

Voices of School Health

A Conference for School
Nurses





Look at that hair!



Dr. Michael Heater Jr.

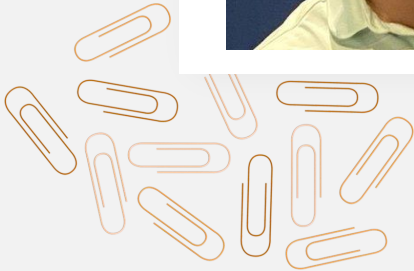
Coordinator Curriculum, Instruction, & Ed. Tech

SEW Region 3 Lead

Trauma Informed School Climate Coach

PRINCIPAL IN RECOVERY

@mheat33 (Retirement Plan)





**Thank
you**







What's on your plate?



School Nurse Grinch - Gerry Brooks





Social Emotional Wellness

How well
are you?

How well
are your
students?



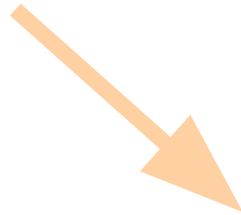
Anyone out there?





Social Emotional Wellness?

How well
are you?

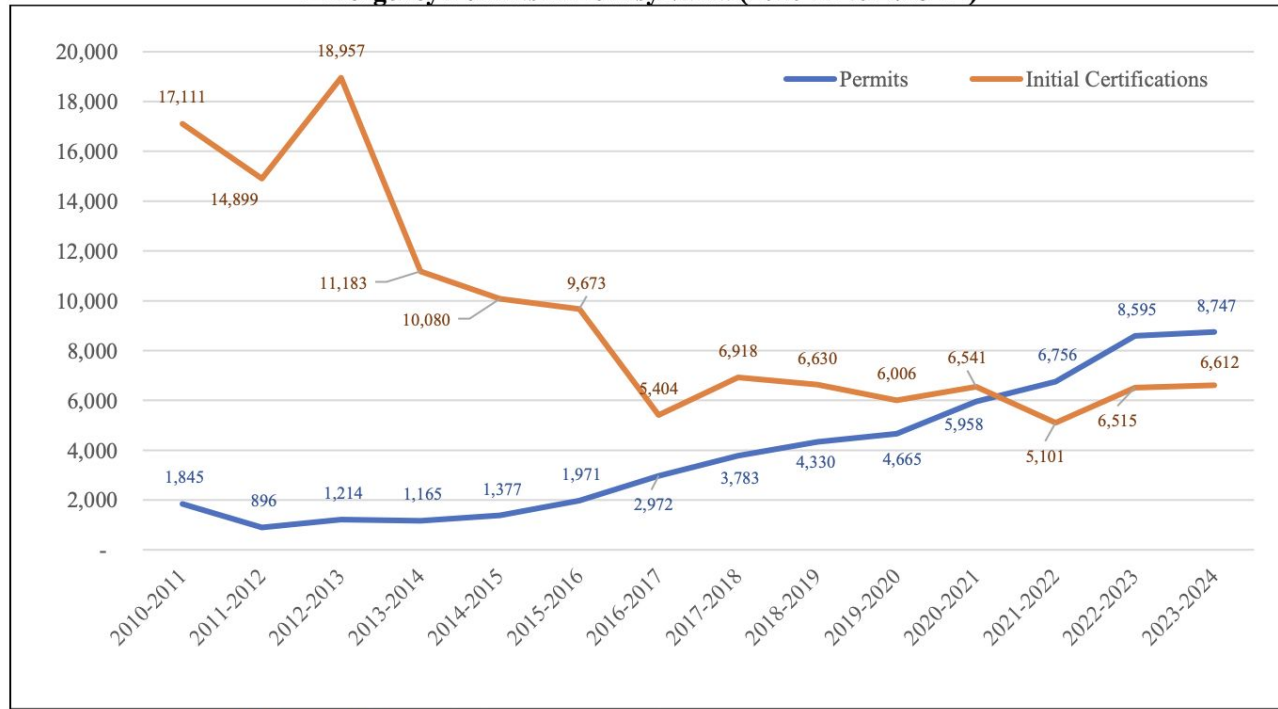


How well
are your
students?



