

School Nurse UPDATE



#1 August 17, 2023

Greetings!

Welcome to the 2023/24 school year! There is a lot to digest in this newsletter. I make no apologies for the volume of information that is critical for those providing school nursing and school health services to possess. This is the first newsletter/Update of the school year. **My plan this year is to send out these newsletters once a month** versus every other week. See Practice Points for more information regarding my communication plan with school nurses and those providing school health services.

We head into the 2023/24 school year with a **new COVID-19 variant circulating (p.11)**. I suggest Wisconsin schools to use a public health and epidemiological approach to infection prevention and control measures this school year. Think about mode of transmission versus a “germ” specific approach this coming school year. CDC still [recommends a defined isolation period for COVID-19](#). It is up to districts to determine what protocols will be used. The **DHS’s COVID-19 testing program has ended** so I encourage schools to know what resources are available to families in your community to get tested for COVID-19 or any other respiratory illness.

Do read all of the revisions to DPI webpages and trainings that have occurred over the summer (p. 1-2). Of particular note are the **COVID and pandemic webpages, and the BBP, and mandatory reporter trainings. Registration for DPI’s New School Nurse Orientation is now open.**

Air quality, a concern this summer, may continue this school year. See attached flyer for guidelines. Information in this newsletter could be material for your own school nurse newsletters. See American Academy of Pediatrics - HealthyChildren.Org (p.11) and CDC (p.7).

GoNoodle has introduced [The Moderators Channel](#) just in time for back to school. School nurses might want to check the resources out for themselves for a little self-care!

FEATURED STORIES

PRACTICE POINTS –
Communication by Design

Emergency Epinephrine
Bill (DPI News)

Asthma Friendly School
Grants (DHS News)

Immunization Awareness
Month (p.7)

WHO Developing School
Health Guidelines (p.11)

SAVE THE DATES

DPI Consultant Office
hours 9/12/23 2:00-2:45
PM

Asthma Attack at School
Webinar- August 23, 3:00
PM – see p.8

DPI New School Nurse
Orientation October 24-
25, 2023, WI Dells.
Registration now open!

DPI supports best practices/evidence-based resources but does not vet or endorse products/services. User is responsible to evaluate the resource and how it meets local needs.

DPI News



Updated COVID-19 and Pandemic Webpages

DPI's [COVID-19](#) and [pandemic](#) webpages have been updated. There is no COVID-19-specific guidance document listed for the coming school year. The CDC's webpage, last updated in May, is referenced.

DPI's COVID webpage reflects information specific to COVID-19 post pandemic, including information on Long COVID, a complication of infection with the SARs -CoV2 virus. Use of particular resources and mitigation strategies may be based upon local decisions and circulation levels of the virus. Some resources such as isolation room considerations, may be used in the event of any highly contagious respiratory germ. Infection control and mitigation is moving away from pathogen specific to mode of transmission prevention strategies.

DPI Publishes New Online Mandate Reporter Training

The new online module and related in-person training materials for the mandated reporting of child abuse and neglect for school staff are online. It is important for school nurses and districts to note [the shifts in the suggested philosophy and practice for school staff as mandated reporters of child abuse and neglect](#). This new required training moves away for "When in Doubt, Make a Report".

- [Training materials webpage](#)
- [Key Messages Related to the System Transformation for School Staff as Mandated Reporters of Child Abuse and Neglect](#)

BBP Training Updated

Besides updating the [bloodborne pathogen training module](#) new for the 2023/24 school year participants will have the opportunity to both print out a certificate of successful completion of the training module and send an email to the school administrator. This should hopefully improve record keeping for school districts.

School Nurse Evaluation Tools Updated

Revisions were made to DPI's sample School Nurse Evaluation documents to reflect the 2022 Scope and Standards of School Nursing. Districts seeking to use evaluation tools that reflect the scope and practice of school nurses rather than educators, may consider using the documents located on the [Wisconsin Pupil Services Evaluation System: School Nurse website](#). The evaluation process mirrors that of educators. The evaluation tools differ including the [evaluation rubric](#) and [evidence sources](#).

DPI's COVID webpage reflects information specific to COVID-19 post pandemic, including information on Long COVID, a complication of infection with the SARs -CoV2 virus. Use of particular resources and mitigation strategies may be based upon local decisions and circulation levels of the virus.

DPI News

Governor Evers Signed Senate Bill 7 – Emergency Epinephrine in Schools Affected

[Senate Bill 7](#), now 2023 Wisconsin Act 27:

- Replaces current law references to “epinephrine auto-injectors and prefilled syringes” with “epinephrine delivery system”; and
- Defines “epinephrine delivery system” as a device that is approved by the federal Food and Drug Administration, that contains a premeasured dose of epinephrine, and that is used to administer epinephrine into the human body to prevent or treat a life-threatening allergic reaction.

This term “epinephrine delivery system” is now included in Wis. Stat. sec. 118.29 the school medication administration law. Both DPI and the Wisconsin Association of School Nurses (WASN) advocated that the language include a premeasured dose of epinephrine. School nurses might want to update the language in their policies or procedures to match this new wording. In practice nothing changes as auto-injectors and prefilled syringes are the devices currently available on the market.

Updated Training Materials for the Mandated Reporting of Child Abuse and Neglect

School boards and leaders in schools participating in the Private School Choice Programs (Choice) and Special Needs Scholarship Program (SNSP) are to ensure all employees receive training in the mandated reporting of child abuse and neglect provided by the Department of Public Instruction within six months of initial hiring and, minimally, at least every five years after that, Wis. Stat. sec. 118.07(5). All school employees are mandated reporters of child maltreatment. This includes all people who receive a W2 from the school district.

This training content has undergone significant updates to provide school staff in Wisconsin with the best training and information based on current research and guidance in alignment with the Department of Children and Families Strategic Transformation.

New slide decks for use in local in-service training, a new online module, and additional resources have been created. Please expect this training to require approximately 1 hour 45 minutes to 2 hours to complete. Each user will navigate through the content at their own pace. This training includes important information for keeping kids safe and helping school staff understand their responsibilities as mandated reporters.

It is suggested that all staff complete training with the new materials in the coming school year to understand the shifts in philosophy and practice recommendations.

See the [Mandated Reporting of Child Abuse and Neglect Training webpage](#) to access the training materials and for more information.



All school employees are mandated reporters of child maltreatment. It is suggested that all staff complete training with the new materials in the coming school year to understand the shifts in philosophy and practice recommendations.

