



SCHOOL NURSE **UPDATE**

www.health.mo.gov/living/families/schoolhealth/

School Nurses
THE HEART OF SCHOOL
HEALTH SERVICES

Missouri Department of Health and Senior Services

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January 2012

Vision Report Due

Injury and Violence Prevention Topics

Nutrition and Physical Activity Topics

Disease Control and Prevention Topics

Family, Community, and Other School Health Topics

Welcome back to School. We hope everyone enjoyed their holiday break.

Vision Report Due

Lead School Nurses, we just wanted to let you know that the Vision Exam Annual report is now ready for entry on the Online Reporting System. This reporting is due by May 1st. Also, the Vision Screening Annual Report is not mandatory this year. However, it is available for entry if you would like to enter numbers to keep track of them.

We appreciate your hard work and your information on these screenings in the past. Those numbers are an important part of the information the Children's Vision Commission is evaluating and reporting to the state legislature. Thank you for your hard work and faithfulness in reporting these numbers in the past, and for everything you do for the kids in Missouri.

Brenda Kennedy
DSS RSB

INJURY AND VIOLENCE PREVENTION TOPICS

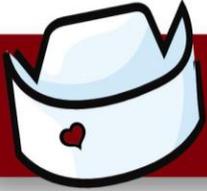
National Poison Prevention Week

This year National Poison Prevention Week is **March 18 – 24, 2012**. It is a week nationally designated to highlight the dangers of poisonings and how to prevent them. The U.S. Congress and President Kennedy established NPPW in 1961. I invite you to become actively involved in helping ensure the poison prevention safe practices of your students and their families. Please contact me at the Missouri Poison Center for pre-school and elementary school teaching lessons and poster contest information. I also invite the school nurses, teachers, middle school and high school students to report or do 'live' stories for the daily announcements or multi-media projects. Let's talk.

Thank you,
Peggy Kinamore, RN, BSN
Public Education Coordinator
Missouri Poison Center
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Peggy_kinamore@ssmhc.com





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Carbon Monoxide Poisoning Prevention Materials Available

Carbon monoxide is an invisible, odorless, tasteless, and highly poisonous gas which is produced by combustion. Some sources of carbon monoxide are automobile engine exhaust, portable propane heaters, gas appliances, furnaces, water heaters, wood burning fireplaces/stoves and barbecue grills. Carbon monoxide poisonings usually increase when the weather gets colder and during power outages. People tend to spend more time indoors and use more heating devices during these times.

The Centers for Disease Control and Prevention has recently released a CO poisoning prevention toolkit. The toolkit has downloadable materials such as posters, public service announcements, fliers and stuffers that can be used by any organization. This material can be found at http://www.nphic.org/component/docman/cat_view/66-emergency-communications/101-carbon-monoxide. Additional information about CO poisoning can be found at <http://www.cdc.gov/co/> and information on CO poisoning in Missouri is located on the DHSS website at <http://health.mo.gov/living/environment/carbonmonoxide/index.php>.

New Guide for Talking About Suicide More Safely

In the past year expansive news coverage of several suicide deaths of youth known or believed to be gay resulted in an unprecedented national discussion about suicide risk among lesbian, gay, bisexual and transgender (LGBT) people. Some of that coverage, however, oversimplified or sensationalized a number of the underlying issues, and in some cases may have created the potential for a phenomenon known as a "suicide contagion" or cluster of suicides. Several national organizations, including the American Foundation for Suicide Prevention and The Trevor Project, recently co-authored [Talking About Suicide & LGBT Populations](#). This document provides detailed recommendations for more safely discussing suicide in public conversations and social media, while at the same time expanding public conversations about the well-being of LGBT people, promoting the need for family support and acceptance, and encouraging help-seeking by LGBT people who may be contemplating suicide.

Self Injury: Webinar for School Health Services. Self Injury: Testimony, Insight and Critical Issues

This training offers insight into the incidence and factors in self injury, new breed of self injurer, relationship between self injury and suicide, major theories of self injury, and the school's role in intervention and developing policies and procedures. The training also includes testimonies from two college students who have successfully coped with self injury.

<http://centerforchildwelfare.fmhi.usf.edu/videos/Pages/cms.aspx>



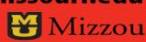
Need a FRESH Safety Program?

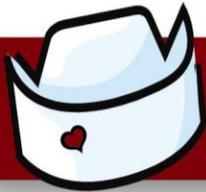
High-Impact Injury Prevention Programs
FREE to Your School or Organization!

