

The NEW YORK STATE ASSOCIATION OF SCHOOL NURSES

Communicator

Spotlight on



Lois Haque, RN, BS, NCSN

Nassau is Zone 1 of the New York State Association of School Nurses and the smaller of the two counties comprising Long Island. Long Island, the largest island adjoining the continental United States, extends approximately 118 miles east-northeast from the mouth of the Hudson River, adjacent to Manhattan Island. At its widest point, 20 miles, the 1,377 square mile island is separated from the mainland on the north by the Long Island Sound and the Atlantic Ocean on the south and east. Geographically, Long Island includes Brooklyn and Queens Counties (technically part of New York City), as well as, Nassau and Suffolk, although the moniker Long Island is typically applied only to Nassau and Suffolk counties.

The Nassau border is only approximately 15 miles from mid-town Manhattan and a short drive to JFK, LaGuardia, and MacArthur airports. Its government is divided into 3 townships containing 2 cities and 64 villages. Long Island has approximately 56 public school districts which employ 400 school nurses. Many parochial, private, and charter schools also thrive on Long Island. Nassau was and still remains a county of contrasts. It was home to American Indians such as the Shinnecock and was later settled primarily by the English and the Dutch. Many of our towns have American Indian names. Who would have thought that Manhasset, once an Indian tribe here, would be known for its "Miracle Mile" or the "Rodeo Drive" of the East Coast? Other town names such as Merrick, Massapequa, and Mineola pay tribute to the American Indian Heritage of Nassau (itself named after the Dutch Prince William of Nassau).

Nassau County has the dubious distinction of having the highest taxes in the state. Yet, we also have some of the most expensive homes, and a reputation for high performing school districts. Students here win many national awards and Nassau is home to many higher learning institutions, such as Adelphi, Post, and Hofstra Universities. The Merchant Marine Academy, Webb Institute, and NYIT College of Osteopathic Medicine are also located here. Additionally, Nassau is home to award winning hospitals, including the national renowned Cohen Children's Hospital, St. Francis Hospital, and Heart Hospital.

To locals, Nassau is divided into the North Shore, or the Gold Coast that inspired the Gilded Age novel, *The Great Gatsby*, with its extravagant mansions on the water of the Long Island Sound. The other half or the South Shore is known for its beaches and waterways. One of these beaches, Jones Beach State Park, has more than six miles of ocean beach, a nature center, and an open air theater that presents top performers. This summer, Jones Beach Amphitheater will host bands such as Sheryl Crow, Journey, Lionel Richie, James Taylor, and Jimmy Buffett, among many others.

Although much of Nassau is now a suburb of New York

City, there are still a few farms existing in what was once a very agricultural area. Nassau hosts a wide range of outdoor activities available with many state parks and preserves offering a great variety of things to do. Needless to say, being an island, boating, water skiing, and fishing are popular and easily accessible.



Nassau County has a strong historical story. It was built on the whaling industry. Of course, George Washington spent time here and many locations are noted with signs stating, "George Washington Slept Here!"



On a medical oddity note, it was on a yacht off the northern coast of Nassau county that President Grover Cleveland had radical and secret surgery to remove a tumor from his mouth... a surgery that occurred in 1893, but was kept secret until 1917! Sagamore Hill was the "Summer White House" of Theodore Roosevelt from 1902 to 1906 and is still a popular destination for school field trips. A

visit to Old Bethpage Village Restoration will take you a step back in time where you can experience life in a recreated mid-19th century American Village. Nassau is home to the first highway built by noted urban planner Robert Moses, some of the earliest car racetracks, and the first modern suburban development (Levittown). It is also known as the "Cradle of Aviation" as so many firsts in the airplane/aerospace industry took place here. Nassau County is an exciting and dynamic place to visit with natural beauty, a rich history, and many attractions, including the Islanders of the National Hockey League. It has world class shopping, restaurants, exciting fairs, and festivals.

School nursing is a challenge in our county. We need to understand

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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.



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Are you interested in adding
something to our newsletter?
Contact the Editor before October 1, 2014
with your ideas for the
Fall 2014 issue.

Editor's Note

By Anita Mosher, AAS, RN

Before I became a school nurse, I worked in a hospital year round. I used to think about all the time I would have to just be at home, spending time with my family, if I did not work through the summer. Well, I have been a school nurse for five years now and my summers are full and my family has grown. They are all busy working and living their lives. The summer after my first year as a school nurse, I did not think I would know how to fill my time because my children were grown and working summer jobs! Now that I am looking forward to my fifth summer as a school nurse, I don't know how I had the time to work through the summers and juggle everything else that summer brings! I realize that a lot of school nurses work for their schools through the summer, while others work at a hospital, a doctor's office, care for children or grandchildren, or enjoy many other jobs or activities.

This summer, I plan on taking advantage of the NYSASN educational opportunity in July, "Youth Mental Health First Aid," at the Hilton Garden Inn, in Newburgh, NY. I will also be helping at SNO (School Nurse Orientation) in August at the Welch Allyn Lodge. When I first became a school nurse, I found SNO to be an invaluable experience. Both of these great educational opportunities can be found now on the NYSASN website at www.nysasn.org. Also, save the date for the NYSASN Annual Fall Conference, it is in Rochester this year, November 7- 8, 2014!

In addition, I will be taking a trip to Georgia with my daughter, go to the Brickyard 400 with my husband, zip up to Massachusetts for some time with my sister and her family, lay in my hammock behind the pond, talk trucks with my son, get my grandma's house ready to sell with my mom, and sit on the front porch with family and friends. Whatever fills your summer, please take the time to get a little sunshine, laugh with family and friends, and just breathe.



Anita Mosher

Notice of Disclaimer

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THE TRUTH ABOUT FLAVORED MILK

Some schools have made the decision to remove chocolate and other flavored milks from the cafeteria. Even though these bans have been well intentioned, they have done more nutritional harm than good. Lowfat chocolate milk is the most popular milk choice in schools and kids drink less milk – and get fewer essential nutrients – if it’s taken away.

Learn more about the myths and realities of flavored milk in the cafeteria.

Myth	Reality
Flavored milk isn't as nutritious as white milk.	<p>Chocolate milk contains the same nine essential nutrients as white milk, including vitamin D, calcium and potassium – “nutrients of concern” that most kids fail to get enough of, according to the <i>Dietary Guidelines for Americans</i>.</p> <p>In fact, this school year when kids pick up a carton of flavored milk with their lunch, the majority will be less than 150 calories. It’s projected to contain, on average, just 31 calories more than white milk – the result of an ongoing commitment to improve the profile of school milk by the nation’s milk processors.¹</p> <p>Flavored milk “counts” as a serving of dairy – and most Americans fall far short of the recommended three servings for kids ages 9 and up.</p> <p>Milk drinkers consume more calcium, phosphorus, magnesium, potassium and vitamin A than non-milk drinkers.²</p>
Flavored milk contains a high sugar content, up there with soft drinks.	<p>Research shows that flavored milk contributes just 3% of added sugars to kids’ diets versus sodas and fruit drinks, which account for close to half of the added sugar and deliver much less, if any, nutritional value.³</p> <p>Not all of the sugar you see on the label is “added sugar.” Some of the total grams are naturally-occurring lactose.</p> <p>Dairy companies have worked with schools to reduce the amount of added sugar by an average of 38% in the last five years.¹</p> <p>The American Academy of Pediatrics, American Dietetic Association and other groups agree that flavored milk is a positive trade-off for soft drinks, which are the primary source of added sugars in children’s diets.⁴</p>
When flavored milk is removed from schools, kids will drink white milk. If there’s any dip in consumption, it will rebound.	<p>A study showed eliminating flavored milk from elementary schools resulted in a dramatic drop in milk consumption (35%), which means many children will miss out on essential nutrients that milk provides.⁵</p> <p>Research suggests milk consumption does not recover over time when flavored milk is removed. In the same study, even the 40 schools that were in their second year of a limited or no-flavors policy did not see students moving to white milk. On average, students at these schools drank 37% less milk compared to when they had flavored milk available every school day.⁵</p> <p>If milk is not consumed with the noon meal, it’s nearly impossible for children to meet their needs for calcium, vitamin D and potassium – which are already identified by the <i>2010 Dietary Guidelines for Americans</i> as limited in children’s diets.</p>
Flavored milk adds too many extra calories to children’s diets and is contributing to the obesity crisis among American children.	<p>Nearly all (95%) of 8-ounce servings of chocolate milk served in schools have 150 calories or less.¹</p> <p>Children who drink flavored milk don’t have a higher body mass index (BMI) than those who do not drink milk.²</p>
Once kids drink flavored milk, they no longer drink white milk.	<p>Drinking flavored milk doesn’t mean kids neglect white milk. It’s a small, but significant contributor to kids’ milk intake. In fact, flavored milk only makes up 20%-26% of kids’ total milk intake.⁶</p>

