

The NEW YORK STATE ASSOCIATION OF SCHOOL NURSES

Communicator



Hamilton County was organized in 1840 when it separated from Montgomery County. Tourism is the most important industry in the beautiful wild Hamilton County. Located in the north-central portion of the state and containing approximately eighteen hundred square miles of gorgeous mountainous terrain that is filled with a multitude of lakes, rivers, and streams. Hamilton County is New York State's third largest county, geographically, with nine towns and one incorporated village. It is the least populated county of the state and exists entirely within the Adirondack Park. Picturesque views, wild game, and the unspoiled wilderness has sportsmen and vacationers swarming to Hamilton County because of these beautiful mountains.

Warren County land area is about 862 land miles and 62 miles of water. Population is approximately 65,000. The County seat is Queensbury, NY. Named in honor of General Joseph Warren, an American Revolutionary War hero of the Battle of Bunker Hill, Warren County should not be confused with Warren, NY. Warren County was originally a part of Albany County however, this changed in 1813 when Warren County became its own entity. This is also a mountainous region and is home to Gore Mountain. Gore has the highest peak in the county at an elevation of 3,198 feet. Warren County is home to several music and art centers as well as Lake

George. Lake George is a beautiful tourist area with popular activities on the lake include river tubing, swimming, kayaking, and boating. Lake George is located in the Adirondack Mountains, a great place to visit if one has the time. Warren County is home to many historic sites. Chapman Historical Museum, Marcella Sembrich Opera Museum, Edward Eggleston Estate, First Presbyterian Church of Glens Falls, Fredella Street Historic District (Glens Falls), Three Squares Historic District (Glens Falls), The Hyde Collection (Glens Falls), Warrensburg Mills Historic District, Wiawaka Bateaux Site, and Wiawaka Holiday House are just a few historic places that one could see in this county. Biking is also a great activity that is promoted in Warren County.

Washington County has 837 miles of astonishing beauty! Agriculture is a mainstay in this particular county and a driving economic force. Chefs in many of the local restaurants take advantage of this agricultural mecca by utilizing locally grown produce in their restaurants. Washington County is confined on the east by the Green Mountains of Vermont, the north by Lakes Champlain and George, the west by Saratoga Springs, and the south by the Capital District. Washington County is situated at the heart of a region that offers

continued on page 3



The New York State Association of School Nurses

HISTORY

The New York State Association of School Nurses (NYSASN) was organized in 1986, to maintain, promote, and improve quality school health services and health education throughout the state.

MISSION

The mission of NYSASN is to advance the practice of school nursing and to enhance the educational success of students by promoting quality health services.



©2013 New York State Association of School Nurses (NYSASN).

No part of this publication may be reproduced without permission.

Editor:

Anita Mosher, AAS, RN
Email: newsletter@nysasn.org

THE COMMUNICATOR
is published three times a year
by the

New York State Association of School Nurses.
website: www.nysasn.org

A one-year subscription to
The Communicator
is a benefit of membership in the
New York State Association of School Nurses.

For membership information please visit
www.nysasn.org

Advertisers should direct inquiries to:
Anita Mosher, AAS, RN
716-640-0984
Email: newsletter@nysasn.org

Are you interested in adding
something to our newsletter?
Contact the Editor before January 15, 2015
with your ideas for the
Winter 2015 issue.

Editor's Note

By Anita Mosher, AAS, RN

As I write this editorial from the couch on my front porch at 8 pm at night, my wind chimes are singing to me and it is a mild 65 degrees as dusk falls. I should be feeling peace and quiet in this soothing little slice of heaven that my husband and I have created over the past two years, but I am unsettled. I believe our society's already fast paced rhythm is becoming increasingly faster paced with every new year and it is affecting civilization negatively. I think about the past four weeks at school and the many conversations I have had with school nurses across the state. Words and phrases such as crazy, hectic, overwhelming, no time, undervalued, underappreciated, exhausted, can't get anything accomplished, not enough of me to go around, jump up in my mind in large capital letters as I reflect back to those conversations. School nurses have so much to do on a daily basis, but the start of the school year is especially chaotic and busy with everything that must be accomplished in an incredibly short amount of time. From the brand new nurse to the seasoned nurse, we all seem to be feeling the strain of this fast paced world in which we find ourselves this year.

I think the start of each new school year, and our immersion into it after a blissful summer of freedom from the incredible and often unrealistic demands of our time, should be equated to the polar bear plunge or challenge. For those of you not familiar, this is an event where individuals plunge into icy waters during frigid temperatures as some bizarre show of bravery or strength. As school nurses, we are immersed in utter confusion and chaos and literally hit the ground running from day one each new year. We are often alone in our office, except for the hundred or so students and staff that stop in to ask something of us, isolated from our peers- other school nurses. We are often called upon to be brave and strong even when we don't feel that way inside. Instead we are feeling overwhelmed, chaotic, hectic, ineffectual, and lacking on many levels. Here is reality in a nutshell. While we may be feeling all of those emotions, we are judging ourselves way too harshly. We expect too much of ourselves and don't look at the amazing amount of work we accomplish every single day in spite of all the extraneous demands on our time.

This year, I have the privilege of watching three new nurses in our district find their way into the specialty of school nursing. They are all intelligent, hardworking, creative thinkers that are a credit to our district. They contribute daily to the care and safety of our students while experiencing the angst of learning how to do things "the right way." I watch them strive to execute school nursing at its finest while utilizing best practice in all that they do throughout their day. In their endless desire to be the best possible school nurses they can be for their schools, these wonderful ladies are working extremely hard as they experience the rigors of our fast paced society and the consequences this brings to academia. There is no doubt that they are rising to meet the challenge! I find myself realizing something we all have in common, regardless of how many years we have been in the specialty practice of school nursing; we are all brave and strong and capable of rising to the challenge of our jobs and we do it well, daily. We can successfully take the polar bear plunge after a summer of freedom from our offices, gaining control and peace over the chaos with grace and style. After all, we are school nurses! Have a wonderful school year- that is what I am going to do in spite of the challenges presented to me!



Anita Mosher

Spotlight on Zone 6

Continued from page 1



tourists a number of captivating ways to explore, relax, unite, and revitalize. Hundreds of lakes, streams, and brooks provide plenty of opportunity for boating, swimming, tubing, and more. The depth of cultural offerings such as music, theater, museums, and galleries that draw artists, performers, and aficionados from around the world would satisfy any fan of the arts. In addition, antiques, architecture or historic sites are plentiful if that is what is of interest!

Saratoga County is a great place as well! With a population of about 224,000 people in its 812 land miles and 32 water miles, Saratoga County is a great place to explore with its 29 towns, cities, and villages! Saratoga County is an excellent place to live, work, or play thanks to its low taxes, friendly people, and active tourism. Saratoga is the home to the New York City Ballet and the Philadelphia Orchestra in the summertime as well as many other cultural events



throughout the county. Let us not forget that Saratoga County is home to the Saratoga Race course, one of the oldest and most beautiful Thoroughbred race tracks in the state, dating back to 1863! Stop and check out the Thoroughbred Racing Hall of Fame, take a cruise along the Champlain or Erie canals, or a train ride on the Saratoga North Creek Railway.

Fulton County, created in 1838, can also be found in Zone 6. The primary industry of Fulton County was the manufacture of gloves and leather for many, many years. Sadly, this is no longer true. Named in honor of Robert Fulton, creator of the first commercially successful steamboat, and just forty minutes from Albany, Fulton County still has much to offer. Whether the interest is in simply relaxing or having an active vacation, Fulton County has something for everyone. Located in the foothills of the Adirondack Mountains, this county can truly be used as a four season destination. Biking, fishing, hunting, antiquing, ice skating, boating, golfing, and the arts are all available throughout different times of the year! Rafting, tubing, restaurants, and spa opportunities are also plentiful in Fulton County. The population of over 55,000 people fits nicely into Fulton County's 496 square land miles and 37 square water miles with plenty of room for visitors.

