



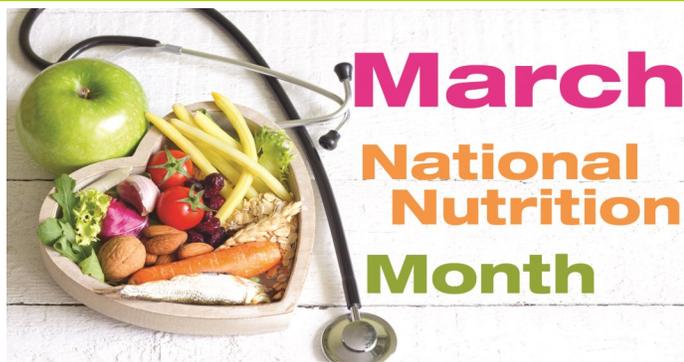
Georgia Department of Education

# Georgia School Nurse NEWS

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EDUCATING GEORGIA'S FUTURE

MARCH 2017



## MARCH NATIONAL HEALTH OBSERVANCES

- ⇒ [Bleeding Disorders Awareness Month](#)
- ⇒ [National Colorectal Cancer Awareness Month](#)
- ⇒ [National Endometriosis Awareness Month](#)
- ⇒ [National Kidney Month](#)
- ⇒ [National Nutrition Month](#)
- ⇒ [National School Breakfast Week March 6-10](#)
- ⇒ [Save Your Vision Month](#)
- ⇒ [Trisomy Awareness Month](#)
- ⇒ [Workplace Eye Wellness Month](#)

**MYTH:** Diabetes is not a serious disease.

**FACT:** Diabetes is a growing epidemic with a devastating physical, emotional and financial toll on our country.

It kills more Americans each year than AIDS and breast cancer

**COMBINED.**

*The articles and hyperlinks to external websites appearing in the School Nurse News are intended to be informational and do not represent an endorsement by the Georgia Department of Education.*

## DEFINITION OF SCHOOL NURSING

School nursing, a specialized practice of public health nursing, protects and promotes student health, facilitates normal development, and advances academic success. School nurses, grounded in ethical and evidence-based practice, are the leaders that bridge health care and education, provide care coordination, advocate for quality student-centered care, and collaborate to design systems that allow individuals and communities to develop their full potentials. **Approved by the NASN Board of Directors June 2016.**



# School Nurse



## UPCOMING SCHOOL NURSE WORKSHOPS

### Regional School Nurse Updates...

- ⇒ **March 10, 2017** from 8:30 AM– 2:30 PM  
**Lakeside High** 3801 Briarcliff Rd, Atlanta, GA
- ⇒ **March 31, 2017** from 9:00 AM-1:00 PM  
**Social Circle City Schools** 147 Alcova Drive Social Circle, GA
- ⇒ **May 24, 2017** from 9:00 AM-1:00 PM  
**NEGA RESA Boardroom** 375 Winter Street Winterville, GA

### Youth Mental Health First Aid

**March 16, 2017** from 8:00 AM-4:00 PM  
**Children's Healthcare of Atlanta Tullie Office Park**

Park North Building Suite C  
1577 NE Expressway Atlanta, GA  
Email Sara Kroening at sara.kroening@dph.ga.gov to register



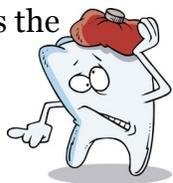
## LET'S KEEP MOVING!

The [Strategies for Recess in Schools](#) provides schools with evidence-based strategies for planning and providing recess in schools. The [Recess Planning in Schools: A Guide to Putting Strategies for Recess into Practice](#) helps schools develop a written recess plan that integrates the evidence-based strategies. There also is a [Recess Planning Template](#) that schools can use to customize what is included in the recess plan to reflect their existing priorities and make recess decisions that support the unique culture of their school.



## DREADED DENTAL DISEASE

According to the Centers for Disease Control and Prevention (CDC) website, school-based dental sealant programs have led to large reductions in tooth decay among students aged 5-16 years. These programs are especially important for reaching low-income students, who may not receive private dental care. The [Dental Sealants Prevents Cavities factsheet](#) explains how various stakeholders can increase the use of sealants. The factsheet also contains the [Insure Kids Now Dentist Locator](#) link.