Remember





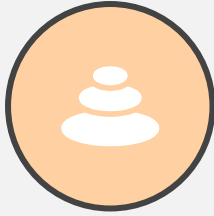
Data source: Author's analysis of EDE 4482 Report data

https://ceepablog.wordpress.com/wp-content/uploads/2025/04/ceepa-research-brief-2025-2-_stagnant-teacher-production_where-do-we-go-from-here-final-2.pdf



“Our workplaces play a significant role in our lives”

Office of the US Surgeon General



76%

of U.S. workers reported
at least one symptom of a
mental health condition.



84%

of respondents said their
workplace conditions had
contributed to at least
one mental health
challenge.



81%




of workers reported that
they will be looking for
workplaces that support
mental health in the
future.



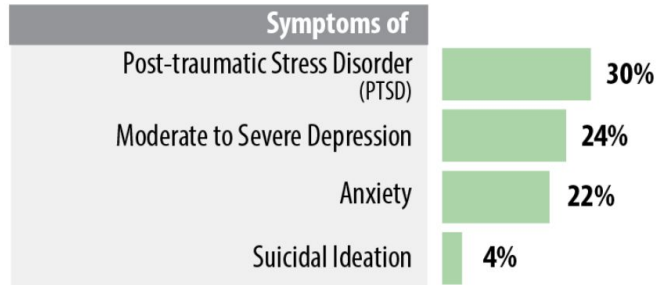


US Gallup Poll

More than four in 10 K-12 workers in the U.S. (44%) say they "always" or "very often" feel burned out at work, outpacing all other industries nationally. College and university workers have the next-highest burnout level, at 35%, making educators among the most burned out groups in the U.S. workforce.



Conditions Reported by School Nurses



Almost half (45%) reported symptoms of at least one adverse mental health condition in the two weeks prior to completing the survey.

Work-Related Stressors Reported by School Nurses Since COVID-19 Was Declared a Pandemic (March 2020)



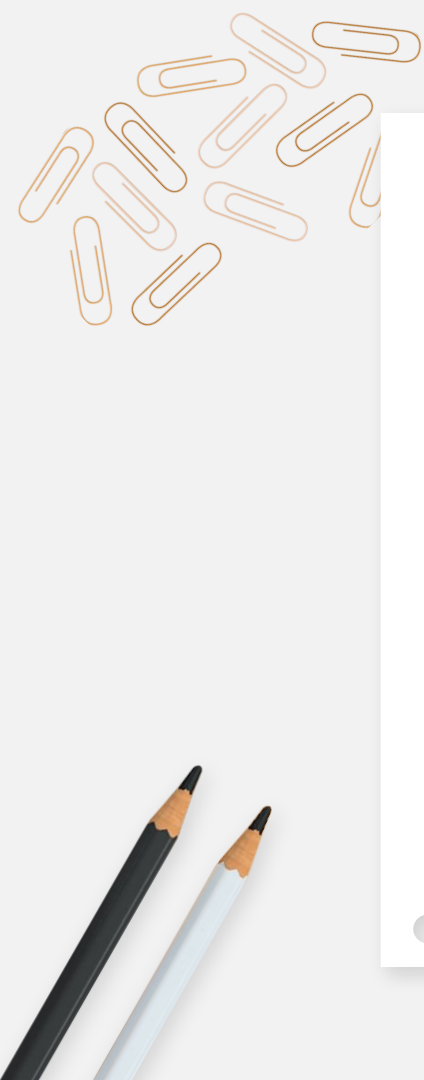
Journal of School Nursing (CDC, 2022)



