school-based health centers and schools can work together to address it in our new brief **Chronic Stress and the Risk of High School Dropout**.

Thank you,



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## Read more of our **Issue Briefs & Guides**:

- SBHCs: Improving Health, Well-Being and Educational Success
- Case study on The Children's Trust of Miami-Dade County
- Public Health Prevention in Schools: A Resource Guide