REFERENCES

1. 2011-2012 Projected School Milk Product Profile, MilkPEP School Channel Survey, conducted by Prime Consulting Group. This is a joint project of the Milk Processor Education Program (MilkPEP), the National Dairy Council and the School Nutrition Association, conducted July, 2011. Responses were received from processors who collectively serve over 51,000, or 53% of all K-12 public schools.
2. Murphy MM, Douglas JS, Johnson RK, Spence LA. Drinking flavored or plain milk is positively associated with nutrient intake and is not associated with adverse effects on weight status in U.S. children and adolescents. *J Am Diet Assoc.* 2008; 108:631-639.
3. National Health and Nutrition Examination Survey, NHANES (2003-2006), ages 2-18.
4. Science Supports the Important Role of Milk, including Flavored Milk, in Children’s Nutrition. November, 2009. <http://www.eatright.org/Media/content.aspx?id=11001>
5. The impact on student milk consumption and nutrient intakes from eliminating flavored milk in schools. 2009. MilkPEP research conducted by Prime Consulting Group. Presented at the School Nutrition Association Annual National Conference, 2010.
6. MilkPEP 2010 Consumption Tracker Q3 2010-Q1 2011. Among stand alone milk drinkers.

Chocolate Milk in Schools

Michelle Barber, MA, RD, CDN

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

Children come to the school nurse's office for many health issues, including problems focusing on their lessons because of hunger. What does that have to do with chocolate milk? New research from Cornell University finds buying chocolate milk in school provides students with the same nutrition as is found in unflavored milk, with only minimal extra calories or sugar.

"When schools ban chocolate milk, we found it usually backfires," said Andrew Hanks, lead author of a Cornell University study published April 2014 in PLOS ONE¹. Researchers discovered taking chocolate milk off school menus has negative consequences: total milk consumption decreased by 10 percent, 29 percent more milk was wasted, students consumed less protein and calcium, and participation in school meals decreased by seven percent. All of these factors could impact students' health and wellbeing, as the National School Lunch Program provides nutritionally balanced, free and reduced-price lunches to more than 31 million children each day².

At Dunkirk Middle School, in Chautauqua County, school nurse Anita Mosher, AAS, RN sees about 45 students a day for various reasons, "I might get one student a week who is hungry, mostly because they're either late for school or did not want any of the breakfast or lunch options for that day." They come to Mosher exhibiting signs of fatigue, headache, and stomach pain. That's where chocolate milk can fill in as a healthy treat, while staving off hunger.

Chocolate milk contains the same nine essential nutrients as white milk, including vitamin D, calcium, and potassium—nutrients that most children fail to get enough of, according to the Dietary Guidelines for Americans. The American Academy of Pediatrics,

Academy of Nutrition and Dietetics, and other groups agree that flavored milk is a positive trade-off for soft drinks.³ More importantly, from Mosher's perspective, "milk is a great source of protein and slow steady sugar. This keeps a student's blood sugar steady, hunger pains at bay, and allows them to have the energy needed to focus on learning."

As for sugar, research shows that flavored milk contributes just three percent of added sugars to kids' diets versus sodas and fruit drinks, which account for close to half of the added sugar and deliver much less, if any, nutritional value.⁴ Dairy companies have worked with schools to reduce the amount of added sugar found in flavored milk. Chocolate milk served in schools now has 45% less added sugar than just five years ago and, on average, just 122 calories per serving.⁵

"I think that it's important to continue to offer chocolate milk in schools if it gets kids to drink milk," said Mosher. Offering a choice that is as appealing as it is nutritious, such as chocolate milk, can help boost kids' overall milk intake and help them get the key nutrients children need. This may mean less time spent at the school nurse's office and more kids operating at peak performance for academic achievement.

Want more facts about chocolate milk? Contact American Dairy Association and Dairy Council's registered dietitian, Michelle Barber, at 315-692-8045 or email mbarber@adadc.com.

1 Hanks A. Just D, Wansink B. Chocolate Milk Consequences: A Pilot Study Evaluation the Consequences of Banning Chocolate Milk in School Cafeterias. PLOS ONE 9:4:e90122.

2 United States Department of Agriculture. National School Lunch Program Fact Sheet.

3 Science Supports the Important Role of Milk, including Flavored Milk, in Children's Nutrition. November, 2009.

4 National Health and Nutrition Examination Survey, NHANES (2003-2006), ages 2-18.

5 2012-2013 School Milk Product Profile, MilkPEP School Channel Survey, conducted by Prime Consulting Group, July 2013. Responses were received from processors who collectively serve 63% of all K-12 public schools. The MilkPEP Annual School Channel Survey is a joint project of the Milk Processor Education Program (MilkPEP), the National Dairy Council and the School Nutrition Association.

New York State Association of School Nurses (NYSASN) Announces 2014 School Nurse Administrator of the Year

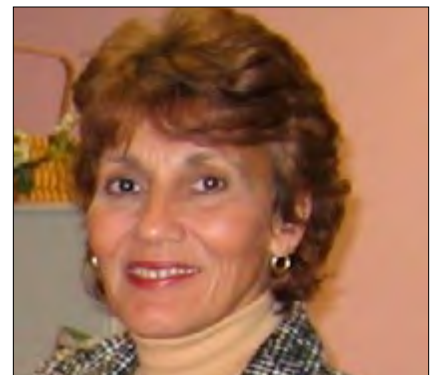
O. Jeanne Dolly, MS, FNP-C, SNT, NCSN, Past President NYSASN

This spring, NYSASN announced its 2014 School Nurse Administrator of the Year, Flora McEntee, MS, BSN, RN, SNT. Flora will be recognized at the National School Nurse Conference in San Antonio, Texas this June, along with other school nurse administrators from across the nation.

As Past President, I have the great honor of recognizing Flora, as NYSASN's choice, for this prestigious award. Flora exemplifies the characteristics we look for in a great leader. She has pursued excellence, while serving on the NYSASN Board of Directors, as the Education Chair for the preceding four years.

The School Nurse Administrator of the Year award is given to just one school nurse administrator, in the great state of New York. This individual is nominated by the membership of NYSASN to receive this national recognition. The nominee must possess the skills, drive, and talent needed to excel, as a leader, amongst other school nurse administrators. Flora displays a dedication to advancing the profession of all school nurses and improving the NYSASN Board of Directors.

It gives me great pleasure to recognize Flora McEntee as the 2014 School Nurse Administrator of the Year.



