

MISSOURI COORDINATED SCHOOL HEALTH NEWSLETTER

Volume 1 / Issue 1

MCSHC Member SPOTLIGHT!

OUR MISSION

The MCSHC advocates and supports the Whole School, Whole Community, Whole Child model in every Missouri school to ensure students learn to be healthy and are healthy to learn.

OUR VISION

All Missouri students are healthy, safe, engaged, supported and positively challenged for a successful future.



Congratulations to Marjorie Cole, MSN, RN, FASHA, Missouri State School Nurse Consultant and one of the founders of the Missouri Coordinated School Health Coalition

On Monday, July 29th Marjorie received the Pioneer in Education Award for her commitment and contributions to public education in Missouri. The Department of Elementary and Secondary Education (DESE) recognized Marjorie during the 58th Annual Cooperative Conference for School Administrators.

On October 3rd, at the 2019 School Health Conference, in Cincinnati, Ohio, Marjorie was awarded the Distinguished Service Award. This award is granted to an active member of the American School Health Association (ASHA) who has attained Fellow status. Marjorie was recognized for her unwavering commitment to school health (for over 3 decades) and her dedication to the health of young people, and consistent willingness to serve the profession. Both recognitions, well deserved! Thank you for your dedication and leadership!



27th Annual Missouri Coordinated School Health Conference

“Healthy Partnerships for Healthy Students”

December 5th – 7th, 2019

Stoney Creek Hotel and Conference Center, Columbia, MO.
Reserve your hotel room at: 1-800-659-2220.

Download the brochure and registration form or register on-line at:
<https://healthykidsmo.org/conferences/index.php>

This year's conference will be of special interest to Health Service Administrators, Wellness Coordinators, Health Educators, School Nurses, Counselors, and Social Workers!

Pre-Conference sessions – December 5, 2019

Taking Time to B.R.E.A.T.H.E. Strategies for Strengthening Staff and Student Well-being – Joelle Hood Ed.D.
Stress is an issue of global concern among teachers, students, and well, humans in general. Chronic stress is harmful to our physical, mental, and social-emotional health. Research based practices from the fields of Mindfulness and Positive Psychology have been shown to reduce stress and anxiety and boost well-being and self-reported happiness. “Taking Time to B.R.E.A.T.H.E” participants will learn strategies that have been shown to strengthen efficacy, performance, the ability to focus attention, and overall physical and psychological wellbeing.

Foundations Training; Core Skills Training for Sex Ed. - MO DHSS Adolescent Health

Teach Sex Education with Confidence. Facilitating sex education effectively requires unique skills to create safe and supportive environments and promote student learning. Teachers often receive limited training in these core skills.

Foundations is a convenient all-day training which cover these skills: climate setting, values exploration, managing self-disclosure, and responding to challenging questions and more.

The Kinesthetic Classroom: Teaching and Learning through Movement - Mike Kuczala, President of Kuczala Consulting This highly interactive session will enliven your K-12 classroom and content using dynamic movement and physical activity. Participants will discover a six-level framework for using movement thoughtfully and purposefully including preparing the brain, providing brain breaks, supporting exercise and fitness, developing class cohesion, reviewing content, and teaching content. This session will fully explore the brain/ body connection, the brain principles that support using physical activity, why physical activity enhances the teaching and learning process and dozens of immediately usable classroom applications.

Supporting Students with Diabetes- the School Nurse Role - Katherine Park, MSN, RN, NCSN, Parkway Schools The purpose of this session is to enable the learner to achieve a greater understanding of the complexity of type 1 diabetes; the need for school nurses to develop a plan of care for students with diabetes; and the importance of training non-medical staff as Trained Diabetes Personnel. Guidelines for a step-by-step training program for TDP will be discussed. Also discussed: managing and understanding the increasing complex technology associated with diabetes. Attendees will have an opportunity to discuss scenarios relating to diabetes with discussion on brainstorming solutions.

Farm to School – Planting the Seeds to Success – Lisa Farmer, Nutrition Specialist, MO DHSS.