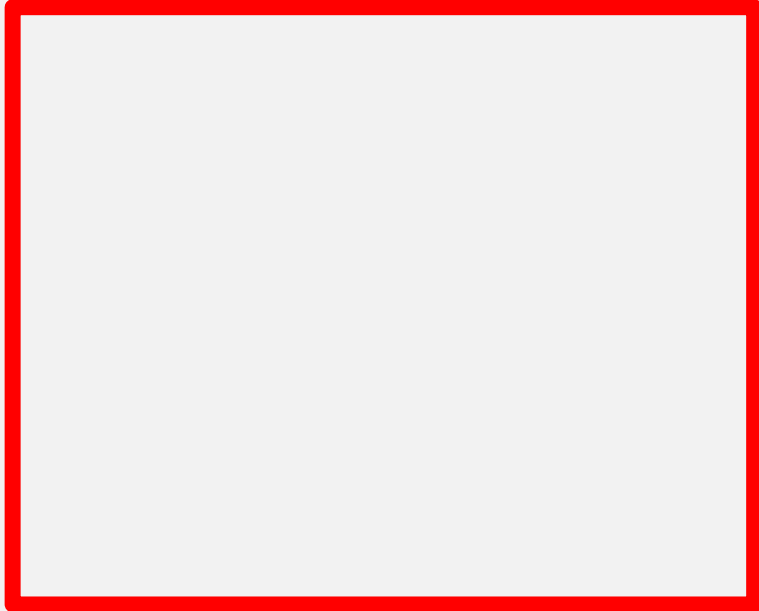
Educator Workforce Report

Professional Vacancies

“When examining the geographic distribution of these vacancies, it becomes clear that they are concentrated in urban areas, rural areas, Intermediate Units, and Charter Schools.”



