Greetings!

I feel like I should welcome you all back to receiving the Updates. I appreciate your understanding in the long break between these newsletters as I reenergized myself with a bucket list travel/study trip to New Zealand. If I see you at the Wisconsin Association of School Nurses (WASN) conference, I can show you some of my 640 favorite pictures!

The WASN conference registration is now open. This is a premier opportunity for Wisconsin school nurses to receive targeted professional development. Note in this Update information on tool kits for both the state and national conferences to help school nurses articulate the benefits of attending such conferences.

Dates for the 2019 School Nurse Summer Institute and the fall DPI New School Nurse Orientation are soon to be finalized. Watch for those dates in upcoming SAVE THE DATE. The topic for the School Nurse Summer Institute is helping school nurses understand transgender and transitioning youth. I hope that you will agree it is a timely topic.

Other professional learning opportunities are presented in this Update along with announcements regarding several grants and awards. The WASN School Nurse Administrator of the Year Award and Katheryn Etter School Nurse of the Year Award nomination forms are now online. Nominations are due February 28, 2019. There are many school nurses well deserving of this award!
DPI News

The Department of Public Instruction is pleased to announce the 40th year of the State Alcohol and Other Drug Abuse Program Grant. This two-year grant can be used by public school districts in Wisconsin to provide a myriad of supports and interventions in order to develop and deliver a comprehensive K-12 AODA program. Programming which may be supported by the grant includes: curriculum delivery, staff training, peer-to-peer program support and parent and community activities. Areas which may be addressed by the grant include: AODA, bullying/violence prevention, tobacco/Juuling prevention and Alcohol Traffic Safety. Application deadline April 19, 2019. See attached flyer.

The DPI will be hosting a Youth Mental Health First Aid Training of Trainers in Oshkosh on March 13-15, 2019. This training is for individuals who are interested in being a local trainer of YMHFA, a mental health literacy program for adults working with adolescents. Please see the flyer for details. This is a great way to build capacity and sustainability in your district and community for this evidence based program.

Here is a link to more information about YMHFA from the National Council for Behavioral Health. https://www.mentalhealthfirstaid.org/take-a-course/course-types/youth/

Questions can be directed to Beth.Herman@dpi.wi.gov 608-266-3643.

The Wisconsin Association of School Nurses has developed a WASN Spring 2019 Conference Justification Tool Kit to help school nurses inform school administrators regarding the benefits and importance of school nurses receiving targeted professional development.

Project ADAM is seeking nominations of individuals who have demonstrated passion, innovation, and excellence in serving as a champion for their school’s CPR-AED program. This award is being presented in honor and memory of Karen Smith. See attached flyer. Applications due February 28, 2019

The Cool Water Program

The Delta Dental of Wisconsin Foundation is excited to announce that its new Cool Water Program will kick off in 2019. Through the program, schools can apply to have an existing water fountain replaced with a new water bottle filling station and fountain. The grant covers the cost of the full installation and provides toothbrushes and dishwasher-safe water bottles for all students and staff as well.

Criteria for how grants will be awarded:
- Schools need to be within a community with optimally fluoridated water
- Schools must have a free-and-reduced meal rate of 40% or higher
- Schools can apply if they currently do not have a water bottle filling station installed
- Selection will be based on the most creative and impactful implementation plans that will encourage students and staff to drink more water

Applications will be available from February 1 through March 31 on the Delta Dental of Wisconsin Foundation’s website, www.deltadentalwi.com/foundation. Schools will be selected and awarded the grants in April, with installation planned for the summer. See attached flyer for more information on how to apply.
The Weekly Respiratory Report for the week ending on January 19, 2019, is now available.

News from NASN...

NASN2019 Justification Toolkit

NASN has once again developed an Annual Conference Justification Toolkit. You can use this toolkit to begin planning your trip to NASN2019 this summer in Denver, Colorado. The toolkit includes event details including registration fees, hotel rates, preconference fees, and an attendance rationale you can share with your employer. Currently, we are in the process of reviewing and finalizing general session speaker lineup, as well as determining the top workshops, breakout sessions, and exhibitors.