Montgomery County is the "Gateway to the West" and its valuable river, turnpike, canal, and railroad transportation routes make

its history rich and complex. Montgomery County has 405 square land miles and 6 square water miles with a population of over 50,000 people. In the foothills of the great Adirondacks, Montgomery County has long been the center of some of the most important events in our nation's history. It was at the center of intense fighting during the American Revolution, and postwar soldiers and pioneers traveled by rice bateaux, then turnpike, and then via the railroad and the Erie Canal to settle its fertile banks and supply the migration into the West. Tourism is rich in all of this county's quaint towns and villages. There are many restaurants and bed and breakfasts that use locally sourced items, working together to support local economy. There are many museums and galleries in this historic rich county as well as a lot of natural beauty to be seen. Don't hesitate to make Zone 6 one of your next destinations!

Zone 6 is currently without a Zone 6 NYSASN Representative. This is a rewarding position to have on the NYSASN Board of Directors as it gives an individual the opportunity to expand her/his knowledge base in the specialty of school nursing, network with peers, learn what is going on currently at the government level in school health, as well as being the bridge between Zone 6 and other nurses across the state. I was recently at a diabetes conference in a zone that neighbors my zone (14) and realized that I knew multiple people at the conference thanks to my experiences with the NYSASN BOD! Please consider volunteering your time with these wonderful women on the NYSASN BOD! For more information, email Gail Hall, RN, Zone Coordinator at zone11@nysasn.org.

Resources:

<http://www.hamiltoncounty.com/>
<http://warrencountyny.gov/>
<http://www.bikewarrenco.org/>
<http://www.visitlakegeorge.com/home>
<http://www.washingtonnycounty.com/about-washington-county-ny/>
<http://www.saratogacountyny.gov/>
<http://www.saratoga.org/visitors>
<http://www.fultoncountyny.gov/>
<http://www.44lakes.com/>
<http://www.visitmontgomerycountyny.com/>
<http://www.visitmontgomerycountyny.com/history>
<http://www.timesunion.com/local/article/Saratoga-celebrated-at-150-5089538.php#photo-5638568>

Notice of Disclaimer

In order for the New York State Association of School Nurses to remain in compliance with the mission statement of the organization, we are unable to accept responsibility for educational information printed or distributed by the faculty at any conference or workshop presented by NYSASN. The following disclaimer was reviewed by legal counsel and will appear on all literature distributed by faculty members at conferences.

"The NYSASN provides this compilation of information as a service to its members only with the intention that the materials be used as a convenient source of information. The materials are provided "As Is" and without warranties or representations of any kind, whether expressed or implied. NYSASN is not liable for damages of any kind, whether special, indirect or consequential, arising from the use of information supplied herein. Nothing is intended to constitute or to be relied upon as legal advice, which should be obtained from licensed professionals in those fields."

Delegation and the Role of the School Nurse

Janice McPhee, MSN, RN, NCSN

Delegation in the school setting is both a valuable tool and a multi-step process for the school nurse if done correctly. The school nurse in New York State must be a registered professional nurse (NYS Education Law Article 19, Section 902). Delegation is viewed as a core skill for RNs that must be fully understood and implemented appropriately.

Nursing tasks may be delegated to both licensed practical nurses (LPNs) and unlicensed assistive personnel (UAP). When delegating a nursing activity, the RN maintains the accountability for the outcome (American Nurses Association [ANA] and National Association of School Nurses [NASN], 2011). To prepare for any possible delegation, the school nurse must assess the student to determine that delegation is appropriate, safe, and in compliance with state laws. The delegated task must need little or no modification when performed, have minimal risk to the student, and have a routine outcome with no assessment required (Davis-Alldritt, 2009). Delegation is not always an appropriate answer to a student's needs (Resha, 2010).

Following the assessment, the school nurse writes an individualized health care plan based upon the Five Rights of Delegation: right task, right circumstance, right person, right directions, and right supervision. Consider using procedure checklists when delegating. The use of checklists documents the school nurse's teaching and the return demonstration of the skills by the LPN or UAP (Shannon & Kubelka, 2013). The checklists should be written specifically to the student's needs and can be referenced as needed for review.

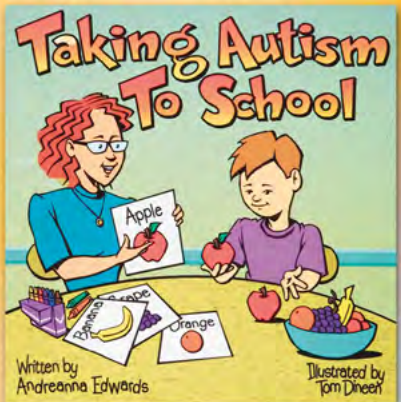
When delegating, the school nurse should also write an emergency plan to be included in the student's individualized health care plan. An emergency plan directs the actions of the LPN or UAP when an unexpected event occurs. It should define the response needed and when to call for the assistance of the RN or call 911. All school nurses should be prepared to delegate safely when needed.

References:


- American Nurses Association & National Association of School Nurses. (2011). *School Nursing: Scope and Standards of Practice*. Silver Spring, MD: Nursebooks.org.
- Davis-Alldritt, L. (2009). If I delegate, am I at risk? *NASN School Nurse*, 24, 180–183. doi: 10.1177/1942602X09342105
- New York State Education Department. Article 19. August 21, 2013. Retrieved from <http://www.p12.nysed.gov/ss/schoolhealth/schoolhealthservices/Article19Sections.html#901>
- Resha, C. (2010). Delegation in the school setting: is it a safe practice? *The Online Journal of Issues in Nursing*, 15, (2). doi:10.3912/OJIN.Vol15No02Man05
- Shannon, R. A. & Kubelka, S. (2013). Reducing the risks of delegation: use of procedure skills checklists for unlicensed assistive personnel in schools, part 2. *NASN School Nurse*, 28, 222–226. doi: 10.1177/1942602X13490030

Mental Health Awareness & Education

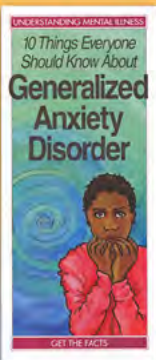
School Nurse Supply offers a wide variety of products referencing the topic of Mental Health, as well as everything else you need for your busy day.