DPI News

DPI Releases 2023 Suicide Prevention Fact Sheet

DPI's Student Services Prevention and Wellness Team released a new suicide fact sheet. The fact sheet is attached to this newsletter and can be located at [this link](#).

Division for Learning Support Leadership Conference

This year, the 39th Annual State Superintendent's Conference on Special Education and Pupil Services Leadership will be an in-person event. It will be a one-day conference on Wednesday, September 20, 2023, at the Glacier Canyon Lodge at the Wilderness Resort in the Wisconsin Dells. Perry Zirkel is our first keynote speaker with legal updates. We have added a lunch keynote speaker; Khadijah Booth Watkins, MD, MPH, will join us to discuss The Biology of Stress and Mental Health: Strategies to Help Struggling Children. [View the Save-the-Date Flyer here](#). [View the tentative agenda with topics listed here](#). [Registration is now available here](#). The cost is \$100 per person. Due to space restrictions this year, there is a registration capacity. Payment must be received by Friday, September 8, 2023, or your registration spot will be offered to someone on the conference waitlist. Walk-in registrations will not be available this year. [Lodging information is available on our website](#). Please note the cut-off date for the room block is Sunday, August 20, 2023.

This year we are coordinating our conference with the WCASS fall conference. The WCASS conference will be held on September 21-22, 2023, at the Glacier Canyon Lodge at the Wilderness Resort in the Wisconsin Dells. You will need to register separately for both conferences. Please contact Sherri Honaker at sherri.honaker@dpi.wi.gov with any questions.

Building a Comprehensive School Mental Health System Using a Trauma Sensitive Lens Resource Published

DPI often receives questions from partners and schools about how comprehensive school mental health connects with trauma sensitive schools work. [This new resource](#) provides a "crosswalk" of the six components of a CSMHS with the six guiding principles of TSS. While this document does not include a comprehensive list of every trauma sensitive best practice or strategy, school and district mental health teams can use these specific recommendations to build and strengthen their CSMHS using a TSS lens. More information is located on the [Foundational Principles and Practices webpage](#).

2023 BHSS Conference Registration Open!

Registration is now open for the [2023 Building the Heart of Successful Schools](#) Conference - scheduled for December 7, 2023 with pre-conference sessions on December 6, 2023 at the Glacier Canyon Conference Center - Wilderness Resort in Wisconsin Dells.

- [Conference Registration](#) (Dec 7 - \$150.00)
- [*Recording Only* Registration](#) (Recordings available mid Dec - \$75.00)
- Pre-conference Sessions Registration (Dec 6 - \$75.00 per session)
Registration Coming Soon!

Check out the [conference flyer](#) for more information.

DPI News

NASSNC Releases Action Agendas Calling for School Nurses to Declare Their Nursing Professionalism Across America

I am taking liberty here in the DPI school nurse newsletter to promote these Action Agendas which were developed and approved by the [National Association of State School Nurse Consultant \(NASSNC\)](#) of which I currently serve as President (disclosure statement).

The National Association of State School Nurse Consultants (NASSNC) released [two action agendas](#): #1 *Declare You are a Registered Nurse* and #2 *Explain School Nursing to School Administrators*. School nurses should claim their professional preparation as Registered Nurses (RN). Using the RN credential documents their expertise and asserts their legal authority to practice professional nursing. School nurses should speak with one voice, universally and consistently using RN in all communication with school staff, parents, and the public. School administrators require an understanding of the breadth and depth of the school nurses' knowledge and competence. The action agendas provide school nurses with strategies to accomplish both.

[Read press release and Action Agendas here.](#)

Income Eligibility Guidelines Updated for School and Day Care Meals

The U.S. Department of Agriculture Food and Nutrition Service recently updated income eligibility guidelines for meals served at schools and day care programs based on federal poverty levels.

The income guidelines, updated annually, are effective July 1, 2023, through June 30, 2024. The guidelines apply to student eligibility for free and reduced-price school meals offered through the National School Lunch or School Breakfast Programs and milk offered through the Special Milk Program, along with reimbursement for meals served in day care centers and family childcare homes participating in the Child and Adult Care Food Program.

The guidelines establish that students in a household of four, with income of \$39,000 per year or less, qualify for free school meals. If a family's yearly income is between \$39,000.01 and \$55,500, children can receive reduced-price meals. The state's participating public and private schools and day cares typically provide applications for free and reduced-price school meals during registration and in the beginning weeks of the school year. However, applications may be submitted at any time. Only one application is required per household.



School nurses should claim their professional preparation as Registered Nurses (RN). Using the RN credential documents their expertise and asserts their legal authority to practice professional nursing.

DHS News

Respiratory Report

[The Weekly Respiratory Report](#) is available and updated bi-weekly.

School Immunization Webinar

The DHS/DPI School Immunization webinar via Zoom is August 21, 2023 9:00-10:30 AM. The webinar will be recorded.

[Join Zoom Meeting](#)

Meeting ID 160 612 8497

Passcode 777922

Asthma-Friendly School Mini Grants

The Wisconsin Department of Health Services is excited to announce that the Wisconsin Asthma Program Mini Grants are returning this fall! This opportunity creates a learning environment that helps kids stay health and succeed in the classroom. Project options include:

- Asthma Educator Institute On-Demand Course
- School Staff Training
- School Coaches Training
- School Walkthrough Program
- Asthma Action Plans for Students with Asthma

Stay tuned for more information. Applications open in September.

New phone service offers peer support statewide

The Wisconsin Department of Health Services (DHS) announces a new phone line is now available allowing all Wisconsinites to share their successes and challenges with a peer who will listen and offer support. Built by Mental Health America of Wisconsin under a grant from DHS for people experiencing mental health and substance use concerns, [UpliftWI](#) can be reached at 534-202-5438 daily from noon to midnight, with 24/7 operation expected by the end of the year. This non-emergency service is free and confidential.

“We’re pleased to partner with Mental Health America of Wisconsin on this expansion of peer services in Wisconsin,” said DHS Deputy Secretary Deb Standridge. “The peer-to-peer support offered by UpliftWI is a proven way to help people get the help they need and stay healthy. This service is going to improve lives by providing preventive care for people experiencing stress or other challenges in their lives.” View the entire [news release](#).



The Wisconsin Department of Health Services (DHS) announces a new phone line is now available allowing all Wisconsinites to share their successes and challenges with a peer who will listen and offer support.