Contact Us Today!
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lorenzp@health.missouri.edu

ThinkFirst!
Missouri

Award Winning Injury Prevention Programs

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Safe Routes to School: Helping Communities Save Lives and Dollars

<http://www.saferoutespartnership.org/media/file/SRTSNP-2011-Policy-Report.pdf>

NUTRITION AND PHYSICAL ACTIVITY TOPICS



Wanted...Your Help to Get Salad Bars in Schools

The Missouri Department of Health and Senior Services is working to increase children's access to healthy fruits and vegetables by increasing the number of salad bars in school meal programs. To succeed, we need to hear what parents think. A brief survey was developed to do this. Your help is desired to get views about salad bar use from as many parents as possible. If you have kids in school, consider taking the survey too. For questions about the salad bar project or survey, please email Pat Simmons at pat.simmons@health.mo.gov. You can help us by sending the following message to the parents of children in your schools:

Share Your Thoughts about Salad Bars in Schools

Want your kids to eat more fruits and veggies? [Click here](#) to tell us your thoughts about how school meals can help. Your responses will help schools improve their salad bar programs. The survey, sponsored by the Missouri Department of Health and Senior Services, takes only about 5 minutes. The first 300 people that finish it will receive a *Mighty MyPlate Activity Book* for their child (ages 3 to 6 or 7 to 11). All responses are confidential and will not be connected to any personal information. For more information, please contact Pat Simmons at pat.simmons@health.mo.gov.

School Health Guidelines to Promote Healthy Eating and Physical Activity

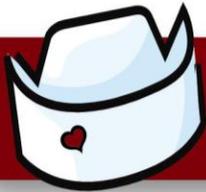
The Centers for Disease Control and Prevention's (CDC) Division of Adolescent and School Health (DASH) is pleased to announce the release of the [School Health Guidelines to Promote Healthy Eating and Physical Activity \(Guidelines\)](#). This new resource updates and combines previous guidelines last published in the 1990's. Schools play a critical role in improving the dietary and physical activity behaviors of students and the critical health outcomes and diseases they influence, such as obesity, diabetes, and heart disease.

Developed in collaboration with nutrition and physical activity experts across the nation, the *Guidelines* identify the most effective policies and practices schools can implement to help young people adopt and maintain healthy eating habits and a physically active lifestyle. CDC synthesized research and best practices related to promoting healthy eating and physical activity in schools, culminating in nine guidelines. These guidelines were informed by the *Dietary Guidelines for Americans*, the *Physical Activity Guidelines for Americans*, and the *Healthy People 2020* objectives related to healthy eating and physical activity among children and adolescents (including associated school objectives).

Collectively, the nine guidelines serve as the foundation for developing, implementing, and evaluating school-based healthy eating and physical activity policies and practices for students.

Individually, they emphasize and address:

- Coordination in developing, implementing, and evaluating healthy eating and physical activity policies and practices
- School environments that support healthy eating and physical activity
- Healthy food choices at school



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- Comprehensive physical activity programs with quality physical education
- Health education that provides students with the knowledge, attitudes, skills and experiences they need for healthy eating and physical activity
- Health, mental health and social services to address healthy eating, physical activity and related chronic disease prevention
- Partnering with families and community members to develop and implement healthy eating and physical activity policies, practices and programs
- Providing a school employee wellness program that includes healthy eating and physical activity services
- Employing qualified individuals, and providing professional development opportunities for staff working in school health-related positions

Each of the guidelines is accompanied by a set of strategies that can help schools work toward achieving each guideline. Although the ultimate goal is to implement all nine guidelines, not every strategy will be appropriate for every school, and some schools, due to resource limitations, might need to implement the guidelines incrementally.

This new release also includes an [Executive Summary](#); more resources to help promote and implement the guidelines will be available on the [DASH Web site](#) in October.

Start with School Breakfast: A Guide to Increasing School Breakfast Participation (NEA)

<http://www.neahin.org/educator-resources/start-school-with-breakfast.html>

Reducing Sodium in the Diets of American Children (American Heart Association)

<http://healthyamericans.org/health-issues/wp-content/uploads/2011/10/Sodium-Fact-Sheet.pdf>

New Study Links Fruits and Vegetables to Better Mental Health in Teens

This study showed that teenagers who have a regular diet of processed and junk foods are more apt to experience instances of depression and anxiety.