*Flora McEntee, MS, BSN, RN, SNT,
2014 New York State School Nurse
Administrator of the Year*

Past-President's Message

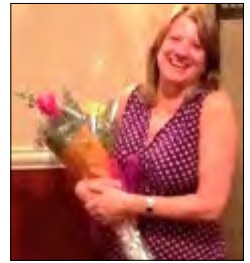
O. Jeanne Dolly, MS, FNP-C, SNT, NCSN

As our school year comes to a close, it is my pleasure to announce the winners of NYSASN's Excellence in School Nursing Award. I called each winner to personally congratulate them on Thursday, May 8th, just after School Nurse Day. I have invited each winner to our conference, at the Marriott in Rochester, the weekend of November 7th, 2014. They will be honored on behalf of NYSASN.

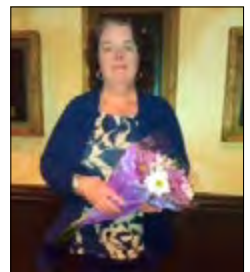
Congratulations to the Zone 1, Nassau County's winner, Christine MacLeod, BSN, RN. Ms. MacLeod is from the North Bellmore School District and has been the Nassau secretary since 2006. Stephanie Bland, BSN, RN is the Zone 2, Suffolk County, EISN winner. Ms. Bland is always willing to share her expertise with other school nurses. Zone 3, NYC region, chose Jessy Warren, MSA, BSN, RN, as their EISN 2014 winner. She is a founding member of the Metropolitan Association of School Nurses and is a strong resource for Zone 3. Zone 4, Westchester-Putnam Counties, presents Lori Toppi, RN, as their EISN winner. She is a compassionate and skilled school nurse, who consistently provides unsurpassed care to students, families, and staff. The Zone 5, Southeastern Region, EISN winner is Tamara Sullivan, RN. Ms. Sullivan was honored for all she does for her school, students and staff alike. The Zone 7, Capital Region, EISN winner is Joanne Reynolds, MSN, RN, NCSN. Joanne is very active at both the local and state levels in promoting and teaching school nurse's to excel in their profession. Zone 9, North Central Region, honored Mary Boucher, BS, RN as their winner. She is

the West Carthage Elementary Building School Nurse and is in her 8th year. Zone 10, Central Region, voted Kathleen Buda RN as their EISN winner. She is a wonderful asset to their zone and her school district. Zone 11, Southern Region, honored Cindy Price, RN, as their 2014 EISN winner. She was honored for her excellent nursing practices including being kind and compassionate to the students in her care and for her excellent communication skills with parents, staff and administration. Zone 13, Southwestern Region, elected Elaine M. Herberger, RN as their winner. She is a truly intelligent, kind, and compassionate nurse, valued by both students and staff. Congratulations to all these deserving school nurses!

Our elections for executive office will be held in the fall. The offices of President-Elect and Treasurer are open. Once again, we will be conducting the elections in electronic format only. Please watch for an email message with instructions on the voting process. Have a wonderful, restful, well-deserved summer vacation.



*Zone 1 EISN Winner
Christine MacLeod,
BS, RN*



*Zone 2 EISN winner
Stephanie Bland*



Zone 4 EISN Winner, Lori Toppi, RN with Councilman Terrence Murphy and Assemblyman Steven Otis.



Zone 5 EISN Winner Tamara Sullivan, RN and family



Zone 3 EISN Winner Jesse Warren, MSA, BSN, RN



Zone 7 EISN Winner Joanne Reynolds, MSN, RN, NCSN



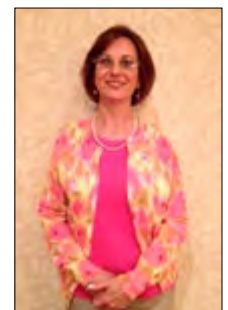
Zone 9 EISN Winner Mary Boucher, BS, RN



Zone 10 EISN Winner Kathy Buda, RN and Zone 10 Representative Diane Belton



Zone 11 EISN Winner Cindy Price, RN



Zone 13 EISN Award winner- Elaine Herberger, RN

Clinical Pearls: Acute Otitis Media (AOM) vs. Otitis Media with Effusion (OME)

O. Jeanne Dolly, MS, FNP-C, SNT, NCSN

Acute Otitis Media (AOM) Signs and Symptoms:

- Otolgia (ear pain)
- Inflamed Tympanic Membrane
- Fever

Treatment:

- Children <6 months antibiotics – Amoxicillin
- Children 6 months - 2 years antibiotics for Certain AOM
- Children >2 years - Non-severe- watchful waiting
- Children >2 years - Severe Illness- antibiotics

Definition of:

- Severe illness - Moderate to severe otalgia (ear pain) or fever >102f (39c)
- Non-severe illness - mild otalgia and fever < 102f (39c)

Otitis Media with Effusion (OME)

Signs and Symptoms:

- Usually no pain, may feel fullness - equilibrium off
- Bulging Tympanic Membrane (TM) - fluid in middle ear
- No fever
- Cold S & S
- May take months to go away

Treatment:

- Don't give antibiotics-Watchful waiting
- If bilateral effusions persists for 3 months or more, treat with Amoxicillin

What not to do:

- Do not examine the ear when a child is crying as the TM will appear red from crying alone
- Do not put cotton in the ear canal (this creates a warm moist environment to breed infection)
- Do not put warm mineral oil or warm moist compresses in/on ear (this can breed infection &/or rupture TM)
- Do not clean inside ear canal with a Q-tip (this just compresses cerumen and potentially rupture TM)
- Do not assume a red TM will need an antibiotic



O. Jeanne Dolly

Reference:

<http://www.cdc.gov/getsmart/campaign-materials/info-sheets/child-otitismedia.pdf>
<http://www.cdc.gov/getsmart/antibiotic-use/uri/ear-infection.html>

Experience with Scoliosis and the Boston Brace from the Perspective of a Ten Year Old Girl

As Written by Jocelyn

Editor's Note: *Jocelyn and Nicole had to travel quite a distance to find a Curvy Girls support group. This is what prompted them to form their own chapter. This is the informational letter that they include on the back of their flyer. I had the privilege of listening to Jocelyn speak in front of a group of 20 school nurses recently in order to spread the word about her support group, most impressive. This article is being printed with Jocelyn's and her parent's permission.*

Hello, I'm Jocelyn. I'm 10 years old and was diagnosed with scoliosis when I was 5. We watched my scoliosis until November 2012, when my S curve increased, and my doctor said I had to start wearing a brace. I was scared about getting a brace, but TJ (my brace guy) showed me what it looked like and helped to put me at ease. I was casted and fitted for a brace. I have been wearing my Boston brace about 23 hours a day, since December 2012.

At first I found my brace uncomfortable and hard to breathe in, but have learned to adjust to it. When I'm on my back in the brace, I feel like a turtle on its back. The brace is tight and you get really warm in it, so I sweat a lot and prefer to be in cooler places. Sometimes I get holes in my favorite shirts because the brace rips them. That can be annoying! I have learned to do everything I used to do in my brace, including riding my bike, jumping rope, skiing, going down the fire pole, exploring outside, and playing with my dog and 2 cats. I can even do sit-ups in my brace, which the girls made me demonstrate.

Nicole and I started our Curvy Girl group 4 months ago and now we have seven girls in the group. All of us wear a Boston Brace. I

am the youngest in the group, the oldest is twelve. Some girls have been braced only a couple months, while another has had her brace for over 2 years. When we meet, we talk about our scoliosis story, doctor visits, how to keep cool in the brace, how to tell others about the brace and scoliosis, any issues we have, and share ideas about dealing with bracing, like finding clothes to hide it. We have a lot of fun at our meetings as we chat, do a craft, tattoo our braces, and just hang out together. We look forward to other girls joining our group, including girls that don't wear a brace or who have had surgery.