NEW RESOURCES: BACK TO SCHOOL AND NATIONAL IMMUNIZATION AWARENESS MONTH

CDC data show that [kindergartener vaccination coverage](#) has steadily declined for all vaccines over the past two school years from 95% to 93% nationally and by as much as 10% in some jurisdictions. This is the lowest that we've seen kindergarten routine vaccination coverage nationally in the last decade.

To support getting school-aged children back on track with their routine immunizations as a part of “Back to School,” CDC is:

- Launching a nationwide “[Back-to-School](#)” Campaign with digital ads that will run from July through September 2023. The digital ads aim to keep routine child vaccinations top of mind among parents of school-aged children. All [communication resources](#), such as 8.5 x 11 flyers and social media posts, are downloadable and adaptable should partners want to disseminate them directly through your websites, offices, and social media channels. They are available in English and Spanish.
- [Calling on health care professionals, education professionals and school leaders](#), as trusted sources of information for parents and guardians, to support getting children caught up on their school vaccinations
- Providing evidence-based strategies and tools to support catch-up efforts. CDC resources can be accessed on the [Let's RISE](#) webpage and in the Back To School calls to action. Additionally, the Public Health Foundation has developed a [new toolkit](#) with actionable resources for education professionals.

What Can You Do?

1. Raise awareness about declines in kindergarten vaccination coverage and the need to get school vaccination coverage back on track.
2. Let members know about [CDC's “Back To School” campaign](#), [CDC tools](#), and [partner education toolkit](#).
3. Encourage members to download and display “Back to School” printable vaccination catch-up flyers and post digital content to your organization, clinic, or school websites and social media channels.
4. Send questions about the “Back to School” resources and activities to Angie Robertson (ftt7@cdc.gov) and Kathleen Holmes (ino2@cdc.gov).

Sample “Back to School” assets.



NASN News

NASN Releases Consensus Document

The National Association of School Nurses (NASN) Released *Elevating the Role of School Nurses in School-Based Mental and Behavioral Health: A Consensus Document*.

[Link to NASN Announcement](#)

[Link to Consensus Document](#)

Impact of School Nurses on Firearm Injuries and Deaths

The increasing incidents of school shootings in recent years have resulted in America's students, teachers, and staff feeling vulnerable. In the *NASN School Nurse July* podcast, *NASN School Nurse* Editor, Cynthia Galemore, interviews Laurie Combe and Robin Cogan about the article "School Nurses Can Reduce Firearm Injuries and Deaths." The article reviews data on school-located gun violence through a public health lens, as well as outlines a framework for levels of prevention, including downstream, midstream, and upstream strategies. [Listen to the podcast.](#)



Asthma attacks can (and do) happen at school. How can school nurses, teachers, coaches and other school staff prepare to help students experiencing an asthma attack?

Asthma & Allergy Network

What to Do if a Student Has an Asthma Attack Wednesday, Aug. 23, 3:00 pm CENTRAL

Asthma attacks can (and do) happen at school. How can school nurses, teachers, coaches and other school staff prepare to help students experiencing an asthma attack? And what do parents need to know? We'll be joined by David Stukus, MD, Professor of Clinical Pediatrics in the Division of Allergy and Immunology at Nationwide Children's Hospital in Columbus, Ohio.

If you are unable to attend, still register! We will email a link to you so you can view the on-demand recording. [REGISTER now.](#)

HHS Announces the Formation of the Office of Long COVID Research and Practice and Launch of Long COVID Clinical Trials Through the RECOVER Initiative

On July 31, 2023, U.S. Department of Health and Human Services (HHS) Secretary Xavier Becerra released a statement applauding the formation of the Office of Long COVID Research and Practice to lead the Long COVID response and coordination across the federal government and, in addition, the National Institutes of Health (NIH) launch of the Long COVID clinical trials through the RECOVER Initiative.

[Read the full statement »](#)

American Academy of Pediatrics - HealthyChildren.Org

Your Checkup Checklist: 5 Years Old

Parents of five-year-olds will learn what to expect at their child's next well-visit, including immunizations, health and developmental screenings, nutrition and safety guidance, and more. Parents will also learn that, at this visit, their pediatrician will ask their child questions directly as a way to assess social and emotional development. Read the full article in [English](#) (soon to be available in Spanish).

Articles

We're working hard to deliver fresh, relevant content for parents and other caregivers. Here are a few items that were recently revised or added to the site. Most articles are, or soon will be, available in Spanish. Look for the Spanish/English toggle at the top of the article page which will indicate that a translation is available.

[Defiant Behavior: How Play Can Help Children Cope With Change](#)

[Summer Sun & Heat: Tips to Keep Kids Safe](#)

[Salmonella Infections in Children](#)

[Walking and Biking to School: How to Keep Kids Safe](#)

[Muscular Dystrophy in Children & Teens](#)

[Post-Traumatic Stress Disorder: Can Children & Teens Have It?](#)

[Coping With Stress and Violence at Home](#)

[Intimate Partner Violence: Supporting Children, Family Members](#)

[Sexting: How to Talk With Kids About the Risks](#)

[Coming Out: Information for Parents of LGBTQ Teens](#)

[How to Build a Disaster Emergency Kit for Your Family](#)

[Wildfires: What Parents Need to Know](#)

Children's Safety Network

Teen Dating Violence

Looking forward, following June's release of our teen dating violence prevention blog post, "[4 Questions to Ask About Teen Dating Violence](#)," CSN will be producing [a webinar centered around teen dating violence](#) on September 6 from 2:00PM-3:00PM ET. In this webinar, Dr. Sarah DeGue, Senior Scientist at the Centers for Disease Control and Prevention (CDC), will talk about the Dating Matters initiative, CDC's comprehensive teen dating violence prevention model. Kelly Premo, Director of Prevention for the South Carolina Coalition Against Domestic Violence and Sexual Assault (SCCADVASA), will discuss her work with RPE (Rape Prevention Education) grantees, using culturally appropriate strategies to affect community-level change. Angela Marr, an active member of the Children's Safety Now Alliance (CSN-A), will moderate.



Immunization Action Coalition

CDC releases new Vaccine Information Statement (VIS) for RSV vaccine for older adults and updated multi-vaccine VIS for children before the first birthday

Immunize.org posted two new Vaccine Information Statements (VISs), published by CDC. The new respiratory syncytial virus (RSV) vaccine VIS reflects the 2023 ACIP recommendation for RSV vaccination for adults age 60 years or older using shared clinical decision-making. The updated version of "Your Child's First Vaccines" VIS for children provides information on diphtheria, tetanus, pertussis, *Haemophilus*, hepatitis B, pneumococcal, and poliovirus vaccines, including 20-valent pneumococcal conjugate vaccine (PCV20) as an option for vaccination.