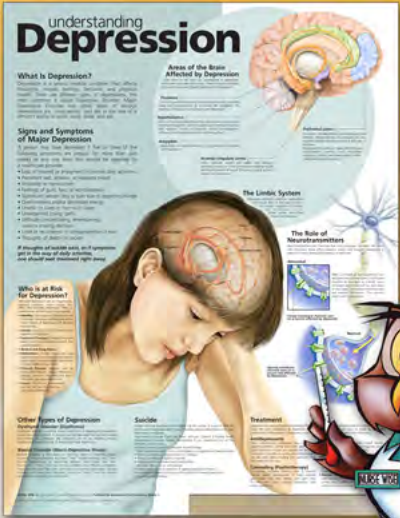
#80652.....\$9.95 ea



#50517.....\$19.00 pkg



#50518A.....\$19.00 pkg

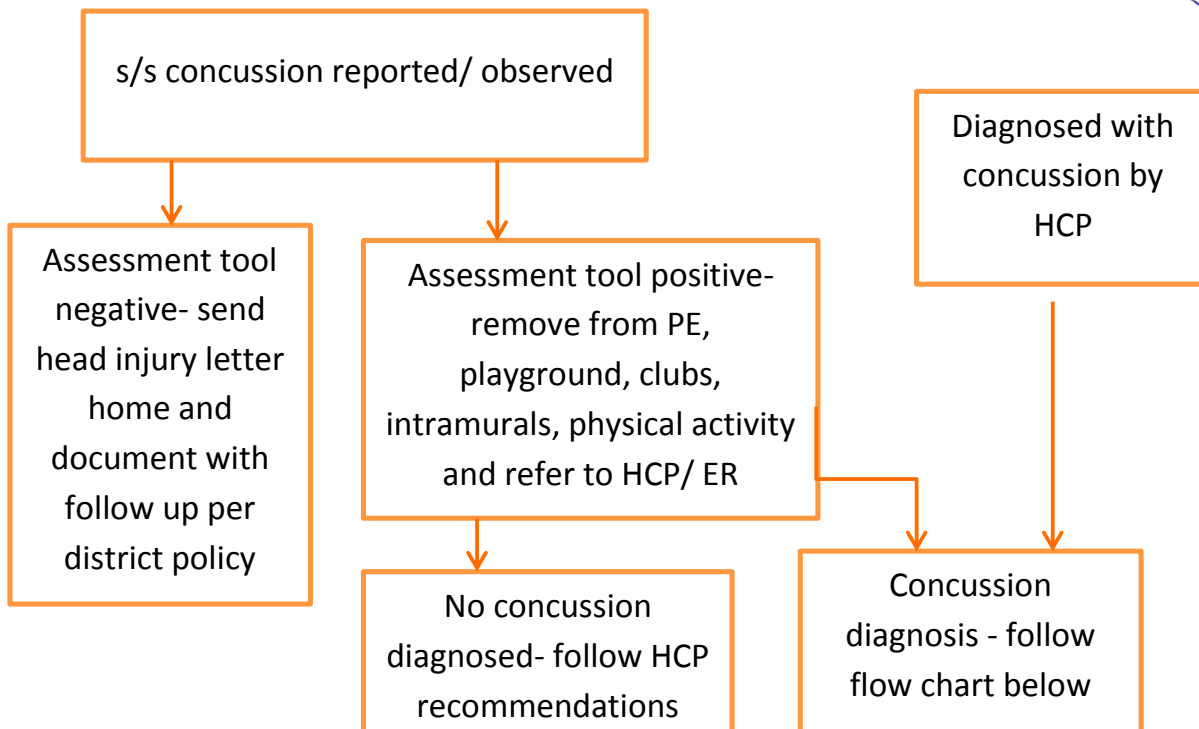


#6075.....\$16.95 ea

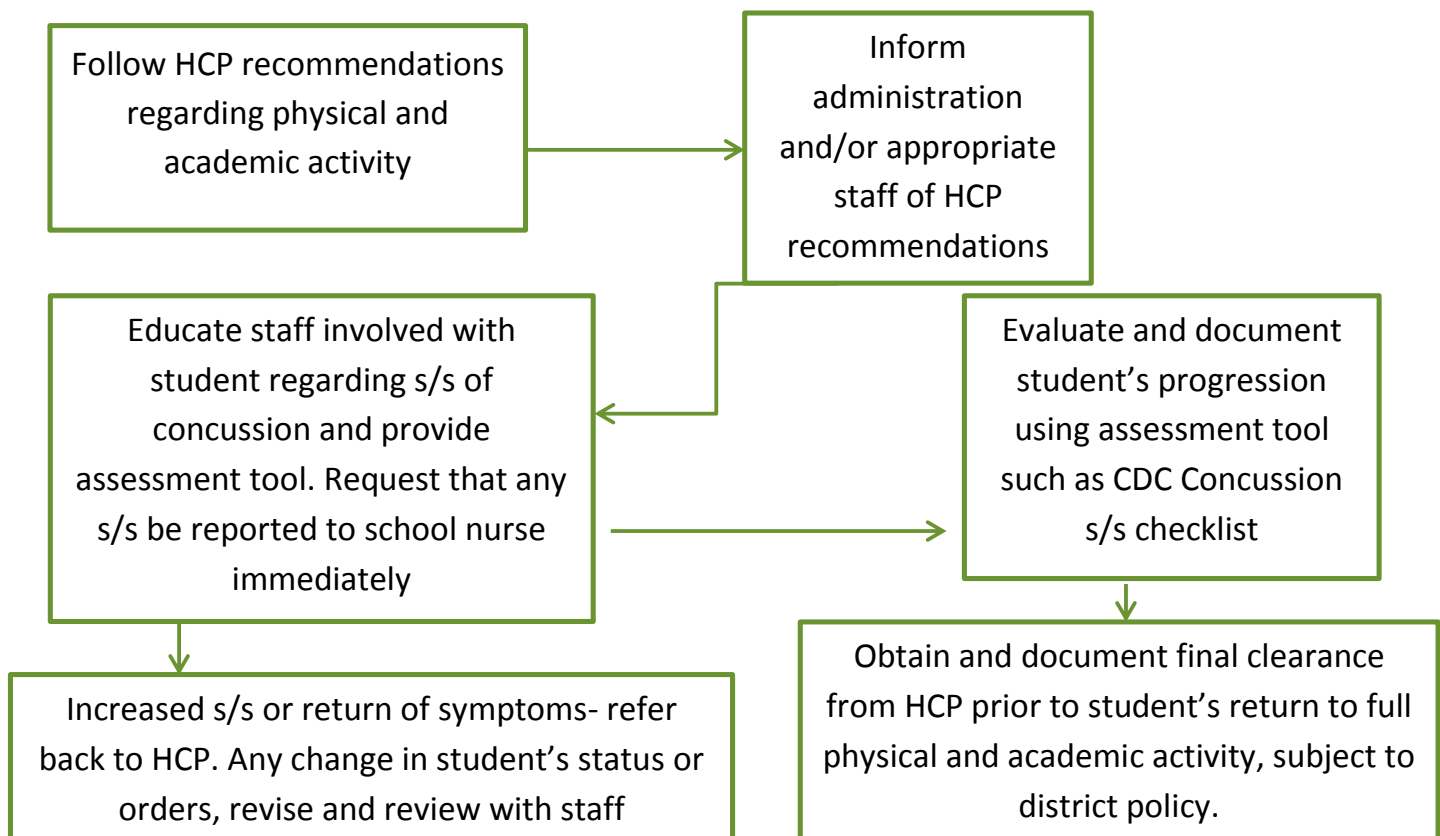
P: 800-485-2737 www.schoolnursesupplyinc.com F: 800-485-2738



Concussion Management for the Non- Athlete



- HCP is Healthcare Provider



CDC Checklist Tool

Observe signs	0	15	30	D
	MINUTES	MINUTES	MINUTES	MINUTES Just prior to leaving
Appears dazed or stunned				
Is confused about events				
Repeats questions				
Answers questions slowly				
Can't recall events <i>prior</i> to the hit, bump, or fall				
Can't recall events <i>after</i> the hit, bump, or fall				
Loses consciousness (even briefly)				
Shows behavior or personality changes				
Forgets class schedule or assignments				
PHYSICAL SYMPTOMS				
Headache or "pressure" in head				
Nausea or vomiting				
Balance problems or dizziness				
Fatigue or feeling tired				
Blurry or double vision				
Sensitivity to light				
Sensitivity to noise				
Numbness or tingling				
Does not "feel right"				
COGNITIVE SYMPTOMS				
Difficulty thinking clearly				
Difficulty concentrating				
Difficulty remembering				
Feeling more slowed down				
Feeling sluggish, hazy, foggy, or groggy				
EMOTIONAL SYMPTOMS				
Irritable				
Sad				
More emotional than usual				
Nervous				

Danger Signs: **Be alert for symptoms that worsen over time. The student should be seen in an emergency department right away if s/he has:**

- o One pupil larger than the other
- o Drowsiness or cannot be awakened
- o A headache that gets worse and does not go away
- o Weakness, numbness, or decreased coordination
- o Repeated vomiting or nausea
- o Slurred speech
- o Convulsions or seizures
- o Difficulty recognizing people or places
- o Increasing confusion, restlessness, or agitation
- o Unusual behavior
- o Loss of consciousness (even a brief loss of consciousness should be taken seriously)

Resources: www.cdc.gov

Rochester City School District



Created by the New York State Association of School Nurses
This tool is to assist the School Nurse in creating a safe environment for a non- athlete with a concussion.
It has been created in good faith and is in no way meant to replace sound nursing judgment, nor override District Policies.