<http://au.ibtimes.com/articles/218756/20110923/depression-mental-health-anxiety-fruits-vegetables-diet.htm>

Obese Kids May Face Social, Emotional Woes

http://www.nccor.org/newsletters/enewsletter_2011_october.html#research_4

Effects of Physical Activity on Teen Smoking Cessation

This study demonstrated that adding a physical activity component to a smoking cessation program for teens increased cessation rates, particularly among boys.

<http://pediatrics.aappublications.org/content/128/4/e801.short>

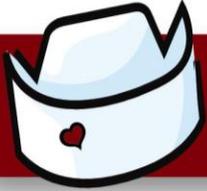
DISEASE CONTROL AND PREVENTION TOPICS

Online Food Allergy Toolkit for the School Setting (NASN/CDC/FAAN)

<http://www.nasn.org/ToolsResources/FoodAllergyandAnaphylaxis>

State Honor Roll: Asthma and Allergy Policies for Schools (AAFA)

<http://www.aafa.org/pdfs/2011%20State%20Honor%20Roll%20Full%20Report%20Final.pdf>



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It's Time for the 2012 CDC "Fight the Bite Poster" Contest

The [annual competition](#) is open to 5th and 6th graders who want to help others learn ways to protect against tick and mosquito bites and the diseases they transmit. Springfield, Missouri students won the contest in 2008 and 2009, each receiving a \$1,000 award and promotion on the national website. A new resource is a curriculum and lesson plans for teachers called [Don't Let the Ticks Bite](#). **The deadline for entries is April 10, 2012.** Schools can download poster contest information at www.fightthebitecontest.org. The Missouri DHSS can supply free [insect bite prevention materials](#) for classrooms. A DHSS e-Card is available to send to 5th and 6th grade teachers at www.health.mo.gov/ecard/index.php and school nurses can send the information our through the new Facebook link on the contest website. Please email Alyce.Turner@health.mo.gov for more information.

Autism Resource

All young people make the transition from being a teenager to becoming an adult. However, this passage may be more challenging for persons with Autism Spectrum Disorders (ASD) due to the social and communication difficulties they experience.

The following transition products are now available for youth, families and professionals:

- A free training module called [Autism Spectrum Disorders: Transition to Adulthood](#).

The module is hosted as a course on the University of Missouri Extension web site under the Families and Relationships tab. To view the training you will need to register for an Extension Passport and select the [Autism Spectrum Disorders: Transition to Adulthood](#). There is no charge for the Passport or to view the training.

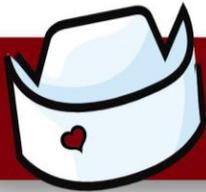
- A FREE interactive transition website called [Roadmap to the Future at http://asdtransition.missouri.edu](http://asdtransition.missouri.edu).

Both the module and website feature information about becoming prepared for adult life. The website provides an overview of the five areas that families need to consider as they prepare for this important transition:

- ▶ Adult Services and Benefits
- ▶ Education and Training
- ▶ Employment
- ▶ Health and Safety
- ▶ Community Living

This website was developed with funding from *The Rapid Response Project: Implementing Missouri's ASD Roadmap*, a federal grant from the Health Resources and Services Administration to the University of Missouri [Thompson Center for Autism and Neurodevelopmental Disorders](#) [grant number H6MMC11059].

Also available from the University of Missouri Extension Site is the module "**Autism Family/Professional Partnerships.**" This module discusses that family-centered care is an innovative approach to the planning, delivery, and evaluation of health care that is grounded in mutually beneficial partnerships among health care providers, patients and families. This training provides information about how medical providers can partner with families to provide health care for their patients. To enroll in this module, please visit the MU Extension Site at <https://extweb.missouri.edu/courses/default.aspx?courseid=92>.



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Health e-card Update

The DHSS e-Cards are a quick way to communicate health messages with just a couple of clicks! The e-Cards can be personalized with your own health message and cover a variety of health topics including **antibiotic resistance, influenza, food safety** and more. Check out the latest e-Card on antibiotic resistance. It can be used to remind community contacts, parents, and professional partners about the Get Smart About Antibiotic Resistance Campaign. Planning a flu clinic soon? Send out the **Flu IQ** or the **WHACK the Flu** e-Card to community contacts with the flu clinic information. Sending DHSS Health e-Cards is a quick, easy way to share important health messages with your email contacts. Simply visit www.health.mo.gov and click on the e-Card link at <http://health.mo.gov/ecard/index.php>.