- New! [Respiratory Syncytial Virus \(RSV\) Vaccine VIS](#) dated July 24, 2023
- Updated [Your Child's First Vaccines VIS](#) dated July 24, 2023

The updated version of "Your Child's First Vaccines" VIS for children provides information on diphtheria, tetanus, pertussis, Haemophilus, hepatitis B, pneumococcal, and poliovirus vaccines, including 20-valent pneumococcal conjugate vaccine (PCV20) as an option for vaccination.

Medscape Nurses

US Has New Dominant COVID Variant Called EG.5

COVID-19 hospitalizations continue their steady summer march upward, and now a new variant has perched atop the list of the most prevalent forms of the virus. Called "Eris" among avid COVID trackers, the strain EG.5 now accounts for 17% of all U.S. COVID infections, according to the latest CDC estimates. That's up from 12% the week prior. [Read more.](#)

It May Be Time to Pay Attention to COVID Again

More than 3 years into the COVID-19 era, most Americans have settled back into their pre-pandemic lifestyles. But a new dominant variant and rising hospitalization numbers may give way to another summer surge.... "Fortunately, these are relatively minor mutations." Even so, SARS-CoV-2, the virus that causes COVID-19, continues to be highly contagious. "There isn't any doubt that it's spreading – but it's not more serious." [Read more.](#)

RSV Injection Approved by FDA for All Infants

The US Food and Drug Administration (FDA) recently approved a new drug against respiratory syncytial virus (RSV) for newborns and infants. The monoclonal antibody Beyfortus (nirsevimab-alip), which already is approved for use in Europe and Canada, is indicated for newborns and infants born during or entering their first RSV season, and for children up to 24 months of age who are vulnerable to severe RSV through their second RSV season. [Read more.](#)

Comparative Aerosol and Surface Stability of SARS-CoV-2 Variants of Concern

SARS-CoV-2 transmits principally by air; contact and fomite transmission may also occur. Variants of concern are more transmissible than ancestral SARS-CoV-2. We found indications of possible increased aerosol and surface stability for early variants of concern, but not for the Delta and Omicron variants. Stability changes are unlikely to explain increased transmissibility. [Read more.](#)

FDA OKs Suflave, a Lower-Volume Colonoscopy Prep Drink

The US Food and Drug Administration (FDA) has approved Suflave, a new low-volume, lemon-lime flavored liquid osmotic laxative for [colonoscopy](#) preparation in adults, the manufacturer, Sebelo Pharmaceuticals, has announced. [Read more.](#)

Prevent Blindness

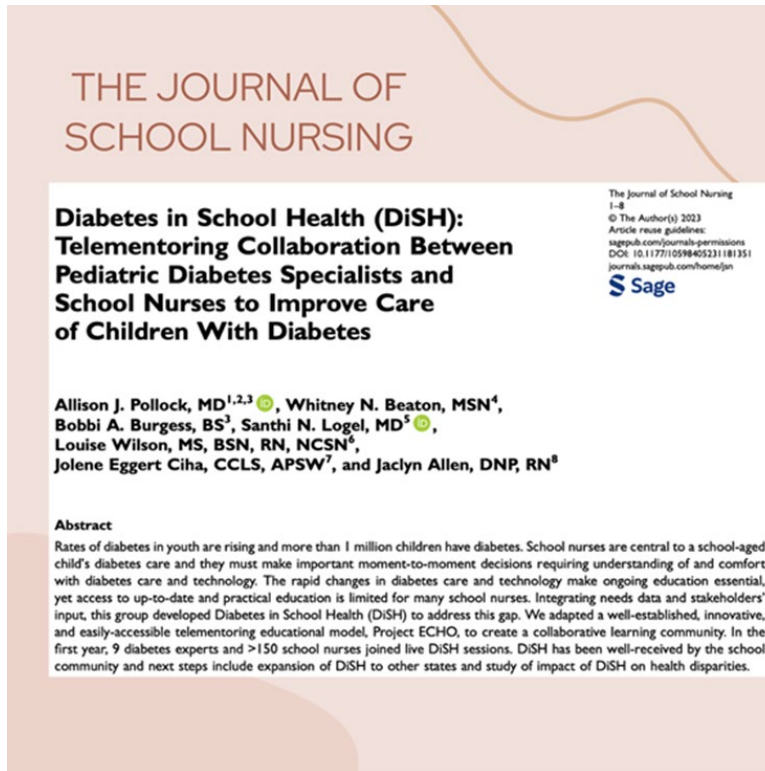
Happy Children's Eye Health and Safety Month!

Prevent Blindness has declared August as Children's Eye Health and Safety Month. As many kids are headed back to school in August, it is the perfect time to share information with parents and caregivers on ways to keep children's eyes healthy and ready to learn. Prevent Blindness is happy to offer free resources, including fact sheets and [social media graphics](#) in English and Spanish, [toolkits](#), and webpages on a variety of topics, including [myopia](#) (nearsightedness), [amblyopia](#) (lazy eye), [strabismus](#) (crossed eyes), [eye safety in relation to digital screen time](#), [eye safety in the classroom](#), the [importance of vision screenings](#), [financial assistance programs](#), and much more.

Diabetes in School Health

DiSH Has Been Published in a Journal!

DiSH published an article in the Journal of School Nursing. [Here is the link to the article.](#)



Upcoming DiSH Sessions

DiSH Sessions are held at 3 PM CST on Wednesdays.

October 18, 2023

"What Every School Nurse Should Know: Nutrition and Exercise"

November 15, 2023

"The Honeymoon Phase & Expectation Setting"

December 13, 2023

"When to Watch & When to Worry: Diabetes Emergencies and Sick Days"

January 17, 2024

"Hypoglycemia in the New Diabetes Era"

February 21, 2024

"Parallels Between Diabetes Camp and School"

March 20, 2024

"Automatic Insulin Delivery Systems: Behaviors for Success"

April 17, 2024

"Ask the Experts: Submitted Questions on What You Want to Know"

May 15, 2024

"Mental Health: Diabetes Distress & Burnout"

Miscellaneous

WHO Developing School Health Guidelines

The World Health Organization is developing guidelines to help education/schools implement school health services. They want as much feedback as possible as to what the guidelines should include.

Target audience can be anywhere in the world-it is a global project:

- School nurses, school doctors and other school health services professionals such as school psychologists, counselors, dental care workers etc.
- Policy makers in the ministries of health and ministries of education in charge of school health programs and/or school health services

Complete [this survey](#) to provide feedback.