4/2013

Register now for this great educational opportunity!

NYSASN 2014 Fall Annual Conference

Organized by Zone 12 Members

Come join your fellow school nurses from across the state at NYSASN's 2014 Annual Fall Conference - "The Mind-Body Connection" at the Marriott Airport, Rochester, NY on November 7 – 8, 2014. Kick the event off on Friday, November 7, 2014 as Ms. Lawana Jones, BS, MS presents "The School Nurse's Role in Caring for Students with Autism Spectrum Disorder." Ms. Jones has over 27 years' experience in working with children and young adults with autism spectrum disorder, including 3 years as a school district Autism Consultant. She is the Director of the Autism Council of Rochester. Stay to network with colleagues at the Annual Fall Banquet which includes the installation of officers and Excellence in School Nursing Awards. Spend the night at the beautiful Marriot Airport and benefit from Saturday's presentations.

Don't miss the Keynote Speaker, **Ms. Anne Willkins Leach, MS, CAS** as she presents *"The Light Shines from Within."* Ms. Willkins Leach has been a teacher, principal, assistant superintendent, deputy superintendent and superintendent of schools for over 30 years. She holds five permanent certificates from the state of New York and has presented on the regional, state, national, and international levels.

Dr. Sandra Mitzner will be speaking on "Anxiety and Mood Disorders in Children and Adolescents." Dr. Mitzner is the Director of Psychiatric and Psychological Services at the Villa of Hope in Rochester, NY. She has over 30 years' experience working with children and adolescents with mental illnesses. A general meeting and vendor break will follow lunch.

Ms. Mary Ellen Tomanovich, MS and Ms. Judy Watt, MS, RN, NP from the National Alliance on Mental Illness (NAMI) will speak after lunch. Ms. Tomanovich is a retired teacher and active member of the Dept. of Psychiatry Advisory Council of Consumers, University of Rochester; NAMI volunteer. Ms. Watt is the Monroe County Office of Mental Health, Consultant, and Advisor NAMI Rochester.

After another brief vendor break, we will wrap up the day with a fabulous and informative NY Statewide School Health Services Center (NYSSHSC) Update provided by the amazing duo of Ms. Linda Khalil, Director and Ms. Gail Wold, Coordinator.

Send Completed Form with Payment to: Gail Hall, RN, Registrar, 282 Langford Creek Road, Van Etten, NY 14889.



New York State Association of School Nurses

2014 FALL CONFERENCE



THE MIND BODY CONNECTION

MENTAL HEALTH

*Airport Marriott
ROCHESTER, NY*

NOVEMBER 7-8, 2014

Website www.nysasn.org for Registration Information!



NYSASN Annual Fall Conference "The Mind Body Connection"
November 7-8, 2014

Registration Form:

Name _____
 Home Address _____
 City _____ State _____ Zip _____
 Preferred Phone _____ Preferred Email _____
 School District _____ School County _____
 School Name _____
 School Address _____
 City _____ State _____ Zip _____

Position: ☐ SN ☐ SNT ☐ CHN ☐ Supervisor Credentials: ☐ LPN ☐ RN ☐ NP ☐ Other
 School Level: ☐ Preschool ☐ Elementary ☐ Middle School ☐ High School
 Education Level: ☐ AAS/AD ☐ DPL ☐ BSN ☐ MSN ☐ MS ☐ PHD
 RN License # _____

NCSN: ☐ Yes ☐ No; NYSASN Member: ☐ Yes ☐ No; Is this your first NYSASN Conference: ☐ Yes ☐ No

CONFERENCE FEES

Member Fee* _____ Non-Member Fee** _____

*Proof of NYSASN membership is required to be eligible for member rate. For membership information, visit www.nysasn.org

Full Conference Friday and
 Saturday (does not include banquet) \$160.00 \$215.00
 Banquet for Registrant: \$50.00 \$50.00
 Guest Banquet: \$50.00 \$50.00

_____ Slow Roasted Top Sirloin
 _____ Mediterranean Stuffed Chicken (spinach, sun dried tomatoes, Asiago cheese, roasted red pepper sauce)
 _____ Pan Seared Salmon
 _____ Tomato Stuffed Eggplant (Vegetarian)

Enter Number of Selections above _____
 List special Dietary needs: _____

Payment Enclosed: ☐ Check ☐ Money Order ☐ Purchase Order
 Amount Enclosed: \$ _____ (NYSASN Member) \$ _____ (Non-NYSASN Member**)

**Non-member rate includes one year membership. Check this box to decline ☐

Registration Information

Payment: Payment in the form of check, money order or purchase order, payable upon invoice, must accompany registration in order to be considered registered for the conference.

Make checks / PO's payable to NYSASN.

Send Completed Form with Payment to:

Gail Hall, RN, Registrar
 282 Langford Creek Road,
 Van Etten, NY 14889

Deadline: October 11, 2014

All registrants will receive a confirmation email upon receipt of their registration info. If you do not receive an email confirmation within 10 days of submitting your registration info, please contact the registrar.

Hotel Information:

Rochester Airport Marriott, 1890 Ridge Rd W, Rochester, NY
 Reservations must be received on or before **October 18, 2014**
 Please call 1(800) 228-9290 or (58)248-8640 for the \$129 rate, state that you are with NYSASN.

Online Booking Code:

- Go to www.marriott.com/rocap
- Select check-in/check-out dates
- Click on Special Rates & Awards
- Click on Group Code and enter **NURNURA**

For Registration Information:

Gail Hall, RN, Registrar
 282 Langford Creek Road, Van Etten, NY 14889
 Email: ghall@svcsd.org or gallhall24@aol.com
 Phone: (H) 607-589-4211 (W) 607-589-7128
 FAX: 607-589-3003

For Other Conference Information:

(including travel, shuttle information)
 Donna Ryan, RN
ryand@canandaiguaschools.org
 (W) 585 396-3820

Cancellation Policy: Refunds will be granted (minus a \$25.00 administration fee) if notice of cancellation is submitted to the registrar IN WRITING 10 or more days prior to the beginning of the conference.

This activity has been submitted to the PA State Nurses Association for approval to award CEU's. PA State Nurses Association is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation. You can contact Flora McEntee at education@nysasn.org or more information about contact hours.

1. No commercial support has been received for this conference.
2. Approved status does not imply endorsement by the provider of the activity. ANCC, or PSNA of any commercial products displayed in conjunction with the activity.

