



# FASNating News

FLORIDA ASSOCIATION OF SCHOOL NURSES

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*FASN strives to improve the health and educational success of students and the school community by developing and providing leadership to advance school nursing practice.*



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**BACK to School**  
welcome



## FASN Needs New Leaders!!

Kathy J Browning, BSN, RN, NCSN  
FASN President Elect

"FASN strives to improve the health and educational success of students and the school community by developing leaders to promote and advocate for school nursing best practice."

Think for a moment about how you came to be a school nurse or school nurse leader. What was your impetus for applying for the position? When you were hired, was it by a nurse or non-nurse supervisor? What were the goals and components of your orientation, and by whom was it provided? How have you maintained best practice standards in this autonomous world of school nursing? What is your opportunity to interact and communicate with other school nurses in your county or region? Do you claim the FASN mission statement (above)?

Reflecting on the history and philosophy of our school nursing practice can be painful! Are you in a routine and sensing the need for a "stretch" in your professional practice of school nursing? Perhaps this is a good

year to consider a leadership role in FASN! Have you observed others in your county or across the state with whom you would like to communicate regularly to improve the local or global practice of school nursing? School nurses are often "change agents" and use their strong voices in their assigned buildings; yet, we do not always speak as one voice about critical issues across our state!

The bottom line: FASN needs new leaders. Consider adding a dimension of contributions that only YOU can provide to our organization; then, VOLUNTEER! Each school nurse is unique in experience and "way of work." We will grow in strength, advocacy, and voice when we explode with new leaders! Let's make it happen this year so we can continue to improve school nursing practice in the State of Florida!

Do you want to learn more? Contact me directly at [kjbrowning2@yahoo.com](mailto:kjbrowning2@yahoo.com) or any of our FASN Board of Directors.



"Serving School Nurses Statewide"

[www.FASN.net](http://www.FASN.net)



# President's Message

**Janet Jones, MSN, RN, NCSN, AHN-BC**  
**FASN President**



Welcome back to school! I hope you were all able to enjoy the summer break doing what pleases you most. For some that may have been vacation, for others time at home with family. I was able to attend the NASN conference in Denver, along with Lisa Kern, NASN Director, Wally Colon, Recording Secretary and Robyn Hathaway, Vendor Chair. NASN produced some very interesting and powerful speakers, and I was once again reminded of how important school nurses are in the lives of the nation's children.

A huge breadth of knowledge is required to adequately care for our student population. You monitor and treat chronic diseases like diabetes and asthma, you carry out complex treatments, and you assess, screen and refer all manner of health conditions. In recent years, you have also had to deal with the toxic stress caused by frequent mass shootings, which af-

fects the staff as well as the children. So, I want to say a huge THANK YOU for being a school nurse! High profile hospital positions may have bigger salaries, but no one impacts the same number of lives that you do!

I want to share something with you all that made my heart smile. I was running a free Back to School immunization clinic last week and in came an older lady walking with a stick. She was followed by three very skinny small boys, and a girl I estimated to be in her late teens. As I handed out forms and started to gather

some information, the girl proudly stated that, "We just got custody of the boys last week." Ultimately, I discovered that the older lady was the great-grandmother of the boys, and the grandmother of the girl, who is sixteen years old. The girl is the boys' aunt and has been raised by her grandmother. She is now helping to raise the boys. All of the little ones were behind with their vaccines, and the sixteen-year old surrogate Mom

was ready to hold and comfort them as they got their shots.

There is a purpose in my relating this encounter. Just as we assess our students, we should remember to stop and assess ourselves every so often. We all have unconscious bias due to cultural upbringing and life experiences. We cannot always totally extinguish it, but we can recognize it and avoid it driving our responses to en-

counters. I really did ask myself how I would have responded, had I seen those three skinny little kids with runny noses in a school clinic. I might not have known their history, and I could have been a little critical of their immunization status. I feel fortunate to have had the opportunity to be reminded that there is always a story.