EducationWeek- Polluted Skies and High Heat Expose School Facility Issues, Threaten Students' Health

Nearly 64 million people in the United States currently live in counties that have been flagged by the American Lung Association for having spikes in deadly particle pollution on a daily basis. And studies show that children are at disproportionately high risk...

Buildings that provide healthy air are essential, but so too are school personnel who can monitor and address students' health and related issues. Twenty-five percent of public schools have no nurses on staff, according to Kate King, president of the National Association of School Nurses. Even before the pandemic, which exacerbated the overall nursing shortages, school nursing shortages were considered to be at [crisis levels](#). [Read article](#).

WASN Conference Speaker Terri Couwenhoven Announces HG&D Resource Availability

The newly self-published and updated The Girls' Guide to Growing Up: Choice and Changes in the Tween Years is once again available on [Amazon](#). This book about female puberty is now updated and includes information on period underwear but is otherwise the same. Designed specifically for females with I/DD, this book is written at a 3rd grade reading level with lots of pictures and activities to improve comprehension.

My other self-published books are also available on Amazon and include:

Male puberty- [The Boys Guide to Growing Up: Choice and Changes during Puberty](#)
Dating- [Boyfriends & Girlfriends: A Guide to Dating for People with Disabilities](#)

Pediatric Cancer Webinar- Will be Recorded

Wisconsin Cancer Collaborative will be holding on pediatric cancer on September 14, 2023, from 10:00 am – 11:30 am. Our featured expert will be Dr. Christian Capitini of the UW Carbone Cancer Center. We will also hear from data experts and provide information on resources and programs in Wisconsin to patients and their family.

For more information, and to register, visit our webinars page at <https://wicancer.org/events/webinars> The webinar will be saved on our website to view at individual's convenience.

Miscellaneous

**Care Of A Student With Diabetes
In The School Setting Training**

**Presented by Aurora Children's Health
Pediatric Diabetes Program**

Wednesday, August 23rd

**Diabetes 101
9:00 am to 11:30 am**


and

**Diabetes Technology
12:30 pm to 3:00 pm**

Both events held in-person:
Aurora Heil Conference Center
3031 W. Montana St.
Milwaukee WI
Succeed Auditorium

Register for one or both sessions
\$20 per session
[https://www.aurorahealthcare.org
/classes-events/](https://www.aurorahealthcare.org/classes-events/)
Keyword: diabetes school staff
training

Additional virtual sessions will be held in the fall and winter
If questions email: Angela.Perry@aah.org

 Aurora Children's Health

Miscellaneous

SAVE THE DATE!

**CLIMATE & HEALTH IN
WISCONSIN-VIRTUAL PANEL**

FREE WEBINAR
FOR ALL NURSES AND STUDENT NURSES

TUESDAY, SEPTEMBER 26, 2023
12 PM CST



Join Environmental Health Nurses, Nursing Faculty, and Public Health experts for a discussion on how climate impacts the health of communities in rural and urban Wisconsin and mitigating actions that nurses and practitioners can take right now.

For More Information, visit the webpage:
bit.ly/climate-panel
or scan the QR Code



Sponsored by:
Alliance of Nurses for Healthy Environments (ANHE), Healthy Climate Wisconsin,
and Wisconsin Nurses Association (WNA)



Practice Points

By Louise Wilson

Communication by Design

There is so much communicated in this newsletter. Some may wonder why I am moving to a once-a-month publication versus bi-weekly. Capacity concerns directed my collection of data into the best methods of communicating with “the field” and sharing school health services information. My goal is to be responsive to the needs of school nurses and those supporting and supervising school health services. In 2022 such data collection resulted in a change to the virtual meetings held during the COVID-19 pandemic and resulted in open office hours and three virtual didactic presentations.

This year the data collected by the 65 respondents to my survey informed a change once again. I consider this year’s communication plan an experiment. I’ll again collect data via an end of the year survey to determine how this plan met school nurses’ needs. Besides “just in time” or “as needed” emails, my communication plan is to:

- Send out a monthly newsletter accessible virtually and archived on the [DPI School Nursing Communications webpage](#). Publication is targeted for third Thursday of each month.
- Continue with monthly open office hours but change time and day to between 2-2:45 PM the second Tuesday of the month.
- Offer an additional office hour at 9-9:45 AM on some Fridays.
- Offer three virtual check-ins for those participating in DPI’s New School Nurse Orientation.

Of course, I remain available via phone or email to answer any questions, provide information, or point out resources. My hope rather than the virtual didactic sessions DPI offered last school year is that I will be able to connect with smaller groups of school nurses this year either in person or virtually.

As noted in my DPI presentation at the WASN Spring 2023 conference, I have an ambitious list of projects and written guidance that I hope to devote time to this school year along with my collaborative meetings with other state agencies and organizations. My time devoted to my role as president of the National Association of State School Nurse Consultants (NASSNC) is also reaping benefits for Wisconsin school health services. NASSNC will provide me with the tools to educate Wisconsin school nurses on our school nursing scope and standards. My work with NASSNC amplifies your voices when I connect nationally.

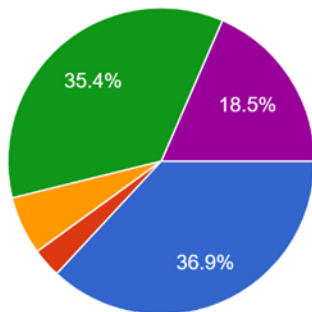
Following is the data I collected and analyzed in designing my communication plan.



Capacity concerns directed my collection of data into the best methods of communicating with “the field” and sharing school health services information. My goal is to be responsive to the needs of school nurses and those supporting and supervising school health services.

