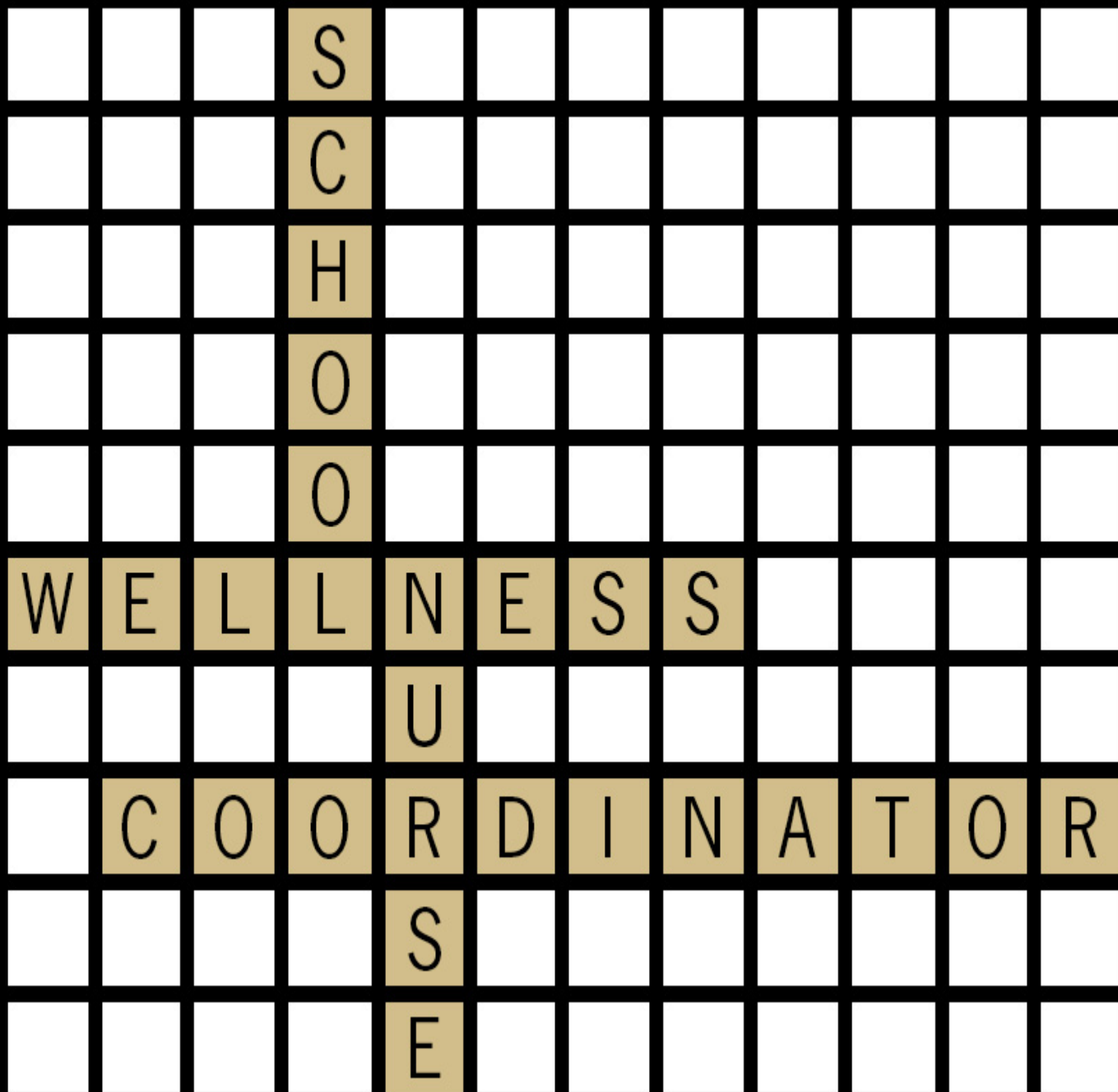


Marilyn Grechus
Phyllis Lewis
Dana Fifer
Linda Neumann

Networking Session for Nurse/Health & Wellness Coordinators

Objectives

- Participants will review models of Health Services and Wellness Programs.
- Participants will take away statewide and regional resources to potentially strengthen your current Health Services Program.
- Participants will explore and leave with the “Live Binder’s” url and access code so you can begin using the resources immediately.
- Participants will feel empowered by networking with other health and wellness leaders.



WHAT WHEN WHY
HOW WHERE WHO

Many things we need can wait the child cannot
Now is the time his bones are being formed,
his blood is being made, his mind is being
developed.....