Contact Information for Curvy Girls Groups across New York State

Western New York - Nicole and Jocelyn
curvygirlswny@gmail.com (716) 680- 0395

Capital Region - Mara
curvygirlsNYCapital@gmail.com (518) 638-8977

Hudson Valley - Katie
HVNY@curvygirlsscoliosis.com

Manhattan - Talia and Kate
curvygirlsNewYorkCity@gmail.com (917) 717-1795

Long Island - Katie and Jenny
info@curvygirlsscoliosis.com

SNO in August... At the Welch Allyn Conference Center in Skaneateles NY!!!

Joanne Reynolds, MSN, RN, SNO Chair

While we all might have seen enough of the white stuff this winter, “SNO” (the 26th Annual School Nurse Orientation) is falling... into place for August 2014! Registrations are being accepted now for the August 11-14 conference. Presented by a faculty of experienced school nurses and guest presenters from the NYS Education Department and Statewide School Health Services Center, School Nurse Orientation (SNO) prepares the Registered Professional Nurse for the specialty practice of school nursing. During this four-day conference, the role of the school nurse will be explored via a variety of topics including state mandated screenings, medication administration, documentation, chronic disease management, physical assessment, concussion management, emergency preparedness, and much, much more. While preference is given to school nurses with less than three years of school nursing experience, nurses with more experience are welcome if there is room!

SNO is an action-packed experience that provides plenty of opportunity for networking among colleagues and the development of best practices in school nursing. Share this information with any new school nurses you know. The 2014 SNO brochure is available for download on the NYSASN website, www.nysasn.org (click on the education tab). For more information, contact SNO Program Coordinator, Joanne Reynolds, MSN, RN, at www.snoorientation.org or 518-386-4312.

**Register before July 11, 2014
to receive the early-bird rates!**

New York State Association of School Nurses (NYSASN) Announces 2014 School Nurse of the Year

*O. Jeanne Dolly, MS, FNP-C, SNT, NCSN, Past
President NYSASN*

NYSASN's 2014 winner of the School Nurse of the Year Award is Diane Lightfoote, BA, RN, NCSN. She will be recognized at the National School Nurse Conference in San Antonio, Texas this June, along with other School Nurses from across the nation. As Past President, I have the great honor of recognizing Diane, as NYSASN's choice, for this prestigious award. Diane exemplifies the characteristics we look for in a great school nurse. She has pursued excellence while serving on the NYSASN Board of Directors as the Secretary, President, President-Elect, Past-President, Zone Representative, and School Nurse Orientation Faculty for twelve years. Diane is also a trainer for the National School Nurse Association's Helping Administer to the Needs of the student with Diabetes in School (HANDS) program.



*New York State 2014
School Nurse of the
Year Diane Lightfoote,
BA, RN, NCSN*

The School Nurse of the Year award is given to just one school nurse in the state of New York each year, who is nominated by the Board of Directors of NYSASN, to receive this national recognition. This school nurse needs to possess the skills, strength, and ability to excel as a leader amongst school nurses. Diane displays a devotion to advancing the profession of all school nurses and strives to provide evidenced based clinical practice in her daily care. It gives me great pleasure to recognize Diane Lightfoote as 2014 School Nurse of the Year.

Register Now for NYSASN's July Summer Enrichment Academy 2014, Youth Mental Health First Aid!

Gail Hall, RN, Registrar

Youth Mental Health First Aid is a program designed by Mental Health First Aid USA. This program focuses on helping youth who may be experiencing a mental health challenge or are in a mental health crisis. This program introduces participants to the risk factors and warning signs of mental health problems in the youth population. Participants will have the opportunity to learn, through a variety of learning styles, about how to assess a mental health crisis, select interventions, and provide initial help. The participants will learn a core, five-step action plan to support a youth with s/s of mental illness or who is in an emotional crisis. By the end of this program, participants will:

- Have greater confidence in providing help to others who may be developing mental health challenges or are in a crisis situation.

- Have a variety of resources available for how and where to seek professional help.
- Have improved concurrence with health professionals about treatments.
- Understand how to impact and decrease stigmatizing attitudes about mental illness.
- Improve their ability to monitor and maintain their own mental wellness.

Go to www.nysasn.org to read more about this great educational opportunity and register. Please note, when registering for this workshop, please be sure to specify which day you are coming, as this workshop is a one day only session with two dates available for your convenience.

President's Message

Constance Griffin, BS, RN, AE-C

As I look back on the 2013-2014 school year, I reflect on where NYSASN is and what we, as an organization, have accomplished. We have raised our voice and have been heard, as legislative agendas have tried to put forth legislation that would put students' lives at risk. As school nurses, one of our goals is to provide and advocate for a safe and healthy school environment. As a member of NYSASN, you can be assured that you will hear of any bills that threaten our students or our scope of practice. To assist NYSASN and your school nurse practice, please get to know your legislators. Call them, visit them, or email them and let them know you are a proud school nurse and their constituent. Don't forget to highlight what you do every day, to help children achieve success. Advocate for your students and your profession. Silence is not golden in school nursing. Your voice is what makes others listen, understand, and helps to create change that makes a positive difference in students' lives.

I am thrilled to say that our NYSASN logo is being prominently displayed on NYSAC and the American Dairy Association literature. NYSASN is a New York State Action Coalition Founding Partner (NYSAC). We are supporting the Institute of Medicine (IOM) - The Future of Nursing recommendation, in order to advance the practice of nursing. NYSASN is also collaborating with the American Dairy Association to promote healthy nutrition in our students.

Summer brings the opportunity for educational enrichment with NYSASN's Summer Enrichment Academy in July and the School Nurse Orientation Program in August. I encourage all members

to look at the offerings and submit their registrations promptly, as they are sought after educational opportunities. I hope to see many of you there.

NYSASN BOD members are busy doing the work of the organization. We are updating our strategic plan, updating our operational guidelines, advocating for the safety of our students, and providing learning opportunities to enhance the practice of New York school nurses. NYSASN, just like New York, never sleeps.

Personally, reflection upon my school year has shown me how uplifting it is to have the support of school nursing colleagues and NYSASN. Being a middle school nurse this year was trying at times, after coming from 19 years of elementary school. Language, hormones, style, attitude, and sports caused some disbelief and shock. Some of my elementary kids had grown up or at least thought they were grown up! I had to learn quickly how to efficiently handle the humongous differences I was now seeing. I felt like a "new" school nurse and knew

I needed to obtain assistance before my mental health suffered. I reached out and was given the support I needed to be successful and to keep my students safe and healthy. I encourage each of you to seek NYSASN members out and experience this wonderful camaraderie if you do not already do so. Nothing has to be done alone when you have such an outstanding professional organization at your service.

To close, we all need to recognize the good that we do each day. In order to achieve, we need to care for ourselves. Be good to you, so you can effectively care for New York's Future.



Connie Griffin

NASN Director- NY

Suzanne Smith BSN, RN, NCSN

Hello to my colleagues across New York State. Thank you for the job you do every day in your practice setting for the education of the whole child. You are practicing in a nursing specialty, in the field of nursing. You should be very proud of your daily contributions to the safety of students.

The National Association of School Nurses (NASN) 46th Annual conference (in San Antonio, Texas) is fast approaching. Registration remains open. The dates are June 28 through July 1, 2014. Please consider attending this fabulous experience and take advantage of the vast knowledge available, to take back to your own school setting for next year. For more information on the entire offerings, check out the website: www.nasn.org.

As your representative, I will be there and I need your presence. I need New York School Nurses to join me at the NY pep rally just prior to the NASN membership meeting. Look for the bulletin boards and white boards that post state information. I will post the date and time for the NY pep rally so that we have a grand opening for Roll Call at the convention membership meeting. *Wear red, white, and blue for this day!* Also, look for information to be posted for a get-together for NY School Nurses and of course bring along friends attending with you. Ask the NASN helpers, who are everywhere, where to find posted information.