This session will provide a Framework to help school districts make the important connections to farm to school resources that help improve student's health through the three-pronged approach of farm to school: Local procurement, education and school gardens. Improve the nutrition and physical activity environment in schools. Embraces the enhanced coordination of early childhood development; youth development; expanded learning opportunities. The WSCC Whole Child approach mirrors many of the farm to school approaches to experiential education.

Best Practices in Epilepsy Management – Marjorie Cole, MSN, RN, FASHA, MO State School Nurse

Consultant. Strong partnerships and a collaborative practice model with key stakeholders are critical for successful management of students with seizures at school and play. This presentation will focus on collaborative models that work, by considering needs of the student and school personnel. Opportunities for simplifying and making a seizure action plan doable across the school environment will be addressed. Choices for rescue treatment will be covered, as well as appropriately considering delegation of medication administration. Educating and training school personnel and students on how to help and be supportive will be included.

Plans, Plans, Plans: Making Sense of the Alphabet Soup of IEP, IHP, EAP and 504s – Missouri Association of School Nurses - This session will review procedures and resources for new(er) school nurses in writing IHPs, EAPs, IEPs and planning supports to keep students safe at school. Experienced school nurses will discuss how to develop plans to establish student, family, and school roles and responsibilities; clarify important things like how medication will be administered, how the student's health status will be monitored, the location where care will be provided, and who will be providing the care. There will also be discussion about tools and resources available to assist in writing plans and communicating.

Conference – Friday, December 6th

Addressing the Elephant in the Room: Comprehensive School Based Mental Health – April Abercrombie, Comprehensive School-Based Mental Health Director and Lindsey Smith, Comprehensive School-Based Mental Health Director Lauderdale County, TN.

In this session participants will gain knowledge from two school district leaders who directed the development of comprehensive school based mental health programs. Both districts utilize a multi-tiered system of support to provide students wrap around services to promote success.

Creating Out-Of-School Time Environments Where Social Emotional Learning Comes into Play! Michelle Dinnen-Owens, National Advisor, Alliance for a Healthier Generation.

Social and emotional learning (SEL) helps students in out-of-school time programs integrate skills, attitudes and behaviors to deal with daily tasks, conflicts and challenges. A physically active out-of-school time program is the ideal place to develop these skills. Whether students are participating in a running club, engaging with others on the playground or taste testing new foods – these are all situations where social emotional learning comes in to play. Join us as we explore ways to infuse social emotional learning competencies into the out-of-school time environment. Leave with tools and resources designed to keep the students in your schools and districts, moving and improving their fitness while mastering the knowledge and skills they need to be socially and emotionally fit for life!

Roundtables / Networking Sessions – Vaping; Missouri Green Schools; Bedbugs and Headlice; LGBTQIA; Asthma; MO DHSS Adolescent Health Programs, Show-Me School Based Health; and more.

Friday, Concurrent Sessions I

Bringing Out of School Time to Life - Michelle Dinnen-Owens, National Advisor, Alliance for a Healthier Generation

Over 10 million US children head to after school programs when the school day ends. Research shows that adding fun physical activities, nutrition education, and healthy enrichment, as well as nutritious snacks and meals, is a great way to engage students and families into Out-of-School Time (OST) programs. This session will introduce you to the National AfterSchool Association Healthy Eating and Physical Activity Standards and the Healthy Out-of-School Time Assessment and Action Plan. The assessment is an easy-to-use tool that will help OST programs track what they are already doing to support health and wellness and highlight opportunities for growth and improvement. You'll leave this session with turn-key resources to make your before and after school programs - inclusive, active, healthy, and fun!

COPE: Missouri Combating the Opioid Epidemic in Schools – Melissa Maras, Research Consultant, U. of MO.

Education is a critical component of statewide efforts to combat the opioid crisis in Missouri. Leadership and representatives from state professional organizations in education and state agencies have partnered to form COPE, a workgroup focused on maximizing opportunities for schools to effectively respond to and prevent opioid misuse in our local communities. By leveraging the existing organizational capacities of these interdisciplinary groups, this collective is committed to supporting all Missouri schools in understanding and addressing the opioid crisis. This session will describe COPE's work, including results from a statewide needs and resource assessment, awareness campaign, and curriculum distribution efforts. Participants will learn about available resources they can use in their local context to build awareness and combat stigma through education targeting every member of the school community.

