



Dear SNOA Members,

NASN President Nina Fekaris says "**I see the primary role of school nurses as being advocates for children to ensure health needs of children are being met.**" Adding that it is essential that school nurses be confident in their skills and knowledge so they can help their students and families/guardians navigate between education and healthcare.

School nursing requires its own unique skill set, and a nurse who goes the extra mile to remain educated. Below are ways to further your knowledge.

Upcoming educational



Dec 6th-7th: 2017 [Emergency Preparedness and School Safety Annual Conference](#) with tracks on Emergency preparedness/Safety/Health, to be held in Phoenix

Saturday, Dec. 9th, SNOA Fall Meeting: This is a free event to be held at Mesa Unified School District's Students services; with a special presentation by the Arizona Human Trafficking Council who is working in collaboration with Arizona State University on the implementation of [Project Starfish Trafficking Curriculum](#)

Saturday, January 27th: 10th Annual School Health Training Event to be held in Tucson at the Arizona Cancer Center, Kiewet Auditorium. **Information to follow**

SAVE-THE-DATE: We will be having our SNOA conference a little earlier this year, 'Powering our future through our actions of today-promoting school health for academic success', to be held **June 15-16** @ the Desert Willow Conference Center 4340 East Cotton Center Blvd; Phoenix, AZ 85040. This will again provide education, collaboration and fun. We will not be having hearing screening at this conference as it is being done through other venues.



Nadine Miller
SNOA President-Partners in Health and Education

What can I do to keep my children healthy?

The control of communicable (catching) disease during the school year is a difficult problem and an important responsibility. The first responsibility must fall upon the home because parents know the normal appearance of their children and should be the first to detect signs of illness. Frequent hand washing is the best prevention! Other ways children can keep themselves and their classmates healthy is by covering their cough, not sharing personal items, keeping up to date with their immunizations, good nutrition and hydration.

The following rules will help control communicable diseases in the community:

- Your child should remain at home if exhibiting any signs of illness
- When questioning illness, your family physician is the appropriate person to contact to determine whether or not your child should be in school.
- Report a concern/illness about your child health to the school nurse
- With the increase of Pertussis (Whooping Cough), adults are also encouraged to get their Tdap booster.
- Checking your child's head for lice/nits
- Being aware of "hitchhiking" bed bugs and stop the spread

Some signs of illness:

fever, diarrhea, severe sore throat, draining wound, and vomiting

All students with a fever need to remain at home until they are fever free without the aid of fever reducing medication (Tylenol, Ibuprofen, ect) for 24 hours

Signs and symptoms of bedbugs and pediculosis (head lice):

- Red itchy bumps clustered or lined up in rough rows located on the face, neck, legs, arms and hands. May cause severe itching.
- Red bite marks and itching of the scalp, neck and behind ears
- Live lice on the head, but remember they are small, avoid light and are difficult to see
- Lice eggs (nits) stick to the hair shaft are very small and are easiest to spot at the nape of the neck and behind the ears.

Attendance Works, is a national and state initiative that promotes better policy and practice around school attendance. They are emphasizing the important role everyone can play in creating a welcoming and engaging school environment that motivates students and families to come to school every day. They are using the idea of the "power of positive connections". Let's try to turn our community to an emphasis on attendance rather than absences. I hope you will take a few minutes to go this great website!

Attendanceworks.org

Keeping your child healthy will allow good attendance which will make for a successful school year-

*****Taken from School Health Professional*****

Educating and Engaging Parents in School Health Guides Available

A recent article in *School Health Professional* demonstrated that parents are not aware of all that school health professional can do to help students. To help educate parents on school health matters, the Centers for Disease Control and Prevention has developed two guides to help describe the role of the school health professionals for parents and how school health professionals can better engage parents.

- To download a copy of "Parents for Healthy Schools," visit www.cdc.gov/healthyschools.
- To download a copy of "Parents Engagement: Strategies for involving Parents in School Health," visit https://www.cdc.gov/healthyouth/protective/pdf/parent_engagement_strategies.pdf

Sources: cdc.gov 11/15 and 1/13

Free Mental Health Back-to-School Toolkit:

According to Mental Health America (MHA), many kids who misbehave aren't given a lot of attention until they get in trouble at school. Then they may be labeled as a "bad kid" and get excluded from their peers, which isn't helpful. Toolkit to equip teachers, school staff and parents with the latest information to help students who struggle with various forms of mental illness become more resilient.

- Be aware of the relationship between emotions and behavior problems in youth
- Learn strategies for addressing bothersome emotions in healthy ways
- Increase understanding of how disciplinary procedures centered on exclusion and isolation are more harmful than helpful
- Access resources for finding treatment and help in times of crisis.

The toolkit includes handouts and classroom activities, including lessons on building emotional intelligence (with worksheets), as well as sample social media materials for Facebook and Twitter.

<https://www.mentalhealthamerica.net/back-school-2017-toolkit>

Source: Mentalhealthamerica.net

Epilepsy in Schools

Epilepsy is a common disorder of the brain that causes recurring seizures. Epilepsy affects people of all ages, but children and older adults are more likely to have epilepsy. Seizures are the main sign of epilepsy and most people can control this with treatment.

[Learn more about managing epilepsy at school and more.](#)

Source: CDC

NASN Corner.....

- American Cancer Society will be launching a new online tool kit in November. Middleschoolhealth.org
- Five new video's one each week in October will be released to assist members to navigate the website
- Viral Video on Facebook was launched on 9-13-17 "School Nurses Are My Superhero's"
- Online Journal of Issues in nursing; available for ANA members. The entire issue is about school nursing

Mary Freeland NASN – AZ Director

Maricopa County Department of Public Health (MCDPH) developed a website to connect stakeholders. The purpose of this website is allow organizations to:

- 1) Promote their services
- 2) Understand what other stakeholders are doing and which populations they serve
- 3) Foster collaborative partnerships being done through other venues

<http://www.maricopax.org/>