## FUNDING OPPORTUNITIES

### ⇒ **Let's Move! Active Schools (LMAS) Resources**

The [LMAS Resources and Grants webpage](#) includes an interactive infographic, which allows schools to locate resources for physical activity, physical education, staff development, and activation grants. Beneath the infographic, funding opportunities are listed that require or give priority to LMAS participation. One such program is the [Riding for Focus Grants](#) for middle schools; applications are due by March 24, 2017.

### ⇒ **Firehouse Subs Public Safety Foundation AED Grants**

#### [Quarterly Application Deadlines:](#)

- Thursday, **March 2, 2017** at 5:00 PM for 2nd Quarter Grants
- Friday, **June 2, 2017** at 5:00 PM for 3rd Quarter Grants
- Thursday, **September 7, 2017** at 5:00 PM for 4th Quarter Grants
- Friday, **December 1, 2017** at 5:00 PM for 1st Quarter Grants (Q1 2018)



## BEHAVIORAL HEALTH

### ⇒ **Suicide Prevention Resource Center**

Adolescence is a time of change, when young people may experience stress from many sources, including relationships with friends and family members and problems at school. Many high school students report thinking about suicide, and in 2014, suicide was the second leading cause of death among young people ages 13 to 19 years. The [Suicide Prevention Resource Center](#) has many resources and programs to assist you with suicide prevention in your school.

### ⇒ **Mental Health America 2016 Toolkit**

The 2016 [Back to School Toolkit](#) is designed for MHA Affiliates, advocates, and organizations of all types to use with parents, youth and school personnel to raise awareness of the importance of mental health issues that start during the adolescent and teen years.

By using the toolkit materials, you will help members of your community:

- Be aware of the risk factors and early warning signs for mental health disorders in youth;
- Access resources for finding treatment and help in times of crisis;
- Learn strategies for addressing common teen struggles and mental health concerns; and increase understanding of next steps and treatment options available to help young people address their mental health.



## GEORGIA ASSOCIATION OF SCHOOL NURSES

Dear Georgia School Nurses,

Greetings! I hope you received your Save the Date Card for the [25th annual GASN conference this summer June 19th-21st, 2017 at the lovely Savannah Riverfront Hyatt!](#) We are all very excited and have a great line-up of speakers and exhibitors. Please click the hyperlink above to get more information and register!

You will meet new “School Nurse” friends and enjoy talking with school nurses that have been in the field for 25+ years. All of us “seasoned” School Nurses know how much we have to rely on each other to work in this very specialized profession of School Health. You don’t have to do it alone!

This brings me to a few of the reasons why you should attend conference:

- ◆ **To equip yourself with best practice for school nurses**
- ◆ **Network with other school nurses**
- ◆ **Continuing education credits**
- ◆ **Have fun while learning and interacting**
- ◆ **To motivate you for the next school year**

Please join us as we learn and celebrate 25 years of Georgia School Nurses and the contributions you make each and everyday!

Lisa Morrison, President Elect

**Georgia Association of School Nurses**



ASSOCIATION OF  
**GEORGIA  
SCHOOL  
NURSES**



## CHOA RESOURCES

Eighteen percent of children in the United States have a chronic medical condition. A well-trained school health professional can help these children manage their health and stay in school. Children's Healthcare of Atlanta works closely with school health personnel throughout the state to provide them with educational materials, training and support.

The Children's Regional School Health Coordinator, Gail Smith, provides the following services:

- ◆ [School nurse updates](#) and webinars on clinical pediatric topics
- ◆ Staff education for school districts in metro Atlanta
- ◆ Reviews and revisions of the [school health manual](#)
- ◆ Serve as prime contact for school nurses to call to discuss programmatic needs and difficult cases
- ◆ Provide the CHOA/DPH [Common Infectious Illness poster](#)
- ◆ [Behavioral Health resources](#)

Children's Healthcare of Atlanta also provides nutritional and wellness resources through the [Strong 4 Life Program](#). Please click the hyperlink for more information.