NASN Director –NY

Suzanne Smith, BSN, RN, NCSN

NYSASN members, another school year brings focus on the professional school nurse role. Across the nation, we are all too aware of the challenges in caring for the nation's children and caring for New York State's children. Ebola outbreaks(now the USA has its first case), enterovirus outbreaks now associated with new muscle weakness symptoms similar to polio, more terror threats in our homeland than once thought possible, and climate changes bringing more severe weather changes bring new challenges to our offices. All of these challenges add to the everyday challenges families and the students sitting in our health offices are already facing such as unemployment, lack of health insurance, cost of eyeglasses, homelessness, hunger, healthy food access, illness(physical and emotional), sports injuries, drug addiction, bullying, special needs such as asthma, life threatening allergies, and managing disabilities to enhance mainstreaming. School nurses help resolve these challenges for families and students all while taking care of oneself and collaborating effectively with administrations and colleagues in the school environment.

This is why you are a member of your professional specialty organization: The New York State Association of School Nurses because you are not just working as a school nurse, you are a professional always looking for best practice and evidence-based research. Where are our colleagues as school nurses? Why are they missing out and not joining NYSASN for only \$55 per year? NYSASN needs the voice and strength of all NYS school nurses to save the school nurse role.

At the same time, NYSASN needs the voice and strength of the NASN organization to enhance our role in New York State. Unification

with NASN is important to school nurses statewide. Are you a member of the National Association of School Nurses as well? Are you a Nationally Certified School Nurse or pondering taking the course and exam? Look to the national website for more information on this at www.nasn.org. Compare your role to teachers in



Suzanne Smith

New York State: all teachers must be certified in their teaching specialty. School Nurses are a specialty of nursing, should we not have the same recognition? Look for the information on this also at the NYSASN Annual Fall Conference in Rochester, NY next month November 7&8, 2014! Vendors will also be available to provide valuable educational information to you and your school nurse practice.

The 2015 National Association of School Nurse Conference is in Philadelphia, PA, a drive doable by all New York State School Nurses. Start now, save and plan for this! Plan to carpool and pack school nurses in a hotel room in order to cut costs! Ask your administration for this in advance or maybe consider presenting to your school PTO regarding the benefits of you attending this great conference! Requesting a sponsorship or maybe the PTO will pay your annual dues for NASN after you speak of the numerous benefits of being a NASN member including benefits such as vision vouchers for needy students and parents!

Thank you for the privilege of serving you at the national level. I return to Washington, DC for business meetings and Capitol Hill visits in January 2015.

Never stop learning...

Suzie

President's Message

Constance Griffin, BS, RN, AE-C

Fall is my favorite season. It is breathtaking with its seasonal changes and fragrances but, it also means that the new school year is underway. At times, this is daunting to me. With each new school year, I am greeted with new challenges along with "old" ones that may not have been previously resolved. Walking or sitting on my porch after work allows me time to reflect upon the day and redirect my thoughts to productive solutions. As I sit and ponder, I often call a fellow member of NYSASN or peruse NYSASN's resources to assist me with the challenges I am or may be facing.

I am looking forward to the upcoming NYSASN conference, as there are many mental health issues that present in my school and life, on a daily basis. NYSASN's Fall Conference is being held November 7-8 in Rochester, NY. Topics focus on Mental Health Issues and the School Nurse's Role in caring for these students. I hope to see many of you there and look forward to networking with you.

As school nurses, we know there is never a quiet or uneventful



Constance Griffin

day. I am sure each of you have been inundated with immunizations, meetings, charting, orders, care plans, and yes- students too! I have had some "eye-opening" events this year that only a school nurse could understand and/or find humor in. Also, let us not forget "life" on the outside of school. My family provides me with many a "nail-biting" adrenaline rush filled days. I know I am not alone in these days and just the thought that each of you is experiencing similar times helps to ease the stress of the day. It took me time to realize one of the tremendous benefits of NYSASN was the networking with other school nurses. I tell you about these days so that each of you knows to take time for yourself.

Find joy in those around you. Take a walk, attend a conference, or call another school nurse to share your challenges. Talk, laugh, and/or cry together. Life is precious as we all know and we need to care for ourselves in order to care for others. My best wishes to all of you for a rewarding school year.

School Nurse Orientation 2014

Joanne Reynolds, MSN, RN, NCSN SNO Program Coordinator



SNO participants talking nutrition with New York State School Nutrition Association

NYSASN hosted 80 Registered Nurses, new to the specialty practice of school nursing, to its 26th annual School Nurse Orientation (SNO) program in August. Participants enjoyed four days packed with traditional and hands-on learning, discussions, sharing, and networking at the scenic Lodge at Welch-Allyn in Skaneateles, NY. Many thanks go out to the faculty who worked diligently to provide a quality program, the NYSASN helpers who came to assist on screening day, the many vendors who provided resources at the Health Fair, and to staff of The Lodge at Welch-Allyn for their continued hospitality and support of this program. Also, thanks go to the participants of SNO 2014 for their commitment to building a solid foundation in their practice of school nursing!



SNO participants speaking with Michelle Barber from the ADADC



There were plenty of goodies to take away from the vendor fair!

Plans are already underway for School Nurse Orientation 2015, August 17-20, 2015, again being held at The Lodge at Welch-Allyn. Please watch the NYSASN website www.nysasn.org (click on the Education tab) for more details as they become available in early 2015! If you are a school nurse new to the practice or know of someone who is, SNO is for you! For more information, contact Joanne Reynolds, MSN, RN, NCSN SNO Program Coordinator at snorientation@nysasn.org.



The New York Statewide School Health Services Center (NYSSHSC) housed at Monroe 2-Orleans BOCES in Spencerport, NY, is now in the fourth year of our five year contract which runs January to December. We continue to provide resources and support to NYS school health professionals.

Immunization Requirements

On September 16th, the New York State Department of Health (NYSDOH) issued an advisory related to enterovirus EV-D68; a serious respiratory illness that has been confirmed in over a dozen children in New York State. In response to this memo, NYSSHSC created multiple guidance resources and a new subpage on the A-Z Index, under "C" for Communicable Disease titled: Enterovirus D68 (EV D68) as well as templates for letters to parents and staff members in the SN Toolkit, under Parent/Guardian Notifications. They include:

- Sample Parent Information Sheet – Describes symptoms, spread and prevention ideas for parents, and directs parents to keep ill children home.
- Sample Staff Information Sheet – Describes symptoms, spread and prevention ideas for staff, and directs staff to send ill students to the nurse for assessment.
- General EV D68 Information Sheet – This document provides information for parents and guardians and is customizable for district needs.

In February 2014, the NYSDOH released the document: 2014-2015 Immunization Requirements for School Entrance/Attendance. These new requirements have significantly impacted both school nurses and the Center's time. The new requirements, based on the Advisory Committee on Immunization Practices (ACIP), have undergone many changes since February and continue to be confusing. The most recent FAQ from the NYSDOH includes 13 questions and answers regarding "FAQ Regarding Minimum Intervals and Record Review" which are posted on our website on the A-Z Index, under "I" for the Immunization Subpage. Question 8 had a huge impact on 6th grade polio (IPV) requirement and stated:

Q8: A 6th grader received four doses of inactivated poliovirus vaccine (IPV) at ages 2, 4, 6, and 18 months of age. Will this student need an additional dose of IPV?

A8: No. ACIP revised its recommendation for IPV in 2009 to include a dose at four through six years of age regardless of the number of doses prior to the age of four years. However, ACIP did not recommend retroactive application of the new minimum age rule for the fourth dose. For students who received their fourth dose prior to August 7, 2010, four doses separated by at least four weeks are sufficient.

In addition, the NYSDOH added this:

Sixth graders that had a total of 3 doses of polio vaccine administered prior to 4 years of age will need a 4th dose. The 4th dose would not be necessary if the 3rd dose was received at 4 years of age or older.

Immunization Requirements

Question 14 also impacts school nurses and states:
Q14: What can school staff expect if their school is selected for an immunization record audit?