NYSASN will also have 2 members recognized for awards at the NASN Conference, the State School Nurse Administrator of the

Year and the State School Nurse of the year. Please plan on attending this event to support these worthy recipients. Of course, every one of you NYSASN School Nurses reading this article, are *leaders* in your own school setting. "You are truly where the rubber meets the road," when it comes to keeping our students safe and ready to learn.

NYSASN will also participate in the "Purses for Nurses" event which is a fund-raiser for the NASN Endowment Fund. Check it out! It is so much fun. Last year, our Past President, O. Jeanne Dolly went home with 4 or 5 purses. She did not tell her husband! The "NYSASN NY purse" will also be filled with gifts from the NYSASN zones such as gift cards and the sought-after "Woodstock" Chimes.

Want to be a more informed school nurse? Have you renewed your membership to NASN? Please explore the NASN website, www.nasn.org, where you can access some information, even if you are not a member. However, so much more is available to you if you are a NASN member. Sign up for the "School Nurse Net" communication tool to converse with other state and national school nurses, or join a blog to voice your thoughts or concerns. Webinars, position statements, vouchers for students needing eyeglasses, information on how to become a nationally certified school nurse, and prep course information for the certification exam are only a few of the many valuable tools that can enhance your job performance.

It is always so good to hear from you, www.nasn@nysasn.org. It is my continued pleasure to serve you at the national level. Be well.



NEW YORK STATEWIDE SCHOOL HEALTH SERVICES CENTER

Making the Difference. Every Student. Every Day.

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.

In late February, the NYSDOH released the **NEW** 2014-2015 Immunization Requirements for School Entrance/Attendance. Since that time, these new requirements have consumed school nurses and the center! The revised regulations are effective July 1, 2014. The new requirements are based on the Advisory Committee on Immunization Practices (ACIP). We have sent out the following Listserv Notices:

- Important Message from Renee Rider, Assistant Commissioner NYSED regarding Immunization Requirements for School Attendance 2/28/14 (Memo from Rene Rider attached to the notification)
- Important Message From NYSSHSC-NYSED On Immunizations- Please Read (3/3/14)
- NYSDOH Chart + NYSED Memo= Success, New Resource Added (3/10/14)
- NYSDOH Notification Regarding Immunization Requirements and Webinar (3/11/14)
- FAQ and SN Tool of the Week: Immunization Information and Support (3/17/14)
- FAQ and SN Tool of the Week: Immunization Resources (3/24/14)
- New Immunization Resources Have Been Added to the Website (3/28/14)
- Help Us, Help You...Get Help With Immunization Questions (4/11/14)
- Updated Immunization Requirements Chart (4/22/14)
- Adacel Now Licensed for Ages 10-64 (4/30/14)
- NYSDOH Immunization Chart Footnotes Updated (5/1/14)

We have added **many** "tools" to our website under the A-Z Index page, "I" for Immunization Resources, created "sample" letters for school nurses to send to parents, and created an entire FAQ page under Immunizations –subpage 2014 New Requirements for School Entrance.

We know these new requirements have caused a tremendous amount of work for school nurses and have made every attempt to support them.

The other significant change has been that the NYSSHSC Health Information Portal (HIP) moved to a new email service provider called iContact. The previous NYSSHSC "listserv" could no longer provide the services needed to transmit information successfully to our subscribers. New email requirements require "permission-based" subscription and "opt-out" opportunities be provided to all subscribers. Our new email notification system using iContact **meets these requirements**. In addition, Listserv was registered as a trademark with the U.S. Patent and Trademark Office in 1995. Using the word "listserv" as a generic term for any email-based mailing list of that kind is trademark misuse. The standard generic terms are electronic mailing list, e-list, or email list for the list itself, and email list manager or email list software for the software product that manages the list. Joining iContact will allow self-management of your subscription so that if your contact information (name, school, phone number, etc.) changes you can update it yourself, using the Manage My Subscription link at the bottom of each email. This means you will never miss a message!

Summer 2014

All messages sent through iContact will have a link at the top which allows you to view the message in your browser. NYS school districts use many different types of email systems and this link will assure that no matter what system your district uses –you can view the message and any links it contains. You can also easily forward the information to another colleague by clicking the "Forward This Message" link in any email. It allows you to insert a colleagues email address and a short note to indicate why you think they would benefit from the email. Currently, we have 2224 subscribers. We are now administrating the 2014 School Health Profiles Survey (SHP) using Survey Monkey. We may again call on school nurses for assistance. Our main concern is that we need the names and email addresses of the Lead Health Teacher in each school selected to complete the survey.

We are ready to travel to our 2014 School Health Seminar Update conferences! We begin on May 21 in Watertown/Thousand Islands, travel to Syracuse on May 22nd, then head off to Poughkeepsie on May 28th and finish in Elmira/Corning/Horseheads on May 29th (this location is full).

The Agenda for the Updates include:

- What You Don't Know Can Hurt You: Explore the Latest Updates from NYSED, NYSDOH & Federal Agencies. Remaining current in understanding legislative and regulatory changes in NYS is critical to school health practice. Learn about **NEW** immunization regulations and guidelines, medication delivery requirements, health examination changes which impact practice, and the importance of communicating student injuries and illnesses to parents and guardians.
- It Takes a Village: Engaging Youth, Staff & Parents in Providing Mental Health Services & Support. Are you up to date on the newest medications and therapies used to treat and manage students with mental health issues? What is the nurse's role in assessing, identifying, and caring for students with mental health issues? What resources are available to educate staff, students, and parents?
- You Had Me at Hello: Elevate Your Nursing Practice With Effective Communication. School nurses interact with various individuals and must utilize effective methods to capture the listener's attention and convey their message effectively. The elevator speech is a strategy to convey a clear, concise, and compelling message which intrigues the listener into wanting to hear more.
- Enhance your Expertise: Clinical Practice Updates for School Nurses. The School Nurse is on the frontline of healthcare delivery for the school community. As a generalist they must immediately become a specialist to provide optimum care for the students and staff they serve. Up to date information on allergy and anaphylaxis, asthma, diabetes, and seizure disorders, as well as lice management and sepsis will be covered.

We look forward to seeing many of you at the Updates and continue to value the great work you all do!

Contact us @

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Communicator / 9



School Nurse Assessment Tool - Transfer Record

Date: _____

NAME _____

DOB _____

GENDER: M F
(circle)

ATTACH COPY OF EMERGENCY CONTACT CARD and IMMUNIZATION RECORD
Include a copy of IHP for medically fragile student if available

CHIEF COMPLAINT/HISTORY OF ILLNESS or INJURY:

Event witnessed? YES NO
(circle)

SIGNIFICANT PAST MEDICAL HISTORY

MEDICATIONS taken at home and at school:

List any ALLERGIES:

ASSESSMENT:

TIME										
Vital Signs										
BP										
T										
P										
quality of pulse: regular, irregular, strong, thready, bounding										
O2Sat										
R										
quality of respiration: regular, shallow, labored, breath sounds										

LEVEL OF CONSCIOUSNESS

Alert										
Responds to:										
verbal										
commands										
pain										
Pupillary Response:										
equal										
round										
reactive										
mm										

Mobility	LLE	LUE	RLE	RUE	Bears Wt	Spine immobilized
Full ROM					Yes	Yes
Limited ROM					No	No

SKIN

warm										
cool										
moist										
dry										
pale										
cyanotic										
flushed										
jaundiced										

Treatment/medications given:

Special Alerts:

Parent notified: _____ at _____ by _____
(name of parent) (time)

Disposition: ☐ EMS/Ambulance ☐ Home w/parent ☐ Other (describe below)

Time:

Nurse's Contact Information

Name: _____
 School District/Building: _____
 Phone: _____

Additional Comments:

President- Elect's Message

Janice McPhee, MSN, RN, NCSN

As president elect, I have attended meetings of the NYS Council of Educational Associations (NYSCEA), <http://www.nyscea.org/>. In order to be a member organization, NYSASN has demonstrated a major interest in statewide policy for strengthening the quality of education, as well as having a majority of its members as professionals in the schools and colleges of New York State. As your representative, my job is to act as NYSASN's liaison between NYSCEA and NYSED.