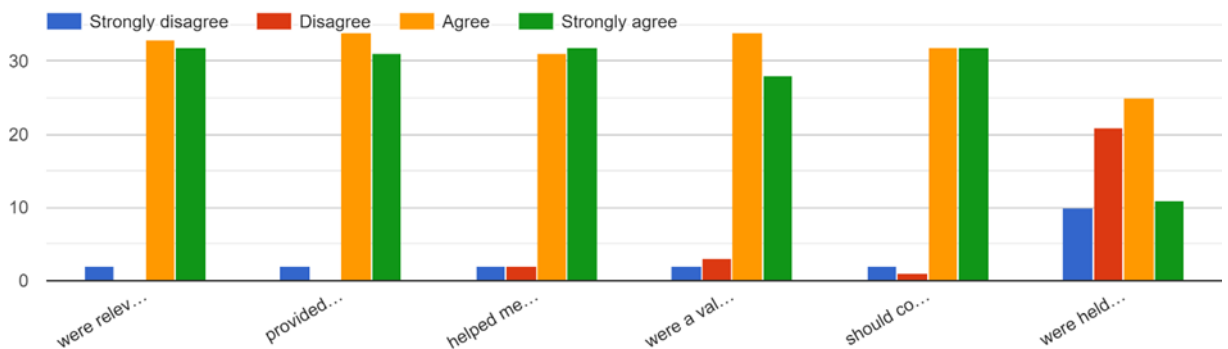


Are you a...
65 responses



- Registered Nurse working for a public health agency
- school administrator
- school health paraprofessional
- other
- School Nurse or Registered Nurse working in schools

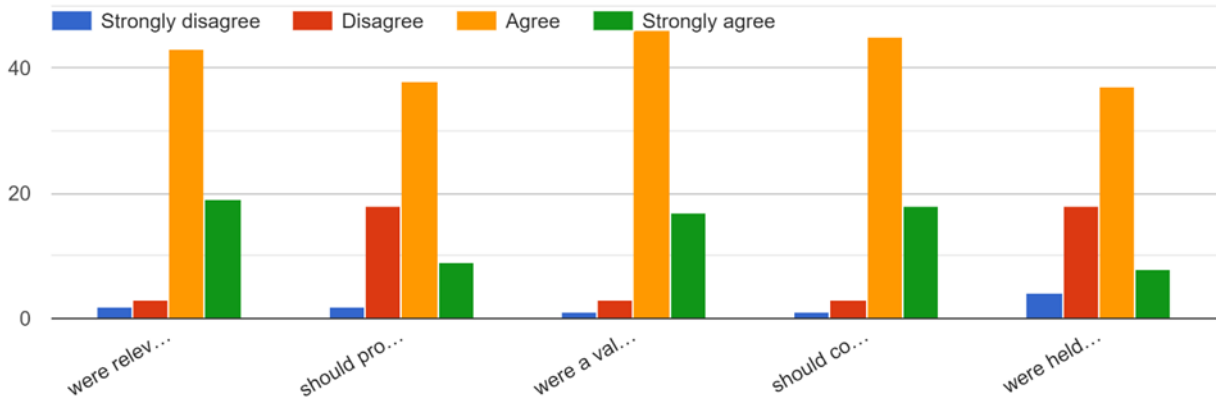
Please indicate your level of agreement with the following statements: The monthly school nurse consultant "office hours"...



Choices

- were relevant to my work
- provided me an opportunity to ask questions and clarify information with the school nurse consultant
- helped me feel less isolated and more connected to other school nurses
- were a valuable use of my time
- should continue next school year
- were held at a time I could normally attend

Please indicate your level of agreement with the following statements: The three didactic learning sessions held (Long COVID, Medicaid Billing, DHS 144)...

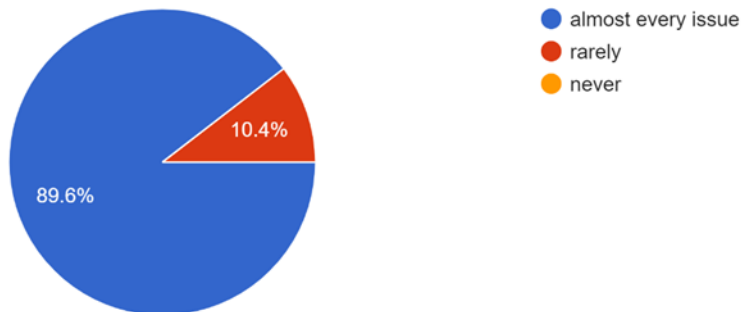


Choices

- were relevant to my work
- should provide more opportunities to ask questions
- were a valuable use of my time
- should continue next school year
- were held at a time I could normally attend

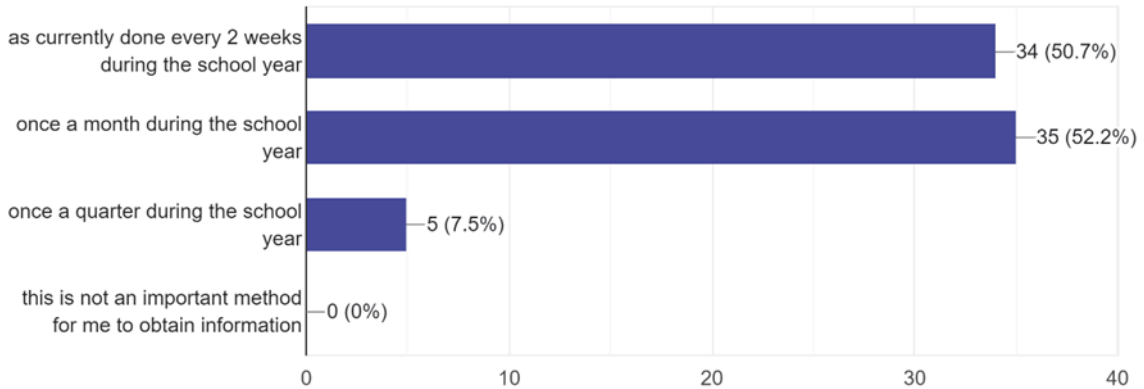
I read the School Nurse Update newsletter ...

67 responses



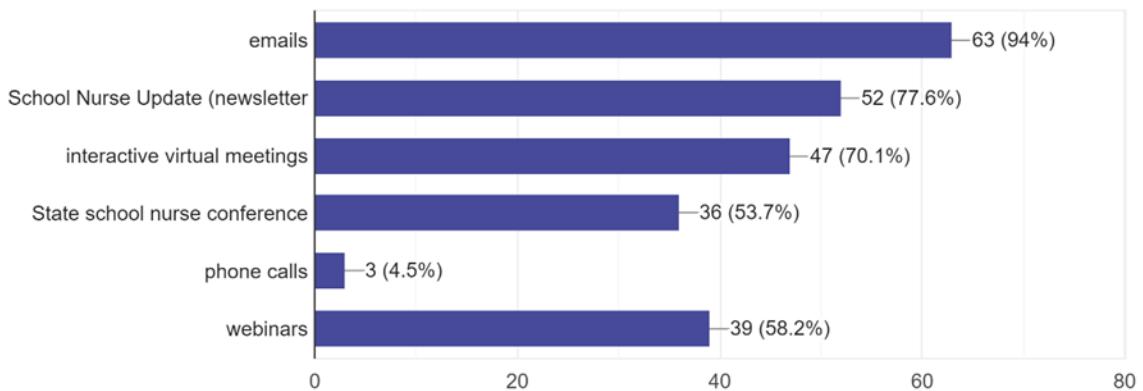
I recommend the newsletter be published...