Driver of Fatigue v. Drivers of Resilience



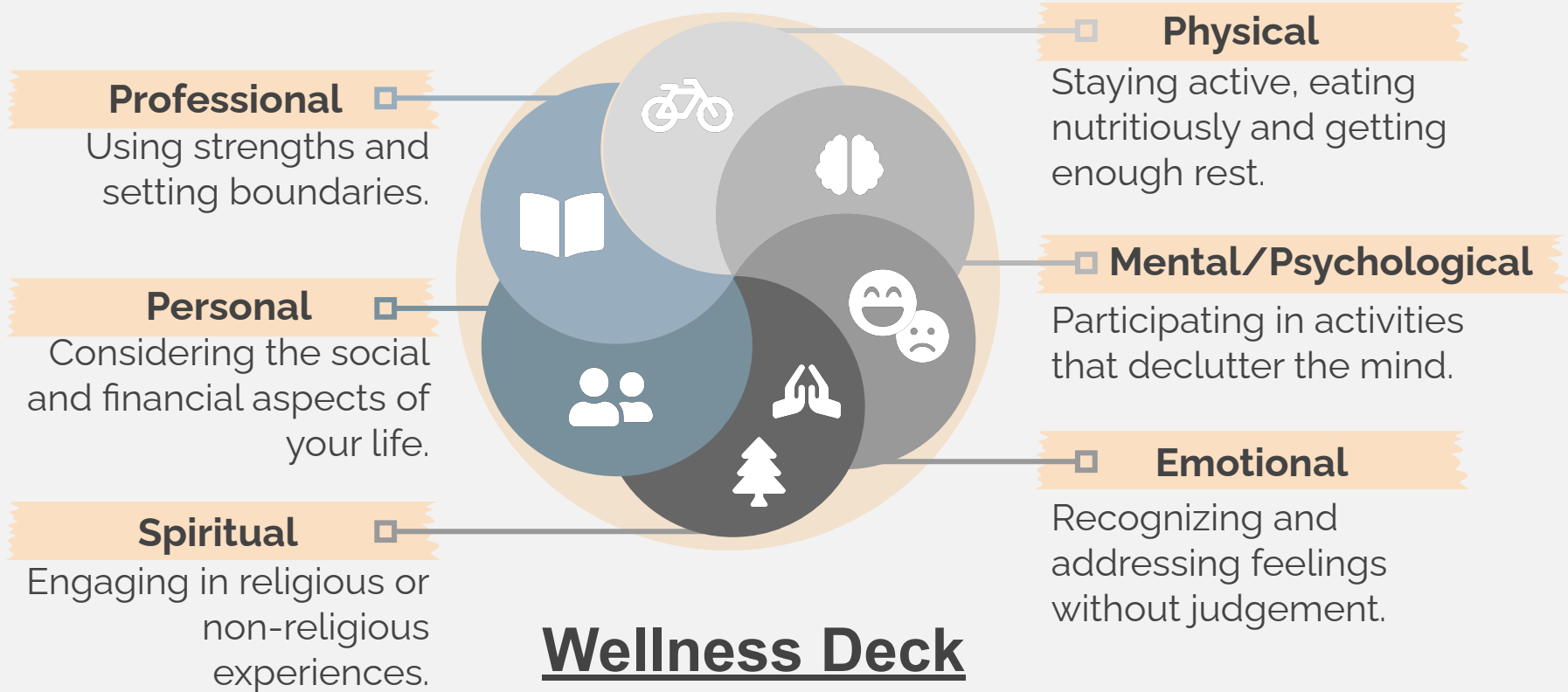


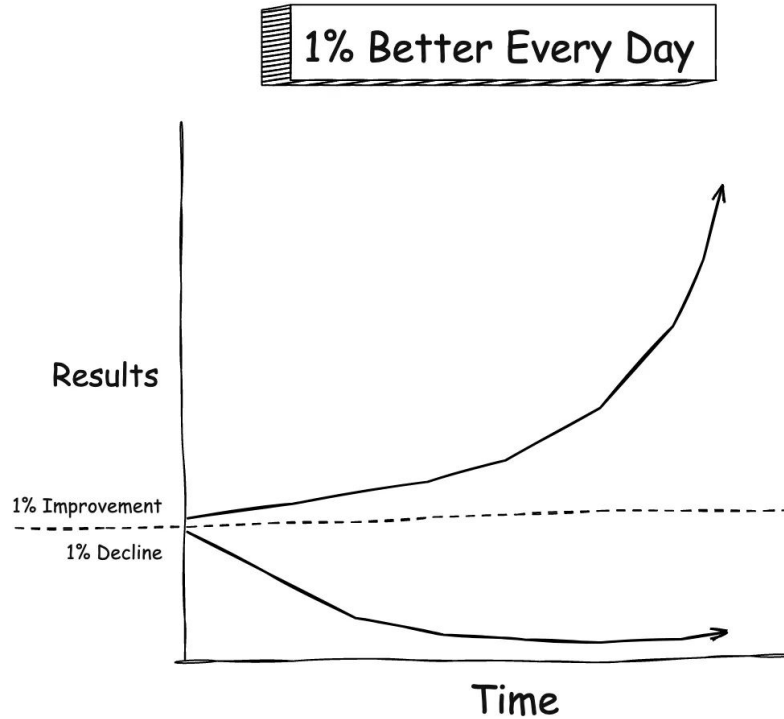
Look familiar?
Remove or
adjust the first
three words if
you wish.

Which of the
next three lines
is the most
difficult?



Domains of Wellness





James Clear Atomic Habits



A mindful moment





What's on your plate?



What will you do?





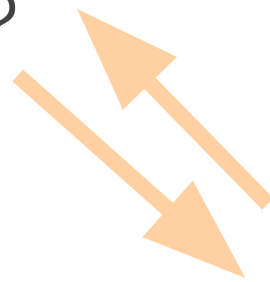
victroliteaz.tumblr.com



Social Emotional Wellness?

How well
are you?

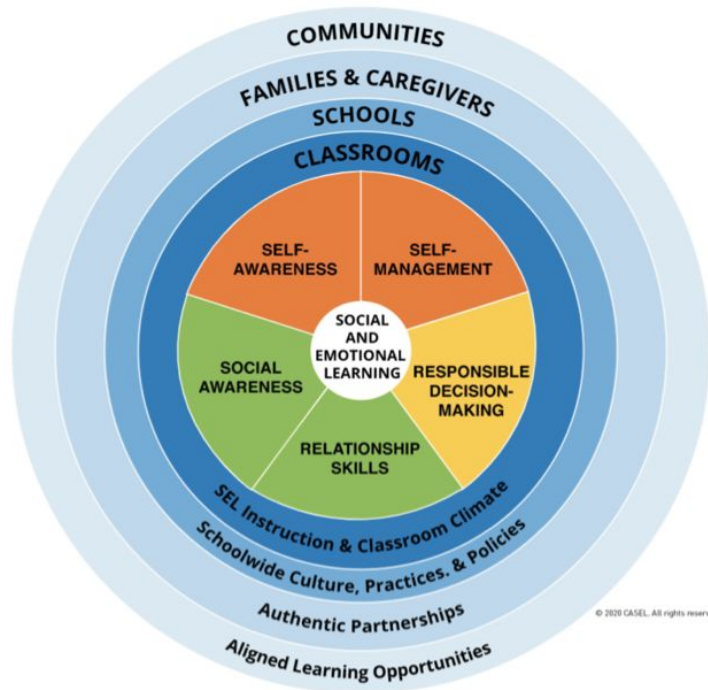
How well
are your
students?



The CASEL 5...

Five broad and
interrelated areas of
competence:

- *Self-awareness*
- *Self-management*
- *Social awareness*
- *Relationship skills*
- *Responsible decision-making*



Learn more: casel.org

The process through which all young
people and adults acquire...

**Students should be
learning these skills at**

— — — —

Finish this sentence

But what if they don't?