Mark Your Calendars: Preventive Services Program Webinars Scheduled

The Preventive Services Program (PSP) is a free community-based program currently available to any child (infant to age 18) in the state of Missouri. Children who participate in PSP receive an annual oral screening from a local volunteer dentist or dental hygienist; an oral health note indicating the need for dental treatment; an application of fluoride varnish twice per school year; and oral health education. They also receive a toothbrush, toothpaste, floss, and educational brochures.

This program is administered by the Department of Health and Senior Services through five regional oral health consultants. For more information on PSP, visit <http://health.mo.gov/living/families/oralhealth/psp/> and plan to participate in a webinar the week of April 16-20, from 3:30 p.m. to 4:30 p.m. each day. Connection information will be available in March 2012 on the PSP website.

April 16 – Southwestern region

April 17 – Central region

April 18 – Northwestern region

April 19 – Southeastern region

April 20 – Northeastern/Eastern region

FAMILY, COMMUNITY AND OTHER SCHOOL HEALTH RESOURCES



College of Education

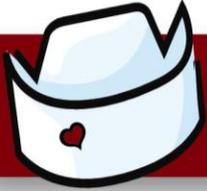
University of Missouri

ParentLink supports Missouri's families and communities by linking parents and professionals to information and resources. ParentLink provides quality parenting information, materials, and other resources to strengthen and support Missouri's Families.

One way we support Missouri's parents and professionals is through our toll-free **ParentLink WarmLine (1-800-552-8522)**.

Through the WarmLine, you can:

- Visit (on the phone or e-mail) with professionals who can assist you in thinking through solutions to your parenting concerns. WarmLine professionals have their Masters Degrees in human service fields such as Social Work, Human Development and Family Studies, and Educational, School, and Counseling Psychology.
- Have access to ParentLink's Loan Library of books, DVDs, and curricula on various topics.



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- Obtain community service and other resource information.
- Submit parenting questions online through our website (<http://parentlink.missouri.edu>) or email (parentlink@missouri.edu).

We are not only a resource for the families you work with, but we are here to help you as a professional working with families. Contact ParentLink to help you find resources, information, and support.

For more information about the WarmLine and other services ParentLink offers, call us at 1-800-552-8522, send an email to parentlink@missouri.edu, or visit <http://parentlink.missouri.edu>.

TEL-LINK

ParentLink contracts with the Missouri Department of Health and Senior Services to offer the TEL-LINK line. The TEL-LINK line is a toll-free information and referral line for maternal and child health care. TEL-LINK provides information and referrals to MO residents concerning a wide range of health services offered by the state, such as the WIC program, food stamps, prenatal care services, MO HealthNet insurance, and more. Call 1-800-TEL-LINK for more information.

School Mental Health Capacity Building Training Modules (NASBHC)

<http://www.nasbhc.org/site/c.ckLQKbOV/LkK6E/b.7652703/k.DF2A/Training.htm>

EPA Voluntary School Siting Guidelines

<http://www.epa.gov/schools/siting/index.html>

Families as Partners: Fostering Family Engagement for Healthy and Successful Students (NSBA)

<http://www.nsba.org/Board-Leadership/SchoolHealth/Family-Engagement-in-Health/Families-as-Partners.pdf>

The Morbidity and Mortality Weekly Report (MMWR) has been the staple publication at CDC for 50 years. A special supplement of the MMWR published celebrates the anniversary of its arrival at CDC and the half-decade long contribution it has made to CDC and public health. This 16-article supplement shares perspectives on how public health has changed during the past 50 years. Articles in this issue reflect on how the focus of public health has expanded from solely communicable disease to include a broad array of acute and chronic public health challenges, including injury.

Read the entire [report here](#).

Fostering School Connectedness: Staff Development Program (Facilitator's Guide) (CDC)

http://www.cdc.gov/healthyouth/adolescenthealth/pdf/connectedness_facilitator_guide.pdf

Special Issue of Journal of School Health – Dedicated to Urban Minority Youth

This issue contains multiple articles highlighting the link between physical activity, asthma, health, vision, violence, breakfast and the achievement gap among minority youth.

<http://onlinelibrary.wiley.com/doi/10.1111/josh.2011.81.issue-10/issuetoc>