Janice McPhee

I was given the opportunity to speak to the representatives of these professional organizations from schools across NYS. After presenting information

on the issue of unlicensed school employees administering insulin in NYS schools, I answered many questions related to the subject. The leadership of NYSCEA is reviewing the information and I anticipate further discussions.

NYSCEA meetings are filled with speakers from NYSED and the legislature. Dr. John B. King Jr, Commissioner of Education, spoke on his support of funding pre-K programs. Angelica Infante Green, Associate Commissioner, Office of Bilingual Education and Foreign Language Studies, spoke of the impact of implementation of Common Core on our English Language Learners. This perspective demonstrated the importance of support services for our students. Senator John J. Flanagan, Chair of the Senate Education Committee, spoke of the education committee's latest report to the NYS Senate.

NYSASN's collaboration with other professional educational organizations helps us communicate on important issues and find common ground to improve the educational climate.

NYSUT's 12th Annual Professional Issues Forum on Healthcare

Mary Beirne, LLM, BN, RNCBC, NCSN, NYSASN Legislative Chair

NYSASN was well represented at NYSUT's 12th Annual Professional Issues Forum on Health Care, held on April 26th 2014 in Troy, New York. NYSASN President Connie Griffin and President-elect Janice McPhee, as well as other board members and school nurse members were present. In addition, there were many school nurses from across the state in attendance.

NYSASN was also involved in a workshop presentation at the Forum: NYSASN member and former Legislative Chair Stacey Marye and I presented an afternoon workshop with NYSUT's legislative representative John Green. Our workshop, "Legislative Update: Non-Health Care School Staff and Diabetes Management", started with Mr. Green's detailed review of the legislative process. This informative review covered all the steps involved in enacting laws in New York State, starting with the initial idea for a law, through the bill writing process, then the movement of the bill through the various Senate and Assembly committees, culminating in the final vote on the bill, and submission to the Governor for signing into law. In addition, he pointed out all of the areas where the bill could stall or fail. A bill may never make it out of committee for a vote, or it could fail to get enough votes to pass on the senate or assembly floor. For bills that do make it to the Governor's desk, they may either be vetoed by the Governor or signed into law.

Ms. Marye then gave a very informative presentation on the critical professional issues that all school nurses must be cognizant of if A4987/S4473 is enacted into law. She noted that the proposed legislation will involve the delegation of tasks which presently require professional licensure in New York State, such as assessment and insulin administration, to a non-nurse school employee. Marye reminded us that students with qualifying health conditions are entitled to *professional nursing services* under federal laws, and that delegating tasks which require a nursing license to non-licensed school employees, would violate these laws. She also made the point that professional licensing laws were originally enacted to protect the citizens of New York from unsafe practices. Therefore, it is very noteworthy that the proposed legislation would confer the legal

authorization for non-licensed individuals to engage in a professional activity that is currently restricted to licensed individuals in New York State, surely a move in the wrong direction!

I rounded out the workshop by reviewing NYSASN's grassroots efforts thus far. I reminded attendees that we have developed a Memorandum of Opposition and Talking Points, both of which school nurses can use when meeting with their elected representatives to express their concerns about the proposed legislation. I outlined our successes to date, while reminding attendees that there is more work to be done.

Attendees were also reminded that one of the elements necessary for a successful grassroots campaign is key stakeholder buy-in. School nurses are key stakeholders in this endeavor. However, in order for us to be successful, we need all school nurses to unite with us in our efforts and, for those not already members, to consider joining us as members of NYSASN. A quick poll of the attendees in the room indicated that most were NYSASN members. I reminded attendees to reach out to other school nurses in their districts to encourage nonmembers to join. At present, 581 school nurses in New York are members of NYSASN.

I was also able to share some interesting research data provided by our Past President Jeanne Dolly. There are 3152 public schools in New York State and 3125 Registered Professional School Nurses. Of these 3125 RN's, 29 are nurse practitioners and 123 are school nurses teachers. In addition, there are 93 LPN's in district, as well as 34 school nurses who are LPN's. This data is important, because it provides school nurses with accurate data when discussing claims of gaps in school nurse coverage in New York's schools.

Our program ended with a robust question and answer session before winding up at 3:45pm.

Overall, the Forum presented a wonderful opportunity for meeting and networking with other school nurses, as well as other school health professionals. I would highly recommend it to all NYSASN members if they have the opportunity to attend next year!

Zone Meetings & News **Continued**

1 Nassau County Association of School Nurses

What a great closing to this past year! Approximately 40 nurses and 1 dog attended the last meeting for this school year. One of our members, Toni attends our meetings with the puppy that she trains as a guide dog. Dinner was held at Piccolo Bustle in Mineola.

New officers were installed and the Excellence In School Nursing Award winner was announced. New officers are as follows, President- Kathy King, RN, President Elect- Kathy Knigin, RN, Secretary- Michelle Vitalo, RN, Zone 1 Representative -Jill McCarney, MS, BSN, RN, Treasurer- Estelle Dempsey, RN, Past President- Patricia Galway, BS, RN. Congratulations to all of you. We wish you success in the next 2 years of your term in office.



Margaret Huebner, Christine MacLeod, EISN Winner, Patricia Galway, Eileen Puerta

We were also pleased to announce this year's EISN winner, Christine MacLeod, BS, RN. She works in the North Bellmore School District. Chris has been the secretary in Nassau since 2006. Congratulations Christine!

All of our members deserve to be congratulated. Through their support in membership fees and raffles, Zone 1 donated \$3000.00. Contributions are made to local organizations. This year the monies went to Canine Companions for Independence, Island Harvest, The Interfaith Nutritional Network (INN), and the North Bellmore Public Library. Have a great summer!

Contact: Lois Haque, RN, BS, NCSN
Zone 1 Representative
Zone1@nysasn.org
516-484-0192

2 Suffolk County Association of School Nurses

The zone met on Wednesday, March 26th, 2014 at the Sherwood BOCES Center in Holbrook.

We had two guest speakers from the New York Organ Donor Network, Ira Copperman and his wife, Glenda Daggert, who is a donor recipient. They presented the curriculum that they bring into the schools about the importance of organ donation. Their

presentation was enlightening and very informative. At the general meeting, the members voted for the office of treasurer and the office of president elect.

On May 7th, 31 nurses came together and celebrated School Nurse's Day at Flanagan's Pub in Ronkonkoma. The food was delicious and the company even better. A wonderful time was had by all. At the dinner, our EISN award was presented to Stephanie Bland, BSN, RN. Stephanie is a Middle School Nurse in the Sachem School District. She has over 20 years of experience and has always been willing to share her expertise with colleagues both in and out of district. She is a two time president of the Suffolk County Association of School Nurses. She has also served as the legislative chairperson and has kept the local nurses abreast of important issues that impact our practice. As an advocate for professional development, she was instrumental in bringing NASN's HANDS program to Long Island last year. Congratulations Stephanie!

We also had the installation of our new officers. Next year's officers are Past President Noreen Maynes, President Joan Verardo, President elect Teresa Ergul, Secretary Noreen Killeen, and Treasurer Sandy Poshka. Hope the remainder of the school year goes well and that you all have a peaceful and relaxing summer.