Health Disparities: In 2023, over 7.8 million children aged 6-18 lived in poverty, while 3.3 million students lacked health insurance, limiting their access to essential healthcare.

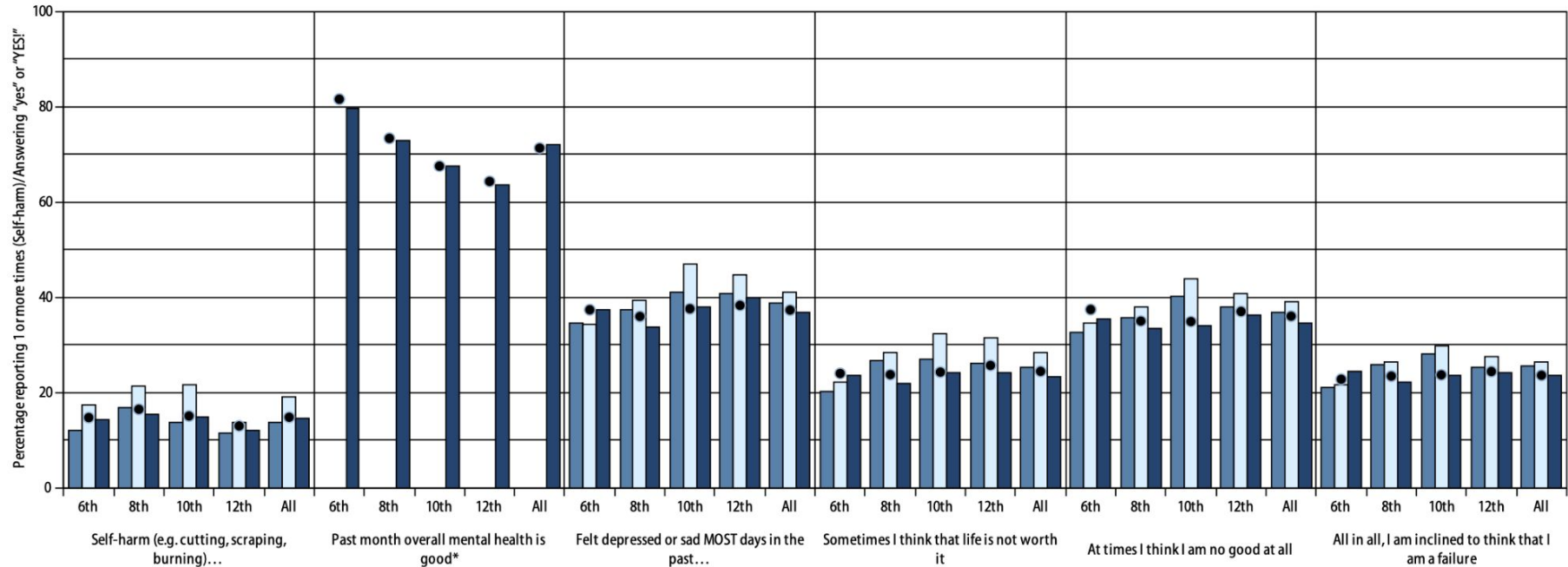
Chronic Conditions: One in four students manages conditions like asthma, diabetes, or epilepsy. Without adequate health support, these conditions can hinder their learning and overall development.

Mental Health Crisis: 23% of children aged 3–17 are diagnosed with behavioral or mental health conditions. School nurses are often the first to recognize and address these challenges, collaborating with school staff and external providers to support students' emotional well-being.

Chronic Absenteeism: Health-related factors contribute significantly to absenteeism, affecting academic success and widening the achievement gap, particularly among students of color and those in underserved communities.

Mental Health Concerns

Carbon Lehigh IU 21 2023 Pennsylvania Youth Survey



School nurses are responsible for the health of children by, including, but not limited to:

Assessing the severity of illness or injury in students.

Distributing medications to student that is provided and approved by their parents and healthcare providers.

Caring for students with chronic conditions such as diabetes, epilepsy/seizures, asthma, allergies/anaphylaxis, and others.

Ensuring all students are up to date on their vaccinations/immunizations.

Directing the provision of health services within the school.

Screening students for vision, hearing, and other potential health issues.

Preventing and controlling the spread of communicable diseases.

Connecting students and their families to relevant health resources.

Providing mental health support to students in need.

