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NASN PROVIDES BACK-TO-SCHOOL CHECKLIST FOR FAMILIES AND SCHOOL NURSES

Better Health. Better Learning.TM Your 2015-16 Back-to-School Toolkit

Silver Spring, MD (July 1, 2015) – As our Nation’s children head back to the classroom, the National Association of School Nurses (NASN) has developed a back-to-school checklist of topics to assist families in how to best prepare their children for a safe and healthy school year. Heading back to school is often of particular concern for parents/guardians whose students have special health care needs. School nurses are the managers of health care at school and they are a key resource in the back-to-school process. Included is also a checklist specific to school nurses. NASN created the back-to-school checklists to ensure children stay healthy, safe, and ready to learn.

“School nurses are looking forward to the new school year as we greet returning students and welcome our new students. Be sure to connect with your school nurse before or when school starts, particularly if your child has a special health care need,” said NASN President Beth Mattey. “NASN encourages families to work with school nurses throughout the year to prevent missed school days and to enable best performance. School nurses safeguard the physical and mental health of students, helping them to achieve academic success. We wish all students a healthy, safe, and productive school year.”

For All Parents/Guardians:

- ✓ Inquire if there is a full-time registered school nurse in the building all day, every day.
- ✓ Make sure immunizations are up-to-date.
- ✓ Review hygiene tips to prevent the spread of infections.
- ✓ Establish a bedtime and wake-up time to ensure adequate and consistent sleep.
- ✓ Develop a routine for homework and afterschool activities.
- ✓ Eat breakfast each day at home or at school.
- ✓ Help make appropriate clothing choices (for example, wear comfortable and safe shoes).
- ✓ Keep an open line of communication with your child to ensure that he/she remains safe at school. If a concern arises (such as bullying), contact the appropriate school officials immediately.

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- ✓ Get involved! Sign up for the parent organization (PTA/PTO), school Wellness Committee, and mark events such as back-to-school night and parent/teacher meetings on your calendar.
- ✓ Ask about the school or district's wellness policy (for example, how does the school address nutrition, activity, stress and mental health concerns).
- ✓ Advocate for your child to have a school nurse all day, every day by communicating this message to school administrators and decision-makers.

For Students with Health Concerns:

- ✓ Inquire if there is a full-time registered school nurse in the building all day, every day.
- ✓ Advise your school of your child's health concern.
- ✓ Bring current, signed health care provider orders for health care needed at school.
- ✓ Give permission for the school nurse to speak to the health care provider.
- ✓ Provide parent contact information, and update the school with changes.
- ✓ Ask if non-nurses will be providing care (for example, who will administer medication) and how will they be supervised.
- ✓ Ask about the school disaster/emergency plan (for example, what health care supplies are needed for your child).

For School Nurses:

- ✓ General Office Setup.
- ✓ Care Planning and Documentation.
- ✓ Medications.
- ✓ Screening Preparation.
- ✓ School Team Participation.
- ✓ General and Educational Resources.

For more information and NASN's Back-to-School Toolkit, visit the link,
<http://www.nasn.org/ToolsResources/BacktoSchoolToolkit>.

NASN

The National Association of School Nurses is a non-profit specialty nursing organization, organized in 1968 and incorporated in 1977, representing school nurses exclusively. NASN has nearly 16,000 members and 50 affiliates, including the District of Columbia and overseas. The mission of the NASN is to advance school nurse practice to keep students healthy, safe and ready to learn. To learn more about NASN, please visit us on the Web at www.nasn.org or call 866-627-6767.

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