Gabriela Mistral

The Wellness Concept

- Wellness, “ the condition of being healthy or sound, esp. as a result of proper diet, , exercise, etc. (Webster’s New Worlds Dictionary, 3rd.ed.)
- History of Wellness
 - Ancient cultures
 - Hippocrates
 - Germany, 1840’s
 - Native American
 - Florence Nightingale, 1860

YMCA, celebrities, business and industry began wellness and health promotion services

- Global Wellness Institute report, \$3.4 T spent in wellness industry,
- Workplace, \$41 MX., Beauty, anti-aging, \$1.03 T Spa, 94 bx.
- Health care, \$3.8 T, 17.9% GDP

BAG OF TOOLS (R. L. SHARPE)

Isn't it strange that princes and kings
And clowns that caper in sawdust rings
And common folks like you and me
All are builders for eternity
To each is given a book of rules
A shapeless mass and a bag of tools
And each must shape ere life has flown
A stumbling block or a stepping stone.

Stumbling blocks/Stepping stones

Big shoes to fill; If you want to walk on water; Leadership,
If your "horse" is dead; Another hat to wear; the Lone Ranger;
Good or Great; My plate is full; APIE; Red Nose, Mindfulness

Parker Palmer, The Courage To Teach

“Good teaching comes in myriad forms, but good teachers share one trait: they are truly present in the classroom””are able to weave a complex web of connections””so that students can learn to weave a world for themselves””the connections are held not in their methods, but in their hearts”.

Health Services Coordinator

“Healthy children learn better is a simple truth, and school nurses help remove barriers to academic success.” NASN

Position Statements

- "Assuring Safe, High Quality Health Care in Pre-K through 12 Educational Settings" - "The school nurse serves in the role of coordinator of care, information, education, personnel and resources to take best advantage of school's unique position in addressing students safety and health care needs". In the Social ANA Social Policy Statement of 2003, These duties (sic)"go beyond legislative or regulatory and extend to the mutually interdependent relationship among the school nurse, students, families, schools and community" - 2007, American Nurses Association
- "the school nurse has a central management role" - American Academy of Pediatrics, 2001
- "School nursing is a specialized practice of professional nursing that advances the well being, academic success, and life-long achievement and health of students".
NASN, Scope and Standards of Practice, 2nd ed.2011

Role and Responsibilities

- Review school district's policies
- Review department and district procedures
- Understand FERPA and HIPAA and the differences between the two and how that effects school nursing

Roles, Responsibilities & Networking

- Attend lead nurse meeting in October-collaborate with other lead nurses and receive the most updated information to help further your department goals
- Know when reports are due
- Familiarize yourself with online resources such as FARE and the Epilepsy Foundation. Snack Safely is a good source.
- Have the Communicable Disease book handy
- Familiarize yourself with others in your district, as they can be extremely helpful to you

School Health Services

School Health Online Reporting

http://health.mo.gov/living/families/schoolhealth/pdf/ORS_Statewide_Manual.pdf

- Student encounters
- School health services update (staffing survey)
- Special Healthcare Needs Survey
- Summary Report of Immunization Status (CD-31)

Build Partnerships

- Local resources
- Community partners
- Other lead nurses/coordinators in region-
Phone numbers, email, get in discussion group
email lists
- State resources-DHSS, DESE, DHSS-
Immunizations, MASN
- Federal resources-NASN, CDC

MAHEC – 7 regional contacts

- Missouri Area Health Education Centers - <http://www.mahec.org/>
- http://www.mahec.org/resources/k_12_teachers/ provides links to great programs such as: BAM Body and Mind, Health Services Game, Kids.gov Health and Safety Issues, The Voyage into a Health Career, Outbreak at Watersedge Interactive Game, Exploring Careers Cluster, and Medical Mysteries on the Web.
- 7 Regional Centers in MO - locations and links that can put students and practitioners in touch with a corresponding facility
http://www.mahec.org/missouri_ahec_regions/

WELLNESS IN OUR MO SCHOOLS

Healthy Students Make Better Learners

Wellness programs were designed to improve the overall health of our school children.



Improving student health and safety can...

- Increase students' capacity to learn
- Reduce absenteeism
- Improve physical fitness and mental alertness

MO Wellness Policies/Programs

- **Established A Wellness Committee**
- Assessed **education curricula** and materials pertaining to wellness, that they **align with the state and district's educational goals and standards.**
- Wellness program coordinators **report to BOE annually/letters of assurance.**
- **All foods** and beverages made available on campus during the school day are to **be consistent** with the *highest tier* of the **Missouri Eat Smart Nutrition Guidelines.**
- The district will **provide nutrition and physical education aligned with the Missouri Show-Me-Standards and Missouri's Frameworks for Curriculum Development in Health/Physical Education in all grades.**
- The wellness program coordinators, in consultation with the wellness committee, will develop procedures that address nutrition and physical education to be considered in the annual "letter of assurance".