67 responses



The most helpful method of communicating with school nurses and others interested in school health services include...

67 responses



I appreciate the time respondents took to provide comments and suggestions. Those too informed my decisions. It is apparent that school nurses appreciate and seek opportunities for networking and learning not only from the state consultant but from each other. School health is dynamic, and it is a challenge to remain current on all the topics in the practice of school nurses. I encourage school nurses to avail themselves of the Diabetes in School Health (DiSH) sessions (live and recorded) and their resources. I sit on the advisory committee of DiSH and other organizations. The newsletters (DPI School Nurse Update) will continue to feature topics and professional development opportunities that are offered by regional, state, and national groups.

Since I will not be spending quite as much time creating biweekly newsletters what will I be doing? My next project is co-presenting for the School Immunization Compliance Webinar. I sit on several immunization advisory boards. A professional goal this year is to promote prevention and mitigation of social determinants of health specific to vaccine preventable diseases by consulting with state and national immunization coalitions. I am thrilled that on August 16th I am invited to a DHS meeting welcoming new CDC Director Dr. Mandy Cohen for a visit to Wisconsin. As part of a series of meetings throughout the day, DHS will be hosting a roundtable discussion with Dr. Cohen about back-to-school immunizations. Participants are asked to provide an anecdote surrounding both successes and challenges experienced in efforts to ensure Wisconsin children are protected against diseases. I plan to share with the CDC Director the integral role played by school nurses.

After that, my next project will be preparing for the New School Nurse Orientation and writing guidance on school nurse documentation in the Special Education process. I am also expanding my grandmother role as grandchild #2 was born August 12th!

I hope as you start off a new school year you have evaluated your capacity, prioritized activities and job responsibilities, and made professional goals for yourself. Sometimes this requires “strategic abandonment.” Feel free to contact me if you’d like to hear more about that concept or you have any questions or concerns about my communication plan for this school year. Rest assured I remain available. As I say... answering school nursing and school health questions is job security!

Enjoy what is left of Summer!

See schedule of Office Hours on next page.


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This publication is available from:
Learning and Support
Student Services Prevention and Wellness Team
(608) 266-8857
<https://dpi.wi.gov/sspw/pupil-services/school-nurse>

August 2023 Wisconsin Department of Public Instruction

The Department of Public Instruction does not discriminate on the basis of sex, race, color, religion, creed, age, national origin, ancestry, pregnancy, marital status or parental status, sexual orientation, or ability and provides equal access to the Boy Scouts of America and other designated youth groups.





2023/24 Office Hours Schedule – Links will be sent out prior to each meeting.

Tuesday September 12, 2023 2:00-2:45 PM

Tuesday October 10, 2023 2:00-2:45 PM

Tuesday November 14, 2023 2:00-2:45 PM

Friday November 17, 2023 9:00- 9:45 AM

November 28, 2023 New School Nurse Check-in 3:00-3:30 PM*

Tuesday December 12, 2023 2:00-2:45 PM

Friday December 15, 2023 9:00-9:45AM

Tuesday January 9, 2024 2:00-2:45 PM

Friday January 19, 2024 9:00-9:45 AM

January 30, 2024 New School Nurse Check-in 3:00-3:30 PM*

Tuesday February 13, 2024 2:00-2:45 PM

Friday February 16, 2024 9:00-9:45 AM

Tuesday March 12, 2024 2:00-2:45 PM

Friday March 15, 2024 9:00-9:45 AM

March 26, 2023 New School Nurse Check-in 3:00- 3:30 PM*

Tuesday April 9, 2024 2:00-2:45 PM

Friday April 19, 2024 9:00-9:45 AM

Tuesday May 14, 2024 2:00-2:45 PM

Friday May 17, 2024 9:00-9:45 AM

* Links will be sent only to those who participate in DPI's 2023 New School Nurse Orientation

Air Quality and Outdoor Activity Guidance for Schools

Regular physical activity — at least 60 minutes each day — promotes health and fitness. The table below shows when and how to modify outdoor physical activity based on the Air Quality Index. This guidance can help protect the health of all children, including teenagers, who are more sensitive than adults to air pollution. Check the air quality daily at www.airnow.gov.

Air Quality Index	Outdoor Activity Guidance
 <p>green</p> <p>GOOD</p>	<p>Great day to be active outside!</p>
 <p>yellow</p> <p>MODERATE</p>	<p>Good day to be active outside!</p> <p>Students who are unusually sensitive to air pollution could have symptoms.*</p>
 <p>orange</p> <p>UNHEALTHY FOR SENSITIVE GROUPS</p>	<p>It's OK to be active outside, especially for short activities such as recess and physical education (PE).</p> <p>For longer activities such as athletic practice, take more breaks and do less intense activities.</p> <p>Watch for symptoms and take action as needed.*</p> <p>Students with asthma should follow their asthma action plans and keep their quick-relief medicine handy.</p>
 <p>red</p> <p>UNHEALTHY</p>	<p>For all outdoor activities, take more breaks and do less intense activities.</p> <p>Consider moving longer or more intense activities indoors or rescheduling them to another day or time.</p> <p>Watch for symptoms and take action as needed.*</p> <p>Students with asthma should follow their asthma action plans and keep their quick-relief medicine handy.</p>
 <p>purple</p> <p>VERY UNHEALTHY</p>	<p>Move all activities indoors or reschedule them to another day.</p>

* Watch for Symptoms

Air pollution can make asthma symptoms worse and trigger attacks. Symptoms of asthma include coughing, wheezing, difficulty breathing, and chest tightness. Even students who do not have asthma could experience these symptoms.

If symptoms occur:

The student might need to take a break, do a less intense activity, stop all activity, go indoors, or use quick-relief medicine as prescribed. If symptoms don't improve, get medical help.

Go for 60!

CDC recommends that children get 60 or more minutes of physical activity each day. www.cdc.gov/healthyyouth/physicalactivity/guidelines.htm

Plan Ahead for Ozone

There is less ozone in the morning. On days when ozone is expected to be at unhealthy levels, plan outdoor activities in the morning.

Questions and Answers

How long can students stay outside when the air quality is unhealthy?