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nmaynes@millerplace.k12.ny.us
zone2@nysasn.org



*Zone 2 Incoming
President Teresa
Ergul*

3 Metropolitan Association of School Nurses

The Metropolitan nurses started the spring off with a meeting on March 20, at PS/IS 178 in Jamaica, Queens. Our guest speaker, Carolyn Graeber Pediatric Ophthalmologist, spoke about the importance of screening and referrals. Dr. Graeber shared an informative power point and discussed common eye problems. Everyone took home a complementary backpack with useful information.



The Metropolitan Nurses celebrate School Nurse Day!

Our School Nurse Day celebration, on May 7th, was held at Monahan & Fitzgerald's in Bayside, Queens and was a big success. There were 45 nurses in attendance. We all introduced ourselves and shared school nurse experiences. Comedian, Mr. Greene offered some comic relief. Twelve donated items and gift cards were raffled off

Continued next page

Zone Meetings & News Continued

with much excitement and anticipation. Congrats to the winners!! Past and present information about NYSASN was shared and a binder with future conferences was passed around. Mary Archer and Francia Stevens co-chaired the dinner and did an outstanding job. We are also grateful to Christine Mullin, treasurer, for putting together gift baskets and collecting funds.

Jessy Warren was our EISN winner this year. Ms. Warren is an exemplary school nurse caring for students from Pre-K to 8th grade. She is a founding member of the Metropolitan Association of School Nurses, serving on the Executive Board as Program Coordinator. She arranges for meeting speakers which are held in her school library. She is an intelligent, resourceful person and is always willing to help solve problems and answer questions. Ms. Warren also serves on the Executive Board of the School Nurse Branch of the UFT. Wishing all a restful and fun summer-please forward suggestions

Contact: Mary Fitzpatrick, BSN, RN
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4 Westchester / Putnam Association of School Nurses

School Nurse Day provided a great opportunity in Zone 4 to highlight the accomplishments of our members! Dinner at Sir John's restaurant, in White Plains, brought together school nurses from the Brewster

and Mahopac Districts, in Putnam County, to New Rochelle, one of the districts in the most southern portion of Westchester County. 38 attendees feasted, socialized, and learned much about Pediatric Allergies from specialist, Dr. Robert Goldman.

Our EISN award winner this year is Lori Toppi, a school nurse at Hommocks Middle School in Larchmont (Mamaroneck District.) She was recognized for her 13 years as a compassionate and skilled Registered Professional School Nurse, who consistently provides unsurpassed care to students, families, and staff. In addition to the award, Lori received a Proclamation from Yorktown Heights, her hometown. This was delivered by Councilman Terrence Murphy. Assemblyman Steven Otis (91st District) presented a Proclamation from his District, the district where Lori works. Rob Astorino, Westchester County Executive was unable to attend, but also sent a Proclamation.

There were other causes for celebration as well. The Journal News (Lohud.com) awarded the Educator of the Week designation to Mary Mullaney, Katonah-Lewisboro District School Nurse. Her interview is posted on their site and is going to be published in the paper this week. She represented us eloquently. WHUD, a radio station located in Westchester, but with an audience that reaches from the area just south of Albany to parts of Long Island, has publicized this as "Nurse Appreciation Week." Submissions nominating a "best nurse" numbered 70. However, 10 of the submissions were for school nurses! We may be a proportionately small group in terms of the general

Continued next page



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Zone Meetings & News **Continued**

nurse population, but we are certainly among the most appreciated! The first winner, there will be 4 total out of all nominees, is Susan Pond, Somers District School Nurse. Noreen Beichert, Mahopac School District School Nurse, was named the School Nurse of the Year 2013 by the JDRE. This was our first opportunity to celebrate her accomplishment.

On May 13th, the ever popular Dine-Around program will be held at Westchester Medical Center featuring Pediatric Specialists: Pediatric Psychology-Arlene Adler, PhD, Pediatric Infectious Diseases-Sheila Nolan, MD, and Pediatric Nephrology-Dmitry Samsonov, MD. Best wishes for a healthy, safe, and happy summer.

Contact: Carol Bumbolow, MS, RN
Zone 4 Representative
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5 Southeastern Association of School Nurses

Zone 5 had a wonderful celebration for School Nurses on May 7th, at the Hilton Garden Inn, Newburgh. Over 35 school nurses came to celebrate with our Excellence In School Nurse award winner, Tammy Sullivan, RN, Pine Bush Middle School Nurse. Tammy was definitely surprised by the members of her district's staff and family who showed up to celebrate this very well deserved award. Her award was presented to her by our very own Connie Griffin, President of NYSASN, as well as our Zone 5 President.

After a wonderful dinner, Dr. Keith-Thomas Ayoob from the Albert Einstein School of Medicine, representing the American Dairy Association, presented an education program specializing in obesity, children nutrition, and family dynamics. It was interesting, funny, and well received by our school nurses.

Zone 5 is moving forward in getting ready to host the Summer Enrichment Academy on July 23rd, and July 24th, on Youth Mental Health First Aid. The conference committee is busy finalizing the event and is excited about seeing everyone there. We know you will not be disappointed with this topic. Go to www.nysasn.org under the Education tab to find the brochure and registration form. Remember, spacing is limited, so put your registration in as soon as possible. See you all soon this summer in Newburgh.

Contact: Joanne Bardin, RN
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845-451-4810

6 Northeastern Association of School Nurses

Zone representative needed.

Interested?

Contact: Gail Hall at zone11@nysasn.org

7 Capital Association of School Nurses

On March 29th, the Capital District School Nurses gathered to attend

two presentations. The first was entitled, "Common Hand and Upper Extremity Injuries," presented by Dr. Mulligan. The second presentation was by Dr. J. Daley, MD, "Anxiety Disorders and Self Injurious Behaviors in Children." There were close to 80 school nurses who attended this conference. The conference hit upon topics that are encountered on a daily basis as a school nurse.

On May 7th, school nurses of the Capital District gathered at the Voorheesville Country Club to celebrate Nurse's Day. There were many great raffle prizes and several vendors who made the evening fun. The Excellence in School Nursing award winner was also announced. Joanne Reynolds is this year's Zone 7, Excellence in School Nursing recipient. Joanne has been an active member of both the Capital District School Nurses as well as the NYSASN team for quite a while. Joanne leads by example and is a true educator of health and wellness, we are so very proud of her.

On September 27, 2014, JDRE and the Children's Hospital at Albany Med are co-sponsoring: Diabetes in School: A Program for School Nurses at the NYSUT headquarters.

Contact: Ann Lanoue
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518-674-7103

8 Northern Association of School Nurses

Zone 8 nurses gathered May 7th, for School Nurse Day at the Butcher Block Restaurant in Plattsburgh. Our agenda included review of upcoming conferences, membership, and discussion and explanation of pending legislation. Our guest speaker for the evening was Dr. Jon Mulholland, who specializes in performance-based chiropractic care, pain management, and sports injuries. His presentation focused on musculo-skeletal injuries and assessments-primarily of the foot, ankle, and knee. It was an extremely helpful session. Check out his website at www.theidealathlete.com.

We also honored Carol Girardi, a School Nurse at Seton Academy in Plattsburgh, who is retiring at the end of this school year. Carol has been a NYSASN member for many years and an active participant in our local meetings. Congratulations Carol!

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zone8@nysasn.org

9 North Central Association of School Nurses

The school nurses from Zone 9 got together to celebrate School Nurse's Day on May 7th, at South Jefferson Central School in Adams, New York. We had 23 school nurses in attendance. We had a delicious dinner prepared and served by Cindy Overton, Cafeteria Manager, and her staff.