Action For Healthy Kids

Wellness Policy Tool: Seven Steps to Success

1. Build a strong team
2. Assess the environment
3. Draft the Policy
4. Adopt the Policy
5. Implement the Policy
6. Measure and Evaluate
7. Communicate the Results

Successful Wellness Programs in other states

- Tennessee – 2010 statewide Coordinated School Health approach
- Chicago Public Schools – 2009 Healthy Schools Campaign – major improvements to over 200 schools
- Wisconsin Department of Public Instruction - CSH approach and assessed the need for culturally relevant ways to address tobacco use

Share your successes and barriers

- What is working?
- What barriers have you encountered?
- What will the program look like in 5-10 years?
- If your program is successful, would you consider becoming another resource?

Successes in MO



Lee Summit R-7

Teri Hansen reported...

- District hired a FT wellness coordinator
- many free wellness workshops
- PD programs
- fitness/movement challenges
- spring 2016 1st staff health expo.

Carl Junction R1 – Stacey Whitney

- FitBit Challenge- staff challenged to walk / get name entered in prize drawing
- Candy Buy-back program – offering incentive to kids (Candy sent to troops)



Dewey (SLPS) – Jane Sykes

- Gardening program (partnered w/ students from SLU)– last session... salad for lunch



St. Joseph – Maria Burnham

- 4th grade – Community Gardens
- 5th grade – Hands only CPR
- Cooking Classes – healthy meals/ family oriented



Columbia – Linda Evans

- Staff Wellness – Biggest Loser 6-8 week segments



522 public school districts ...



522 ways to wellness



Overall Successes



- Improvement in student behavior
- More schools are using Brain Breaks in the classroom
- Students are choosing fresh fruit options
- Schools are adopting the Farm to School
- Wellness Champions ... nurses, PE teachers, counselors, as well as the coordinators

http://www.genyouthfoundation.org/wp-content/uploads/2013/02/The_Wellness_Impact_Report.pdf

Add an “r” to parent

Research on parent involvement, regardless of family income or background... students with involved parents are more likely to:

- Earn higher grades and test scores, and enroll in higher-level program
- Be promoted, pass their classes, and earn credits
- Attend school regularly
- Have better social skills, show improved behavior, and adapt well to school
- Graduate and go on to postsecondary education

Parent Engagement

- **Internet Safety** – Director of Instructional Technology
- **Navigating the Teen Years** – School Nurse
- **The Adolescent Brain** – Counselors
- **Understanding Anxiety and Depression in Teens** – BJC Behavioral Health
- **Current Drug Trends** – Regional Poison Center
- **Building Resiliency** –
Social Worker



Nevada R5 – Kora Anderson

- Progressive Marathon – students given 4-6 weeks to complete 26.2 miles, complete last $\frac{1}{4}$ mile together at HS track (receive a medal as they cross finish line)
- Park Prowl – 4 weeks/ encourages families and students to visit local parks and answer questions – bonus points... A visit to the Farmers Market – questionnaires turned into wellness coordinator for small prize

**Don't forget Employee
Wellness**

**U.S. school systems
provide
employment for
more than 6.7
million people**

**(Alliance for a Healthier Generation
2013)**

Worksite Wellness

- ✓ **Reduce absenteeism**
- ✓ **Improve productivity**
- ✓ **Control health care costs**
- ✓ **Reduce injuries**
- ✓ **Improve employee morale**

**Chronic diseases are largely preventable
through healthy lifestyles and preventive
services. In 2011, 55% of MO deaths were
a result of chronic illness – source MODHSS**

<http://health.mo.gov/living/wellness/worksitewellness/index.php>

Northwest R1 – Peggy Karlskint

- Staff wellness – just applied for AHA Fit-Friendly Workplace designation
- Student Wellness – 5K fun runs as fundraisers

Jennings School District



Dr. Tiffany Anderson,
champion of wellness
and education!

- Teamed up w/ food bank to create school based food pantry
- Installed washers and dryers in each school
- Set up a essential clothing boutique
- Created parenting classes
- School based health clinic

WELLNESS PROGRAMS

WWW.ACTIONFORHEALTHYKIDS.ORG/TOOLS-FOR-SCHOOLS/REVISED-DISTRICT-POLICY

Where are we going?

Did you know that the MODHSS funds a program titled the School Wellness Project (SWP).

- The project utilizes the Centers for Disease Control and Prevention's (CDC) [2014 School Health Index \(SHI\): Self-Assessment and Planning Guide](#).
- This tool identifies strengths and weaknesses of school policies and programs that promote health and safety and assists in development of action plans to improve student health using a coordinated school health model.
- Schools commit to the self-assessment through assistance and partnership with local county health departments and collectively conduct an assessment of school health and wellness programs.