**For questions or requests, please contact:**

**Gail Smith, B.S.N., R.N.**

Regional School Nurse Coordinator

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Cell: 404-395-8067

Email: [Gail.Smith@choa.org](mailto:Gail.Smith@choa.org)

Web Page: <http://www.choa.org/schoolhealth>

Want to receive School Health News:

[http://pages.choa.org/School-Nurse-](http://pages.choa.org/School-Nurse-OptIn.html)

[OptIn.html](http://pages.choa.org/School-Nurse-OptIn.html)



## HELPFUL LINKS

- ⇒ [ASTHMA](#)
- ⇒ [BACK TO SCHOOL TOOLKIT](#)
- ⇒ [CHILDHOOD OBESITY](#)
- ⇒ [CULTURAL COMPETENCY](#)
- ⇒ [DELEGATION](#)
- ⇒ [DIABETES IN CHILDREN](#)
- ⇒ [DISASTER PREPAREDNESS](#)
- ⇒ [DOCUMENTATION IN SCHOOL HEALTH](#)
- ⇒ [DRUG ABUSE](#)
- ⇒ [ENVIRONMENTAL HEALTH](#)
- ⇒ [FOOD ALLERGIES & ANAPHYLAXIS](#)
- ⇒ [IMMUNIZATIONS](#)
- ⇒ [HEAD LICE](#)
- ⇒ [MENTAL HEALTH](#)
- ⇒ [ORAL HEALTH](#)
- ⇒ [SCHOOL WELLNESS POLICIES](#)
- ⇒ [SEASONAL INFLUENZA](#)
- ⇒ [SEXUAL & REPRODUCTIVE HEALTH](#)
- ⇒ [VIOLENCE IN SCHOOLS](#)
- ⇒ [VISION AND EYE HEALTH](#)

\*\*\*Resources obtained from the [National Association of School Nurses Website](#)



## AROUND THE STATE

Today, more than ever, the need for collaboration between school nurses and physical education teachers is paramount in their efforts to ensure a healthier generation. Fortunately, Nurse Rooks and Coach Hanson share this passion and typically have a keen sense for the students who need the most assistance. These two are in constant communication while brainstorming ways to motivate and assist not only students, but families as well.

Medical alerts are shared early in the year, cross-referencing their paperwork and casual conversations with students, which reveal potential health issues. Parent phone calls are made when there is a concern about issues such as asthma and this information is discussed between the two. When special events are organized at the school, discussions are held to ensure everyone's safety. A recent example was a celebration for the students who had exhibited positive behavior for the 9 weeks. A Disco Bounce House was set up in the gym, which had strobe lights and music. Knowing this is a trigger for students with seizures, they discussed the students who should not go in this particular bounce house. A private conversation was had with these students prior to entering the gym and all went off without a glitch.

In addition to honing in on specific students, the entire student body is always on the forefront of their minds and conversations. They work on the Emergency Team together and participate in practice drills for the staff. Last year, Nurse Rooks and Parent Involvement worker, Amanda Ramsey planned a Health Fair with a variety of guests from our medical and health community. Coach Hanson set up the stage with healthy snacks and a plethora of fun ways to move (Just Dance, Trampolines, Jump Ropes, Hula Hoops).

Teachers in public schools today are carrying a tremendous amount of responsibility and stress. In an effort to reduce the negative effects stress can cause, these two work closely to provide innovative ways encouraging healthy weight loss and stress management. A Biggest Loser Challenge takes place twice a year, which includes many motivational tips, rules for fair play, and prizes for participating. The staff loves it and Nurse Rooks seemingly handles it with ease, although it is a huge undertaking. Coach Hanson will soon be offering a new workout concept called "Pound," where the staff will participate in a work out with drumsticks and a mat! The goal is to help alleviate stress from the school day, so they can return to their families fresh for the evening.

### **Sterling Elementary School**

Glynn County Schools

Brunswick, Ga.

**PE teacher: Kim Hanson**

**School Nurse: Annette Rooks, RN**

**Principal: Kelly Howe**