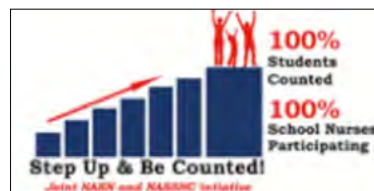
A14: NYSDOH staff conducting audits of school immunization records will provide support and assistance during this transition period for schools that are in the process of complying with the revised regulations.

The immunization survey due date for k-12 has been extended until 12/15/2014 and is now available. However, the new survey worksheets have not yet been released by the NYSDOH. They will be posted on the Data Reporting Page, Immunization Survey when available.

We have added many "tools" to our website under the A-Z Index page, "I" for Immunization Resources, including "sample" letters for school nurses to send to parents and a new FAQ page under Immunizations –subpage 2014 New Requirements for School Entrance. We know these new requirements continue to create a tremendous amount of work and we will continue to support school nurses as they work to implement them.

Step Up and Be Counted

Step Up and Be Counted is a NASN/NASSNC Initiative for collecting standardized data for School Health Services in the



US. NASN and NASSNC are working together to develop a national standardized data set for all school nurses to collect specific data points the same way regarding the number of nurses in schools.

This national project is being piloted by NYSSHSC in NYS for the 2014-15 school year to educate school nurses and obtain feedback on the tool. Resource links are available on our Data Reporting page under Step Up and Be Counted!

NYSSHSC/CDC Survey Administration

We are in the process of completing the administration of the 2014 School Health Profiles Survey (SHP) and may again call on school nurses for assistance with information about the Lead Health Teacher in the schools selected to complete the survey. We will begin 2015 YRBS Survey administration in late fall with notification of selected schools targeted for October. As in previous years, we appreciate the assistance school nurses provide in assisting the Center to obtain weighted data for NYS.

For those of you who attended our 2014 School Health Seminar Update conferences, we loved seeing you!

We used the seminar content to create webinars and the following are now available on our website:

- What You Don't Know Can Hurt You: Explore the Latest Updates from NYSED, NYSDOH & Federal Agencies and
- It Takes a Village: Engaging Youth, Staff & Parents in Providing Mental Health Services & Support.

You can find them on our Professional Learning Tab, under 2014 NYSSHSC Webinars.

We are working on "Enhance your Expertise: Clinical Practice Updates for School Nurses" and should have that available soon.

Contact us @

Linda Khalil
lkhalil@monroe2boces.org 585.617.2381

Gail Wold
gwold@monroe2boces.org 585.617.2382

Debbie Karpowich
dkarpowi@monroe2boces.org 585.617.238

Nurses Note School Nutrition News

Michelle Barber, MA, RD, CDN

Nutrition Specialist for American Dairy Association and Dairy Council, Inc.

Kids learn better when they're not hungry. As part of an ongoing effort by schools to lead the way in childhood nutrition, there are new rules concerning foods sold in school. This article was written to make sure that you understand the new rules, in case you are asked by teachers or parents.

On July 1, 2014, the Competitive Foods in Schools: Interim Final Rule went into effect for the 2014-2015 school year. Under the rule, now all foods and beverages sold in school, and at any time during the school day, must meet strict nutritious guidelines. This covers foods sold a la carte in the cafeteria and through vending machines. The new regulation was required of the USDA by the Healthy, Hunger Free Kids Act 2010, to promote healthier and more nutritious smart snacks in schools.

To be allowed, competitive foods in schools must meet all of the Interim Final Rule nutrient standards and:

Have as the first ingredient one of the major food groups, which includes dairy; or,

Be a grain product with 50% whole grain; or,

Be a combination food with a quarter-cup fruit or vegetable; or,

Contain 10% of the Daily Value of a nutrient of public health concern – calcium, potassium, vitamin D, or dietary fiber.

These nutrient standards set by the USDA, based on the Dietary Guidelines for Americans (DGA), support the importance of dairy's

role in the diet of school-aged children. Milk has high amounts of calcium, potassium, and vitamin D for a total of 9 essential nutrients in one 8-ounce glass drink. The DGA recommends 3 cups of low-fat or fat-free milk, or milk products daily for children aged 9 and older; and 2.5 servings for school-aged children 8 and younger. This means low-fat and fat-free milk and fat-free flavored milk can be offered at all grade levels, with 8-ounce portions for elementary school children and 12-ounce portions for middle and high school students.

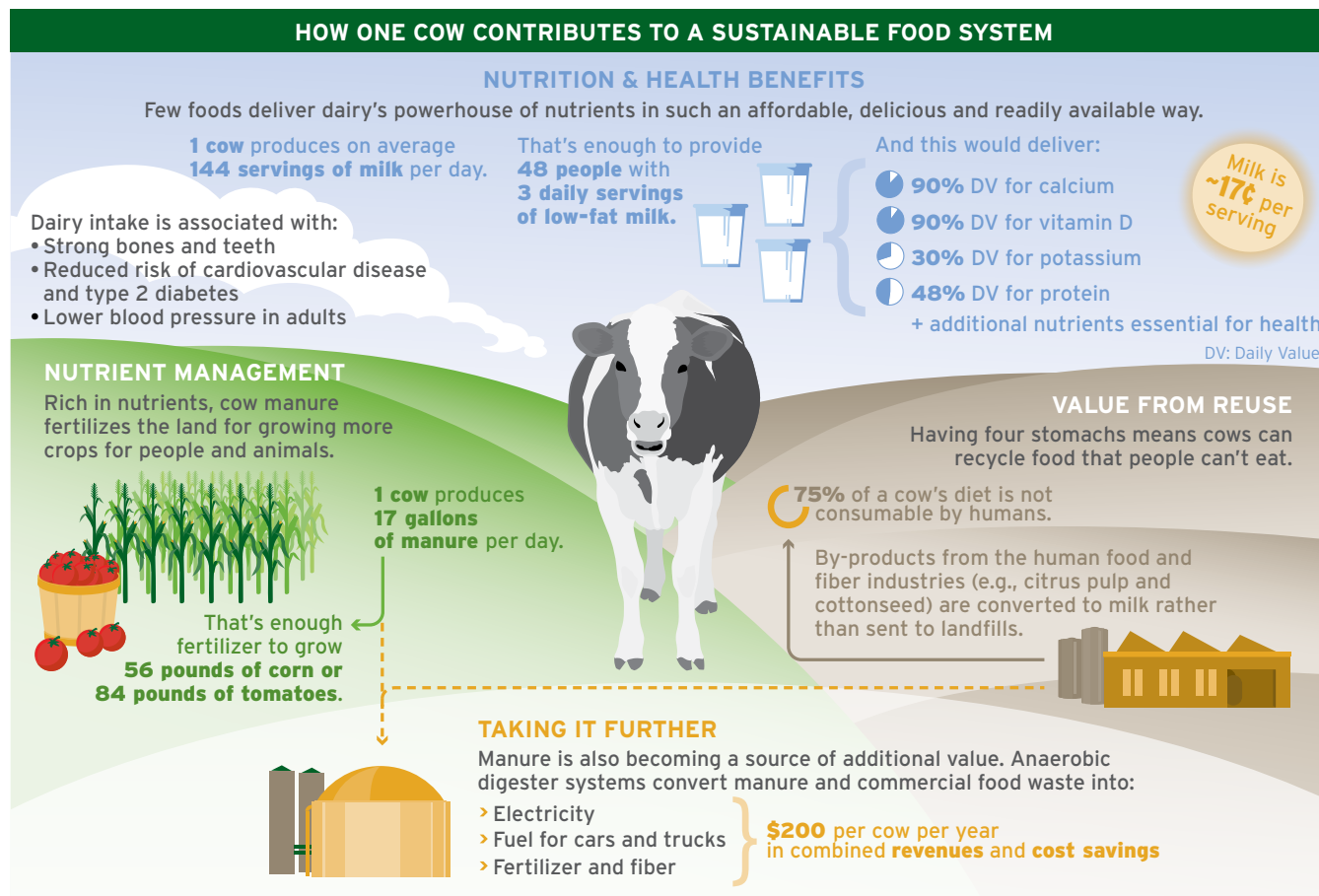
Reduced-fat cheeses, including part-skim mozzarella, may be offered in schools as long as they do not have more than 230 milligrams of sodium; most yogurt varieties already meet the sugar limit and are also eligible.