**Evaluate and revise
your wellness
program**

**Let's make sure
these great
changes stick and
the wellness of our
school community
continues to grow**

Action for Healthy Kids

- ✓ School Health Index
- ✓ Grants
- ✓ Game On Activities
- ✓ Nutrition Education
- ✓ Training events

www.actionforhealthykids.org

WSCC approach



Support for WSCC approach

It is time to truly align the sectors and place the child at the center. Both public health and education serve the same students, often in the same settings. We must do more to work together and collaborate.

-WAYNE H. GILES, DIRECTOR, DIVISION OF POPULATION HEALTH, NATIONAL CENTER FOR CHRONIC DISEASE PREVENTION AND HEALTH PROMOTION, CDC

Good to Great reference

- "motivation for the greatness ... success of the whole child, (not for personal success)"
- "true leadership only existed if people follow when they have the freedom not to" pg 13

Florence Nightingale, 1893, First Code of Ethics

- I solemnly pledge myself before God and in the presence of this assembly to pass my life
- in purity and to practice my profession faithfully. I will abstain from whatever is deleterious
- and mischievous, and will not take or knowingly administer any harmful drug.
- I will do all in my power to maintain and elevate the standards of my profession, and will hold in confidence all personal matters committed to my keeping, and all family affairs coming to my
- knowledge in the practice of my calling.
- With loyalty will I endeavor to aid the physician in his work and devote myself to the welfare of those committed to my care.

Code of Ethics for Nurses with Interpretive Statements, ANA, Nursesbooks.org, 2015 copyright

1. The nurse practices with compassion and respect for the inherent dignity, worth and unique attributes of every person.
2. The nurse's primary commitment is to the patient, whether an individual, family, group, community, or population.
3. The nurse promotes, advocates for, and protects the rights, health and safety of the patient.
4. The nurse has authority, accountability, and responsibility for nursing practice; makes decisions; and takes action consistent with the obligation to promote health and to provide optimal care.
5. The nurse owes the same duties to self as to others, including the responsibility to promote health and safety, preserve wholeness of character and integrity, maintain competence, and continue personal and professional growth.
6. The nurse, through individual and collective effort, establishes, maintains, and improves the ethical environment of the work setting and conditions of employment that are conducive to safe, quality health care.
7. The nurse, in all roles and settings, advances the profession through research and scholarly inquiry, professional standards and development, and the generation of both nursing and health policy.
8. The nurse collaborates with other health professionals, and the public to protect human rights, promote health diplomacy, and reduce health disparities.
9. The profession of nursing, collectively through its professional organizations, must articulate nursing values, maintain the integrity of the profession, and integrate principles of social justice into nursing and health policy.

Parent Involvement references

- [Parent Involvement](#)
Current research on parent involvement and the outcomes. (National Middle School Association, 2006)
- [Parent Involvement in Education](#)
Research brief addressing such questions as Is parent involvement a valuable resource for schools struggling to provide state-of-the-art instruction with diminishing funds? Does it instill pride and interest in schooling? K. Cotton & K. R. Wikelund (Northwest Regional Education Lab, 2001).
- [National Standards for Parent/Family Involvement Programs](#)
Standards for effective parent and family involvement programs including activities addressed by six standards. (PTA, 1997)
- [What Research Says About Parent Involvement in Children's Education](#) (PDF, 252 KB, 4 pgs.)
Highlights the relationship between parent involvement and academic achievement and references Joyce L. Epstein's six types of parent involvement. (Michigan Department of Education, 2002)
- [A New Wave of Evidence: The Impact of School, Family, and Community Connections on Student Achievement](#) (PDF, 1.2 MB, 241 pgs.) A. T. Henderson & K. L. Mapp. (Southwest Educational Development Laboratory, 2002) [Report Conclusion](#). (PDF , 87 KB, 5pp)
- [Summary of Research on Parent Engagement](#)
Lists the benefits of parent engagement. The full report, A New Generation of Evidence: The Family is Critical to Student Achievement, covers 66 studies, reviews, reports, analyses, and books. Offers concrete reasons "why" and "how" educators should involve parents in their student's education. (Center for Law and Education, 1996)

References

Take Action for Whole Child Education, ASCD, 2012, www.wholechildeducation.org

Sieg, Diana, 30 DAYS TO GRACE, International Press, 2012, diane@dianasieg.com

The practice of breathing, yoga poses, meditation and journaling are described as a structure to bring intention into daily life.

Bazarko, Dawn, Mindfulness and You, ANA, 2014, www.Nursesbooks.org

A self-care technique that can be used by nurses for every day health care, during stress, increased pressure and emotional challenges.

Health Risk Appraisal (HRA) is available at www.anahra.org

Personal and professional health, safety, wellness, and access to web wellness portal, anahealthynurse.org are available for nurses.

The Heart of a Teacher Identity and Integrity in Teaching by Parker J. Palmer

http://www.couragerenewal.org/PDFs/Parker-Palmer_The-Heart-of-a-Teacher.pdf