Collecting health data in schools to provide to local, state, and national officials.

Promotion of overall school community health through education and wellness initiatives.

And of course, providing urgent, episodic care to students including band-aids or ice packs to children with cuts, scrapes, and bruises. (National Association of School Nurses)



**Who's
better
equipped
than
you?**



TRAUMA LENS





Starting with enhanced vision..

Trauma refers to an **event**, series of events, or set of circumstances that is **experienced** by an individual as physically or emotionally harmful or life threatening, overwhelms our ability to cope, and that has lasting adverse **effects** on a person's mental, physical, social, emotional, or spiritual well being.

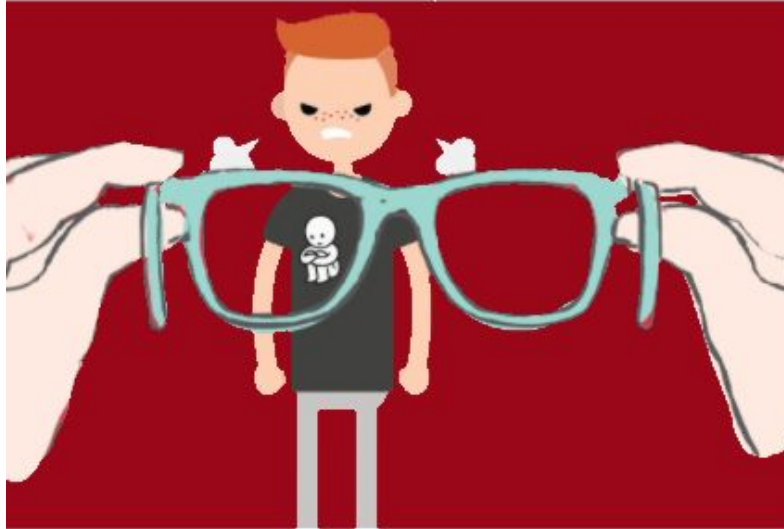


Brene Brown

Empathy



~~What's wrong with you?~~



What happened to you?

Connection BEFORE Content?

Relationship Building in Schools (1:05)





The more healthy relationships a child has, the more likely he will be to recover from trauma and thrive. Relationships are the agents of change and the most powerful therapy is human love.

— *Bruce D. Perry* —



Where do we start?

If a roster of your entire school was posted in a room, would at least one adult know them by name and face? Academics? Interests or events?



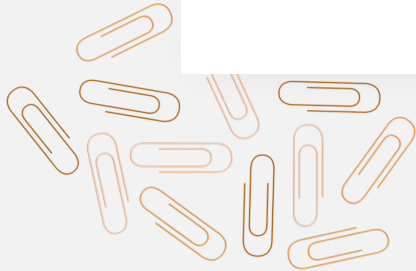




**What does your first
interaction look like?**

Be intentional...

**I am happy you are here
today...**





How do I create connection?

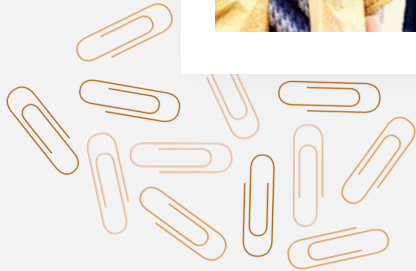
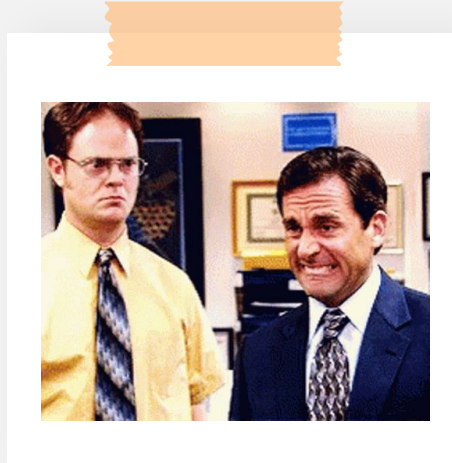
Talk to them

Even when you
don't like
them...



The First Five





Imagine for one moment...

a terrible experience at a doctor's office

a dreadfully boring 3 hour night class

**spending your entire morning waiting at
the DMV**

**or taking your teenage daughter
shopping for clothes!**



Now Imagine you have to do it again...

What are you doing to make the students want to come back to you?

Imagine





**Thank
you**