For more information about Interim Final Rule, please refer to the following resources:

USDA News Release: http://www.usda.gov/wps/portal/usda/usdahome?contentid=2013/06/0134.xml&navid=NEWS_RELEASE&navtype=RT&parentnav=LA_TEST_RELEASES&deployment_action=retrievecontent

USDA Questions and Answers: <http://www.fns.usda.gov/sites/default/files/SP23-2014os.pdf>

The text of the interim final rule is available at: http://www.fns.usda.gov/sites/default/files/2013-15249_0.pdf



Sources Nutrition: A. Drewnowski, *Am J Clin Nutr*, 2010; USDA National Nutrient Database for Standard Reference SR25; 2010 *Dietary Guidelines for Americans*; Nutrients and reuse: Est. of human-edible and inedible materials computed from the avg. Midwestern lactating cow ration published by Thoma et al.; Greenhouse Gas Emissions of Fluid Milk, 2010; Erb, Kevin; Manure 101, University of Wisconsin Extension, 2010; Digester: Innovation Center, Case Study: Food Waste, 2013.

Zone Meetings & News **Continued**

1 Nassau County **Association of School Nurses**

Zone 1 had our first BOD Meeting September 17th. We discussed our upcoming NCASN meeting which will be October 1st, and feature Valerie Taylor- Social Worker /Counselor at Syosset High School. Valerie will discuss the current drug and alcohol trends affecting our schools. Other topics discussed were the meeting schedule for the 2014/2015 school year, membership, and the possibility of developing a website. We look forward to a productive, helpful, and informative year for all our members. Please feel free to contact me anytime through my zone email.

Contact: Jill McCarney, RN
Zone 1 Representative
Zone1@nysasn.org

2 Suffolk County **Association of School Nurses**

Let me extend a huge welcome back to the school year, 2014-15. The meetings for Zone 2 will be held at the BOCES Sherwood Center in Holbrook, NY. We will begin at 4:30 PM with a general business meeting followed by a guest speaker. Dues are \$20.00 for the year and a light dinner will be served.

Our first meeting of the school year will be held on Wednesday October 29, 2014. We are pleased to welcome Dr Mary Beth Petraco, DNP, PNP-BC, CPNP, FAANP, Coordinator-Child Health, Suffolk County Department of Health Services as our first guest speaker. Dr Petraco will present "Latest NYS Immunization Regulations for School Nurses 2014." The remainder of our meetings will be on the following dates: January 14, 2015 – topic TBA, March 25, 2015 – cyber-bullying, May 5, 2015 – Annual School Nurse Dinner. We are looking forward to another great year of educational opportunities and networking.

Contact: Noreen Maynes, BSN, RN
Zone 2 Representative
nmaynes@millerplace.k12.ny.us
zone2@nysasn.org

3 Metropolitan **Association of School Nurses**

I hope everyone is having a good start to the school year. The Metropolitan Association will continue meetings on the third Thursday of the month. Meetings will be held November 20th, January 15th, and March 20th. We will celebrate School Nurse Day with a dinner on Wednesday May 6th. If you would like to host a meeting in your area, please contact me. This year, at the fall banquet, Jessy Warren will be receiving the Excellence in School Nurse award from NYSASN. Congratulations Jessy!

I am looking for nurses who are interested in a board position. Please contact me with questions/comments. Wishing you a successful school year!

Contact: Mary Fitzpatrick, BSN, RN
Zone 3 Representative
zone3@nysasn.org
516-220-5186

4 Westchester / Putnam **Association of School Nurses**

The Summer Enrichment Academy was greatly enjoyed and appreciated by many of the School Nurses in Zone 4. We are grateful for the efforts of our Zone 5 colleagues "over the (Hudson) river" who worked so diligently to make this a success!

The first Zone Meeting for Westchester- Putnam School Nurses will be held on October 22nd at Sir John's Restaurant in White Plains. Mary Beirne, LLM, BN, RN-BC, NCSN School Nurse, White Plains, and Legislative Chairperson NYSASN will present on "Using a Professional Portfolio to Enhance School Nursing Practice."

Meanwhile, zone members were invited to attend, and greatly enjoyed, a program on Growth Assessment at Ruth Chris Steakhouse in Tarrytown. We have also extended invitations to two different offerings from the JDRF on "Taking DT1 to School," one will be held in Poughkeepsie and the other in New Rochelle. There will be an additional presentation by Joan DiMartino-Nardi MD, Pediatric Endocrinologist on Thursday, October 16th, at Ruth Chris Steakhouse.

In the planning phase, for later in the fall, is a presentation by a renowned Pharmacologist on topics related to implications for School Nurse who administer medications to children. We have designed and disseminated a "Survey Monkey" to our membership to determine the areas of greatest concern for our school nurses related to this topic.

Our Zone has lost its President and Treasurer because of their personal obligations and a move out of the area. We have actively been searching for a replacement for each of these positions. An additional person is considering accepting the role of Zone 4 Representative.

Contact: Carol Bumbelow, MS, RN
Zone 4 Representative
zone4@nysasn.org

5 Southeastern **Association of School Nurses**

Oh Boy! Is it already October? I hope everyone's school year is going well. Zone 5 is planning a dinner meeting for the end of October at the Hilton Garden Inn in Newburgh. The topic is on Diabetes with a representative from Crystal Run Medical Group presenting this important information. We will be sending out the flyer soon with all the information needed to sign up for this event! Hope to see you all there. Questions, concerns, or suggestions may be directed to the email below; please don't hesitate to contact me anytime.

Contact: Joanne Bardin, RN
Zone 5 Representative
zone5@nysasn.org

Continued next page

Zone Meetings & News **Continued**

6 Northeastern Association of School Nurses

See Zone Spotlight, page 1.

Zone representative needed.

Interested?

Contact: Gail Hall at zone11@nysasn.org

7 Capital Association of School Nurses

The Capital Region School Nurses Board met in early September to discuss collaboration between the NYSASN Education Committee and the CRSNA for a March Conference. We are currently exploring venue options and obtaining speaker confirmation for the morning session. CRSNA is looking forward to more discussion with the NYSASN Education Committee regarding this exciting collaboration.

The Capital Region School Nurses Association along with JDRF and the Children's Hospital at Albany Medical Center met on Saturday, September 27th for the program entitled "Diabetes in School: A Program for School Nurses." There were over 100 participants, some of whom were Coaches and Child Care Providers. Nancy Jones, RN, CDE, discussed "Diabetes 101 and the psychological concerns of diabetes." Katie Marschilok, RN, MSN, CDE, spoke about "The ABC's of Meds, Pumps, and Technology." David Marschilok, RN, CDE, spoke about "Emergencies at School: Managing Hypoglycemia, Hyperglycemia and DKA." Janice McPhee, MSN, RN, NCSN, was present to discuss "504s and Hot Topics." Linda Kahlil, RN, BSN, MSEd and Gail Wold, RN, BSN, conducted an "Ask the New York Schoolwide School Health Services" Q and A session. A huge thank you goes out to Danielle Unser for helping to pull this fantastic conference together.