*Promote FASN—Like Us on Social Media*



## Impact of Mental Health on School Nursing

Amy Ponce, MSN, RN

As I sit here trying to write on the subject of mental health, I am struggling to know what to say to you as school nurse. Where do I even begin on the vast topic that has such a significant impact on our practice? I can discuss the statistics such as one out of five children are diagnosed with a mental illness, half of all mental illnesses are diagnosed by age 14, or that only about seven percent of our students even see a primary physician. However, that doesn't even begin to skim the surface of the impact that mental health has on our student's lives or the culture of schools (Mental Health First Aid). The real question I ponder is, "What is our role as a school nurse when it comes to mental health?"

As a school nurse, we play a pivotal role in the early identification of mental illnesses and connecting our students with the appropriate resources. We create a "safe space" for our students to share their emotions or have a quiet place to regroup. We advocate for our students every day and are tasked with educating students, their families, and our staff about mental health illnesses. We empathize with our students

and must recognize that when a student comes to us, our mindset needs to be "what is going on with them?" versus "what is wrong with them?" in order to provide the necessary support a student may need.

The greatest take away for me as a mental health coach is summed up in this simple phrase "the impact of one". What does this phrase mean to us as school nurses? The single most significant protective factor for children, which decreases the impact of mental illness, is feeling close to just one adult (Mental Health First Aid). We have the opportunity to be this trusting adult and improve our student's academic success and emotional wellbeing. Simple things such as check-ins, listening nonjudgmentally, providing hope, being genuine, respectful, and providing emotional support contribute to building a trusting relationship with our students. As we begin the 2020 school year, I urge you to remember the impact you can have on a student's life by taking the time to build a trusting relationship!

<https://www.nasn.org/nasn-resources/practice-topics/mental-health>



If you are interested in representing your county or region, are interested in sitting on a committee or have questions, [please complete this survey.](#)

### Vision Vouchers



Have [you](#) applied for VSP vision vouchers to help needy families? It's a member benefit! Go to [www.nasn.org](http://www.nasn.org) and click under the Member Center tab or click the link above to apply.

#### They're free!

VSP Vision Vouchers news flash! The limit on the number of vouchers you can get has been lifted. And each voucher is good for a full year.

## 152 days.....

Is it really possible that summer has already passed? We are all now consumed with the excitement and stress of school firsts...first day, first time as school nurse, first days in some schools, first time working under this boss or that principal, first opportunity to manage acute/chronic conditions.... **first chances to make a difference...**

Let's make an **investment in ourselves....** Here's a simple "do-it-**for**-yourself" project.

**Materials:** Empty clean jar with lid, blank label; marker; stickers

**Steps:** Use marker to identify the jar as an **YOURS** using your label

**Adhere** the label to the jar

**Decorate** the jar with stickers that make you **smile**

**PUT** it where you can easily see and reach it.

Sooooooooooooooooo, what **IS** this for?

The **2020 FASN Conference**, of course!!!! Only 152 days.... counting from September 1, 2019!!!

If you **place \$1 in your jar daily**, you will have **\$152 by registration deadline of January 31, 2020**—more than enough to cover your registration for the 2 day investment in yourself!!!

If you **double up** a few times, you could have **\$130 before midnight December 19, 2019**, and qualify for the **Early Bird rate!**

**Are you in????**



**FASN Education Committee**

*Save the Date*

**FASN 24th Annual Conference || February 7-8, 2020**  
**Florida Hotel/Conference Center, Orlando, FL**

**School Nurses:**  
**Essential Advocates for Safe and Supportive Schools**

## Research Posters How To...

Katherine Burdge, BSN, RN, CSN

I want to present a poster at the FASN convention – where do I start?

Pick an area that interests you that you truly want to find out more about. Nutrition, activity and school performance – should schools do brain breaks? Have you started a program that has shown positive results and want to share it with colleagues? Breakfast in the classroom – has your school done it and have seen improvement with students?

As with all research, what is your hypothesis? Data collection, literature, ( not lit review), overall results – was your hypothesis right? If not, why and what could you have done differently, if anything? Research is not perfect; that is why it is done.