The Zone 9 Excellence in School Nursing Award was presented to Mary Boucher, the West Carthage Elementary Building School Nurse from the Carthage Central School District. This is her eighth year as a school nurse. Suzanne Smith, from Sackets Harbor School District, was honored as our retiring school nurse. She has served our zone

Continued next page

Zone Meetings & News **Continued**

at the local and state level. She is also our NYS Representative to the National Association of School Nurses.



Zone 9 Nurses honored at South Jefferson Central School with School Nurse's Day Dinner

Patricia Barton, BSN, Public Health Nurse from Jefferson County Public Health and Kari Chavoustie, Public Health Educator spoke to us about the school nurses' role in promoting immunizations, gave an overview of some of the changes that will be implemented in the next school year, and also discussed available resources that are available through their agency. Dr. Daniel Cappon, Medical Director for the South Jefferson Central and Sackets Harbor Central School Districts spoke to us about heart conditions and heart emergencies that we might face in the school nurses' office. We had a very enjoyable evening.

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NYSASN Zone 9 Representative
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10 Central Association of School Nurses

Zone 10's full day meeting on March 29th, was attended by almost 40 enthusiastic school nurses. We shared many laughs and the room was buzzing with all the conversations. Maureen Foran-Mocete gave us a wonderful presentation on the McMahon Ryan Child Advocacy Center. Many questions were asked and answered, and we still would have asked more, if time allowed. We decided to have another meeting with her, so we can tour the facility. Dr. Michael Ratner was also an excellent speaker with his presentation on abdominal assessments and what we really need to be concerned about when a student presents with abdominal complaints or conditions. He was also inundated with questions and will happily return in the near future!

Zone 10 made a monetary donation to Say Yes to Education, McMahon Ryan, and will do a gift card to Purses for Nurses. Our National School Nurse Day Dinner Celebration was attended by 54 wonderful fellow nurses. It was at the Alpha Restaurant, where we had a delicious buffet. Larry Brennan provided fun and light hearted entertainment. We had 13 fabulous gift baskets donated by the school districts in attendance. These were raffled off to many happy winners. We surprised Kathy Buda, our EISN award winner, with a beautiful bouquet of flowers and kind, appreciative words from her principal and coworker.

Concetta Carcone was introduced as the new Zone 10 Representative. I will remain as a co-rep to assist her in her duties and to appear at any BOD meetings she is unable to attend.

I was totally surprised and touched by the thanks I received for my role on the BOD, the work I did for the zone, and the many emails I

sent to the membership. I received a beautiful bouquet of flowers and a tearful (by me) farewell as the Zone 10 Representative. Concetta can be reached by email at Ccarcone@frankfort-schuyler.org or by phone at 315 895 7461.

The officers of Zone 10 remain the same for the 2014-15 year with Fran Greenman- President, Ann Werksman- Vice President, Pam Marmon-Secretary, and Roseann Gardinier- Treasurer.

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11 Southern Association of School Nurses



Zone 11 School Nurses celebrate School Nurse Day at the Ramada Ithaca

The Ramada Ithaca was the site for Zone 11's School Nurse Day and Excellence in School Nursing celebration. Over 30 people were present when Cindy Price, RN, from the Dryden School District was announced as the winner of the EISN award. What made it even more special was that Cindy's Superintendent, Sandy Sherwood, was present. Mrs. Sherwood nominated Cindy for her excellent nursing practices, including being kind and compassionate to the students in her care, and for her excellent communication skills with parents, staff, and administration. Congratulations, Cindy!

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12 Central Western Association of School Nurses

Zone 12 nurses celebrated School Nurse Day at Geneseo Central School. Our zone meeting topic was Disaster Mental Health for the School Aged Child. Our speaker was Serena Struble. Serena is a social worker and longtime American Red Cross disaster volunteer. The topic was interesting and lots of much needed information was conveyed! Our next meeting will be held in July as everyone is busy wrapping up the school year! There will be more information to follow, regarding the July meeting, stay tuned to the NYSASN website at www.nysasn.org.

We have also been busy planning the 2014 Annual Fall Conference that will be held in Rochester. Keep an eye on the NYSASN website for more information over the summer. However, save the date now: November 7, 2014, for the banquet from 6pm- 9pm and November 8, 2014 for the all-day conference from 8am- 5pm!

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Zone Meetings & News Continued

13 Western Association of School Nurses

Well, it's the end of the year for Zone 13 meetings! Last evening was our annual banquet, induction of officers, acknowledgment of our EISN winner, and recognition of our Scholarship Award winner. No more meetings until September! We will work on programs and speakers during the summer!

We had our induction of officers for the 2014-2015. Congratulations to Irene Catanzaro- President, Janet Luke- Vice-President, Kelly Santoro- Secretary, Maria Feneziani- Treasurer, Jennifer Brooks- Membership, Debbie Kampff- Zone 13 Representative, and Michelle Zagarrio- Program.



Zone 13 2014-2015 Induction of Officers. , Kelly Santoro, Secretary, Maria Feneziani, Treasurer, Jennifer Brooks, Membership, Debbie Kampff, Zone 13 Representative. Missing from picture: Michelle Zagarrio, Program

Our EISN winner is Elaine Herberger. She has been in school nursing for 13 years and a member of NYSASN for 13 years! She has served, in our local organization, WNYASN (Western New York Association of School Nurses), as President for 4 years, Vice-President for 3 years, Membership Chair for 2 years, and has served on our Scholarship Committee for 8 years-chairman for the last 2! Elaine is also a NCSN since 2010! Congratulations Elaine Herberger. Each year, Zone 13 awards a \$1000 scholarship to a graduating high school senior who plans to begin a baccalaureate program in nursing the following fall. We recognized this individual at our annual banquet.

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Zone 13 Representative
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14 Southwestern Association of School Nurses

Spring Meeting was held at the Pine Valley Elementary School Library. Dinner from the Mustard Seed followed the meet and greet. We were privileged to have a ten year old girl named Jocelyn, from a local school district, speak about her experiences with the Boston Brace for scoliosis. She has started her own chapter of Curvy Girls here in WNY. In addition, Sue Lis from the DOH spoke about the changes to the school immunization requirements. We were pleased to have four school nurses from the Pioneer School District join us for the celebration dinner for School Nurse's Day, even though they are not members of our local association. Thank you for joining us ladies! We awarded two scholarship winners this year. Each winner received a \$250.00 scholarship towards defraying the cost of college

to go towards a nursing degree. One winner was from Cattaraugus County and the other was from Chautauqua County.

Nomination and election of Officers was held for 2014-2015. Joetta Pollock – President, Anita Mosher – Vice President, MaryKay Boccilatt – Treasurer, Jill Kenney – Secretary. The fall 2014 – 2015 meeting will be held at the Myers Steakhouse in Salamanca. Consider inviting a school nurse who is not a member of the local or state organization to our meeting in the fall. We would love to grow in numbers at all levels of our School Nurse Associations, local, state, and national.



Zone 14 School Nurses with speaker Jocelyn and her parents

Any nurse is welcome to send me information they want disseminated to other school nurses in Zone 14 and I will happily pass it on to everyone. We often have nurses throw a question out to the zone for a consensus or feedback. If anyone knows of any conferences or events they wish to pass on to the rest of the zone, please feel free to forward it to me. Look to the NYSASN website for educational and summer job opportunities, there are many. Have a safe and happy summer. Stay linked into the NYSASN website for insightful articles, updates, and opportunities.

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Spotlight on Zone 1

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the many different customs of our diverse population. Many of our parents do not speak English and we need to explore resources in a way which they are understood. As many of our immigrant families are undocumented, health care is a problem for themselves and their children. Homes and apartments are often crowded and have unhealthy environments.

Our School Nurses Association meets four times a year which includes the annual School Nurse Dinner. There is an informative, educational offering with each meeting. We charge dues which are used to help defray some of the cost of the annual dinner and we make charitable donations to organizations that provide help for our students and their families.

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