On October 22, CRSNA is hosting an evening meeting regarding "The Heroin Epidemic: Hillbilly, Red Birds, Z-Bar, Skippy, A-Minus... What do all these names have in common?" Please feel free to email me with questions or comments.

Contact: Ann Lanoue, RN
Zone 7 Representative
Zone7@nysasn.org
518-674-7103

8 Northern Association of School Nurses

Zone 8 nurses gathered at the Butcher Block Restaurant on May 7th to celebrate School Nurse's Day. Eleven members were present. We enjoyed networking and reviewing current trends of illness and health care. A trifold display board promoting NYSASN was available for all present to view. Membership applications, information on upcoming educational offerings, and legislative updates were included.

Our guest speaker for the evening was Dr. Jonathan Mulholland, sports chiropractor and strength coach @ Ideal Athlete Chiropractic in Plattsburgh, NY. His presentation focused on student athletes and common injuries and treatment therapies.

Our zone will be meeting in November at a date to be determined.

Fall 2014

Please feel free to contact me at bbesaw@saranac.org with any questions or comments.

Contact: Beth Besaw, RN
Zone 8 Representative
zone8@nysasn.org

9 North Central Association of School Nurses

The next New York State Association of School Nurses Zone 9 dinner meeting will be held on October 23, 2014. We will be celebrating a new school year. The meeting will be held at Jefferson County Public Health at 531 Meade Street, Watertown, NY. The guest speaker will be Stephen Jennings from Jefferson County Public Health. He will be updating us on what the Jefferson County Oral Health Leadership Team has accomplished so far. In addition, he will let us know what the next steps will be in the latest dental health initiative across the state. Our dinner will be pot luck. I will be bringing a crockpot of chili. Other zone nurses will bring something to share. We are looking forward to a great evening. The nurses were also reminded to check out the NYSASN web site for educational offerings that are coming soon at www.nysasn.org.

Contact: Lou Ann Gleason, BSN, RN
Zone 9 Representative
zone9@nysasn.org

10 Central Association of School Nurses

Greetings to Zone 10 members and best wishes for a healthy happy school year! Please be aware that in our neighbors in Zone 12 have been hard at work on a wonderful 2014 NYSASN Annual Fall Conference. Please visit www.nysasn.org to register for this fabulous offering on the "Mind Body Connection." Questions, concerns, or meeting suggestions may be sent to the email below. Have a safe and healthy school year!

Contact: Concetta Carcone, RN
Zone 10 Representative
Zone10@nysasn.org

11 Southern Association of School Nurses

Southern Zone 11 will be meeting for dinner on October 21, 2014 at the Owego Treadway. Our guest speaker will be Ronald Lanouette, an attorney from Binghamton, who is assisting us in obtaining our "Not for Profit" status. This is a very important endeavor and we welcome all school nurses in Zone 11 to attend this meeting.

Information has been sent via email to the school nurses in Zone 11 regarding this meeting and other important zone communications. If you should have any questions, please contact me anytime!

Contact: Gail Hall, RN
Zone 11 Representative
Zone11@nysasn.org
gailhall124@aol.com
607-589-7128

Continued next page

Communicator / 14

Zone Meetings & News **Continued**

12 Central Western Association of School Nurses

Hello Zone 12 members! We have been busy in Zone 12 getting ready for the NYSASN Annual Fall Conference. It is being held at the Marriot Airport in Rochester, NY on November 7-8, 2014. We are very pleased with the lineup of speakers and the accommodations! It looks to be a great conference overall. Many events are planned including the induction of new officers as well as the celebration and recognition of Excellence in School Nursing award winners. We hope everyone who is coming is prepared and ready to learn and have fun! Questions, concerns, or suggestions for future meetings can be directed to zone12@nysasn.org.

Contact: Donna Ryan, RN and Diane Houseknecht, RN
Zone 12 Co-Representatives
Zone12@nysasn.org

13 Western Association of School Nurses

Greetings from Western New York Zone 13!! We are off to a good start. At our first meeting of the year, September 15th, our guest speaker, Jessica Sherman, entitled her evening presentation: "Kids Escaping Drugs: What you need to know about adolescent substance abuse!" She was excellent! She brought a young man who has "escaped drugs" and he shared his amazing story with all of us. Coming up in October, Dr Meichenbaum will present "Autism Spectrum Disorders." It should be very informative. In November, a representative from the NYSDOH is speaking on the immunization updates! Please check the NYSASN website for the latest information for meeting dates with times and places! All school nurses and colleagues are welcome!

Contact: Debbie Kampff, RN
Zone 13 Representative
zone13@nysasn.org

14 Southwestern Association of School Nurses

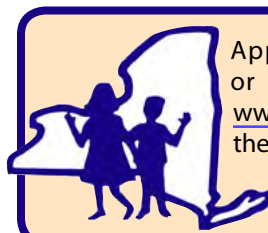
Greetings from Zone 14, I hope that you are having a great start to your school year! This year we are having the Far Western New York School Nurses Association Fall Meeting at Myers Steakhouse in Salamanca, NY. Save the date of October 22, 2014 to join us for this delightful evening.

Mary Kay our treasurer wanted me to alert you that she is accepting annual dues of \$15 for the 2014-15 school year until November 30, 2014. This money goes towards the two \$250 scholarships awarded within the three counties to students in college, or accepted to a college, and working towards a nursing degree. We had several seniors last year that were great applicants who could not even be considered as the one big stipulation, a school nurse in the applicants district must be a member of this association, was not met. You will not be able to pay dues in March/April 2015 for your student to be eligible for this school years scholarship as the dues deadline is November 30, 2014 for this school year. So... please consider investing \$15 to be a member and allow students in your district to possibly win a \$250 scholarship for college.

Just a reminder- There are three levels of school nurse associations that you could potentially belong to. The local level- FWNYSNA- dues are \$15. The state level- NYSASN (New York State Association of School Nurses)- dues are \$55. The national level- NASN (National Association School Nurses)- dues are \$100.00.

Education opportunity alert!! There is also a wonderful NYSASN Annual Fall Conference coming up in November in Rochester on "The Mind and Body Connection." Please go to www.nysasn.org for more information! Have a wonderful year and please consider coming to the FWNYSNA Fall Meeting at Myers steakhouse on October 22, 2014 for an evening of education, good food, and socialization!

Contact: Anita Mosher, RN
Zone 14 Representative
zone14@nysasn.org
716-366-9300 * 3388



Applications for membership, new or renewal, can be found online at www.nysasn.org. For questions regarding the benefits of membership, feel free to email our membership chair, Joetta Pollock at membership@nysasn.org.

News from the Zone Coordinator

Gail Hall, RN

Welcome aboard Jill McCarney, our newest representative to the NYSASN Board of Directors. Jill comes to us from Manhasset, NY and is the nurse at St. Mary's Elementary School. We are thrilled to have her representing all of the school nurses from Zone 1.

We are still without a representative from Zone 6. That includes the following counties: Hamilton, Warren, Washington, Saratoga, Fulton and Montgomery. If you are a NYSASN member from this zone, please let me know if you have an interest in representing school nurses from these counties. It is a wonderful volunteer position. Yes, it takes some time and work, but it is well worth it!



Gail Hall, RN

Zone 11 is already planning for NYSASN's 2015 Fall Conference. We are looking at a number of topics that would benefit every school nurse. We look at past conference evaluations and suggestions for ideas as well as current issues facing school nurses today. If you have a suggestion for us, please email me at zonecoordinator@nysasn.org. The conference committee will make every effort to include your idea in this conference.