1. What is the most important/interesting/astounding finding from my research project?
2. How can I visually share my research with conference attendees? Should I use charts, graphs, photos, images?
3. What kind of information can I convey during my talk that will complement my poster? (<https://guides.nyu.edu/posters>)

Did you know that Microsoft PowerPoint has a poster feature and allows for easy poster making taking out the guess work?

All poster presenters will receive CEU credit. Presenters should make themselves available during breaks and vendor time to present posters. Any questions please feel free to contact Katherine Burdge, Research Chair, at [kc9717@aol.com](mailto:kc9717@aol.com).

Example of poster layout

Title Name School County		
INTRODUCTION	LITERATURE REVIEW	IMPACT ON NURSING
PURPOSE		
OBJECTIVES		
	IMPLEMENTATION	REFERENCES
	EVALUATION	



## FASN Affiliate Director's Message

Lisa Kern, MSN, RN, NCSN  
FASN Affiliate Director

Hello FASN Members! I sure hope you are heading into the 2019-2020 school year with renewed hope and an unwavering passion for the important work you do each day to support Florida students. As your Director, I was blessed to be able to attend the NASN summer board workshop and meeting followed by the annual conference in Colorado. I'll be sharing a few snippets that I hope will enhance your work this year!

During our Board of Directors meeting, Nina Fekaris closed out her Presidency by reminding all of us to promote school nurse voice: "Our voice can give support to a belief, clear up a misunderstanding, challenge prejudices and assumptions or perpetrate them. It can lift people up or tear them down. Our voices can advocate for students with mental health concerns, building a bridge for parents and students with special needs, and integrating students experiencing acute and chronic health conditions. Our voice can ensure equal access and a safe place for all children to learn and grow." Nina's words were echoed by Laurie Combe in her [inaugural address](#) after she was installed as our NASN President. She encourages us to use our "voice of advocacy...for the children in our care" and describes school nurse intervention "as public health intervention Gold". The NASN conference was kicked off by the Executive Director & Co-Founder of United We Dream, Cristina Jimenez, "Navigating Undocumented Life in the School System". She asked school nurses to challenge our institutional systems when we know something is wrong, suggesting that we have transformative power within our institutions. As an ally, please step up to

bring safety and change to your community. Remember, we want the safest place for our students to be the school nurse office!

Another memorable session entitled "Bringing Mindfulness Into the Health Office: Helping Yourself, Helping Your Students" showed me how to practice 'boxed breathing' and discover the importance of mindfulness spaces in school clinics (can be created using bean bag, coloring books, fidgets, glitter jar, timer, beads, books, music). Using mindfulness can decrease the size of the amygdala and increase gray matter; essential for students who have or are experiencing childhood trauma. To learn more about Mindfulness from the child's perspective, watch

[Just Breathe](#). Other conference sessions covered topics related to depression, research, human trafficking, vaping, attendance, cannabis, ACEs, sexual abuse and more. [Livestream](#) is

available for 90 days for those who registered.

I leave you with one last resource, shared by Nina in her message to the Board. Please consider reading Dr. Erin Maughan's article, "Breaking the Glass Cage: The Power of Data, Courage and Voice". Her powerful words should serve as an inspiration for all of us: "As school nurses better understand our value, own our power, use data, take charge and have courage, we will be the force needed to shatter the glass cage, move the profession of school nursing forward, and more importantly optimize student health". Thank you for your courage and dedication!



*Lisa Kern* 



## End Notes



### Join the FASN Website!

If you haven't joined the FASN Website already, please take a few moments and join as a follower. By joining you will receive announcements, event invites, group communications and access to the members' only areas.

The steps are easy:

- Go to the FASN website: [FASN.net](http://FASN.net)
- Click the "sign up" icon at the upper right corner of the screen
- Enter the \*required ID information
- Create a password
- Click "create your account"

You are now ready to start receiving e-mail updates and stay connected with FASN!

REFER

FRIEND!

### And Watch Us Grow!

Refer a friend for FASN membership.

It's an easy way to earn \$10 in e-commerce credit.

You can use your "Refer a Friend" credit to help decrease your own membership fee!



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