There is no exact amount of time. The worse the air quality, the more important it is to take breaks, do less intense activities, and watch for symptoms. Remember that students with asthma will be more sensitive to unhealthy air.

Why should students take breaks and do less intense activities when air quality is unhealthy?

Students breathe harder when they are active for a longer period of time or when they do more intense activities. More pollution enters the lungs when a person is breathing harder. It helps to:

- ✓ reduce the amount of time students are breathing hard (e.g., take breaks; rotate players frequently)
- ✓ reduce the intensity of activities so students are not breathing so hard (e.g., walk instead of run)

Are there times when air pollution is expected to be worse?

Ozone pollution is often worse on hot sunny days, especially during the afternoon and early evening. Plan outdoor activities in the morning, when air quality is better and it is not as hot.

Particle pollution can be high any time of day. Since vehicle exhaust contains particle pollution, limit activity near idling cars and buses and near busy roads, especially during rush hours. Also, limit outdoor activity when there is smoke in the air.

How can I find out the daily air quality?

Go to www.airnow.gov. Many cities have an Air Quality Index (AQI) *forecast* that tells you what the local air quality will be later today or tomorrow, and a *current* AQI that tells you what the local air quality is now. The AirNow website also tells you whether the pollutant of concern is ozone or particle pollution. Sign up for emails, download the free AirNow app, or install the free AirNow widget on your website. You can also find out how to participate (and register your school) in the School Flag Program (www.airnow.gov/schoolflag).

If students stay inside because of unhealthy outdoor air quality, can they still be active?

It depends on which pollutant is causing the problem:

Ozone pollution: If windows are closed, the amount of ozone should be much lower indoors, so it is OK to keep students moving.

Particle pollution: If the building has a forced air heating or cooling system that filters out particles then the amount of particle pollution should be lower indoors, and it is OK to keep students moving. It is important that the particle filtration system is installed properly and well maintained.

What physical activities can students do inside?

Encourage indoor activities that keep all students moving. Plan activities that include aerobic exercise as well as muscle and bone strengthening components (e.g., jumping, skipping, sit-ups, pushups). If a gymnasium or open space is accessible, promote activities that use equipment, such as cones, hula hoops, and sports balls. If restricted to the classroom, encourage students to come up with fun ways to get everyone moving (e.g., act out action words from a story). Teachers and recess supervisors can work with PE teachers to identify additional indoor activities.

What is an asthma action plan?

An asthma action plan is a written plan developed with a student's doctor for daily management of asthma. It includes medication plans, control of triggers, and how to recognize and manage worsening asthma symptoms. See www.cdc.gov/asthma/actionplan.html for a link to sample asthma action plans. When asthma is well managed and well controlled, students should be able to participate fully in all activities. For a booklet on "Asthma and Physical Activity in the School," see <http://www.nhlbi.nih.gov/health/resources/lung/asthma-physical-activity.htm>.

YOU MATTER

in Suicide Prevention and Awareness

What we do matters. What we do makes a difference.

18%

Eighteen percent of Wisconsin high school students who have seriously considered attempting suicide

20%

About 20 percent of Wisconsin students who identify as female made a plan about how they would attempt suicide compared to 10 percent of students who identify as male.

48%

Forty-eight percent of those Wisconsin students who identify as Lesbian, Gay, or Bisexual (LGB) seriously considered attempting suicide.

8½%

Eight and a half percent of Wisconsin high school students attempted suicide.

14%

Fourteen percent of Wisconsin high school students made a plan about how they would attempt suicide.

1 in 4

Fewer than one in four Wisconsin students who felt sad, empty, hopeless, angry, or anxious agreed that they received the help they needed "most of the time" or "always."

38%

About thirty-eight percent of Wisconsin students who identify as LGB made a plan of how they would attempt suicide

67%

Sixty-seven percent of Wisconsin students reported having at least one teacher or another adult at school they could talk to.

Each of the groups below reported statistically **higher rates** of anxiety, depression, and self-harm than heterosexual, cisgender, white males:

LGB
Students

Students
who
Identified
as Female

Food
Insecure
Students

Hispanic/
Latinx
Students

Students
with Low
Grades

Data from the Wisconsin 2021 Youth Risk Behavior Survey (YRBS)
(Participating students' reported during the 12 months preceding the YRBS survey.)

(continued on next page)

You Matter in Suicide Prevention and Awareness

(continued)

WARNING SIGNS

Watch for changes in thoughts, behaviors, appearance, and feelings, especially if they are connected to a current or past painful experience.

Student Voice:

- Direct (I'm going to kill myself) and indirect (I won't be bothering you anymore) (NASP 2023)
- Feeling hopeless and without purpose
- Perceived burdensomeness
- Feeling trapped or experiencing unbearable pain

Student Behavior:

- Searching for ways or making plans to end their life
- Making final arrangements (giving away possessions, saying goodbye to family and friends)
- Increased alcohol or drug use
- Sleeping or eating too much or too little
- Withdrawing from activities, family, and friends
- Acting recklessly

Student Emotion:

- Extreme mood swings
- Persistently sad or depressed
- Anxious, agitated, irritable, or angry
- Humiliation, shame
- Expression of relief for sudden improvement in emotion (American Foundation for Suicide Prevention n.d.)

CARE:

If a youth expresses suicidal ideation:

- Be there - listen, show care and empathy.
- Maintain supervision and student safety while connecting the youth with a guardian/caring adult.
- Consult with a mental health professional in their life - student services professionals (school counselor, psychologist, social worker, nurse) or community therapist.

CONNECT YOUTH TO RESOURCES:

- Dial 988 - Suicide and Crisis Lifeline
- Text "HOPELINE" to 741741
- Trevor Lifeline - <https://www.thetrevorproject.org/get-help/>

REFERENCES:

American Foundation for Suicide Prevention. n.d. "Risk factors, protective factors, and warning signs." Accessed May 18, 2023. <https://afsp.org/risk-factors-protective-factors-and-warning-signs>

National Association of School Psychologists. Accessed May 18, 2023. <https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-safety-and-crisis/mental-health-resources/preventing-youth-suicide/preventing-youth-suicide-tips-for-parents-and-educators>

Center for Disease Control and Prevention (CDC). 2021. National Center for Health Statistics. National Vital Statistics System, Mortality 2018-2021 on CDC WONDER Online Database. Accessed May 18, 2023. <http://wonder.cdc.gov/ucd-icd10-expanded.html>.

Data from the Wisconsin 2021 Youth Risk Behavior Survey (YRBS): (Participating students' reported during the 12 months preceding the YRBS survey.)