Depression and Suicide, Looking Beyond the Mask! - Marian McCord, Executive Director and Founder, CHADS Coalition for Mental Health, Communities Healing Adolescent Depression & Suicide

This presentation will shine a light on depression and suicide in our students. Marian and her husband are cofounders of CHADS Coalition for Mental Health. CHADS is an acronym for Communities Healing Adolescent Depression and Suicide, named in honor of her son Chad. She will inspire and equip you with tools to help you recognize and support students struggling against the grip of mental illness. This session will address anxiety, depression and suicidal ideation in our students and why your compassionate role is so important.

411 or TMI: Understanding Teen's Health & Media Literacy to Improve Sexual Health – Meg Boyko, Executive Director, Teen Pregnancy Prevention Partnership

With the prevalence of health information, and misinformation, online, health and media literacy are critical skills that young people need in order to navigate healthcare systems and make healthy decisions. What do we know about health literacy and media literacy among adolescents? How can educators promote media literacy to ensure teens get the benefits of the resources and health messages that are available online and in social media? In this session, we will explore the core components of health and media literacy along with age appropriate activities for a variety of grade levels to incorporate these components into health classes.

Concurrent Sessions II

Don't Let the Wellness Policy Sit on the Shelf! Make It Count and Put it into Action! - Laura Beckmann, Director of Health, Physical Education and School Wellness, MO DESE

In this session, participants will; identify LWP overview, timeline and key components of the USDA Final Rule; Identify strategies and resources to support the implementation and evaluation of the wellness policy;

Identify tools and resources to support policy monitoring, implementation & reporting; and gain skills to assess the quality of district wellness policies, school health practices and resources to make improvements.

ACES: An Evidence- Based Tobacco Cessation Toolkit for Schools – Jenna Wintemberg, PhD, University of Missouri

It can be difficult to address the issue of adolescent tobacco use when other health concerns also demand our attention in the school setting. However, quitting tobacco is one of the most important steps a young person can take to improve their immediate and lifelong health. Adolescent Cessation in Every School (ACES) puts easy to use, evidence-based strategies in the hands of school staff to assist adolescents in becoming tobacco-free. The toolkit includes strategies for developing a quit plan, addressing triggers, coping strategies, social support and the rewards of quitting. Leave this session with the confidence and tools to help adolescents quit tobacco!

Concurrent Sessions II

Back to Poison Basics –Amanda Ruback, MO Poison Control

The Missouri Poison Center will address how nurses and educators can use the poison center as a resource for first aid information, education related to household products and medication, and resources for students and families.

Learn Life Savers – Kim Harbur, Gift of Life

This presentation will share an online 30-minute lesson plan for teachers to educate students about organ, eye and tissue donation. Learn Life Savers is designed for high school students.

Conference – Saturday, December 7th

General Session WSCC Model at Work: Healthy Schools, Healthy Communities Working Together – BJC School Outreach and Youth Development and St. Louis Public Schools

Healthy Schools Healthy Communities Initiative works at the school district level, and school districts in turn reach out to their K-8 schools. Schools conduct wellness assessments and create action plans in order to meet intermediate outcomes and the long-term goal of reducing the incidence of childhood obesity in their districts. School wellness committee action plans address school foods, physical education/activity, health education, school policy, and family engagement. MFH provides a resource guide of approaches and programs to assist in the development of concrete action steps that may be funded. Key to these efforts is support for a school district wellness coordinator, who develops and organizes committees and offers expert technical assistance. As of 2018, there are 32 two school districts (with a total of nearly 30,000 students), and 13 partner organizations participating in Schools as the Hub. Participating schools receive technical assistance and support from the Alliance for a Healthier Generation.

What You need to Know to Help a Student with an Eating Disorder – Stephanie Bagby-Stone, MD, DFAPA, CEDS.

This session will give a general overview of eating disorders as well as their medical and mental health dangers. How eating disorders can present in school settings will be discussed and how to talk with the student and the parent/guardian about your concerns and to encourage treatment.

Full brochure and registration available at:

<https://healthykidsmo.org/conferences/index.php>