Join us on February 7, 2019 at 1pm (EST) for an educational webinar on data presented by Angela Lepkowski. This webinar will provide school nurses and nursing professions skills on how to use data collection and data sharing. Along with how to communicate the amount of care that is delivered in schools and identify evidence-based interventions that will improve the health of students, families, and their entire school community. Register today and earn 1.0 CNE contact hours when you complete the webinar.

SETT Online is Available!

Have you been unable to attend NASN's School Emergency Triage Training (SETT) program? Do you enjoy learning at your own pace? NASN is thrilled to share that SETT, the live, interactive, and fun emergency triage program is accessible on the NASN Online Learning Center. Learn more about SETT Online and register today.

************************************************************************************************************************

Five Persisting Myths About Flu and the Flu Vaccine (from Medscape Nurses)

One-Time Cannabis Use May Alter Teen Brains

Using marijuana even once or twice can significantly alter the grey matter volume (GMV) in several parts of the developing brains of teens, new research suggests. After analyzing data from a large research program assessing adolescent brain development and mental health, investigators found that brain regions rich in cannabinoid receptors are significantly affected in teens who reported very little cannabis use.

"We were motivated to study the effects of low cannabis exposure because, while people have looked at the effect of heavy cannabis or other drug use on the brain, the effect of light use is very understudied," coinvestigator Hugh Garavan, PhD, professor of psychiatry at the University of Vermont, Burlington, told Medscape Medical News.

The findings were published online January 14 in the Journal of Neuroscience.
Million Hearts® Wisconsin

American Heart Month – Take Action Today!

February, American Heart Month and one of our favorite times of the year, is here and we are excited to share many resources and outreach activities in our 2019 Wisconsin Take Heart Tote that is filled with quick and easy ways to Go Red! and promote healthy hearts. The Wisconsin Community Health Fund is a proud supporter of the Million Hearts® Wisconsin initiative working to combat heart disease and other related chronic conditions that account for 7 out of 10 deaths in Wisconsin and 4 out of 5 dollars of health expense. While the challenge is vast, we know that many chronic health conditions are a winnable battle when fueled with healthy living supports and other evidence-based strategies for health improvement.

Throughout February, take action—create a Wisconsin Goes Red event, explore and learn about a new improvement strategy and assist in creating healthy environments and opportunities for all Wisconsin residents. The Tote this year contains specific ready-to-implement ideas for employers, public health, communities and health systems and is ready to be passed along to all of your colleagues and friends.

Please share your pictures and activities with the Wisconsin Community Health Fund on Facebook or via email, have fun celebrating and make an extra effort to love your heart! ❤

Federal Commission on School Safety Releases Comprehensive Resource Guide

Earlier this week, the Federal Commission on School Safety released the final report based on their research with programs and stakeholders from across the nation. The report is a comprehensive resource guide broken into three broad areas: prevention; protect and mitigate; and respond and recover. The Commission's findings offer a holistic approach to improving school safety for all students keeping in mind that every community must create plans that best serve their needs. This comprehensive resource guide is a tool to assist in the work that states are conducting for their school communities.

Community of Practice on Autism Spectrum Disorder and other Developmental Disabilities

"Access to Mental Health Services for People with Autism Spectrum Disorder and other Developmental Disabilities" Tuesday, February 12, 2019. See attached flyer.

2019 Marshfield Clinic Health System Behavioral Health Conference

“Interrupting the Worry Cycle: Advanced Strategies for Helping Anxious Families”

Friday, April 26, 2019 in Marshfield, WI. Click here for brochure.
GSafe and Janesville Mobilizing 4 Change (JM4C) are pleased to present Safe Schools, Safe Communities: State Conference on LGBTQ+ Youth (SSSC19) on Friday, March 8, 2019. This year’s conference will be held from 8:30 a.m. to 4:00 p.m. at Parker High School in Janesville.

The target audience for SSSC19 includes adults who work with youth and their families as well as youth delegates from middle school and high school-age groups or clubs in schools or in the community. School and community-based youth groups and clubs are invited to designate and register up to two youth delegates to attend SSSC19.

SSSC19 will feature speakers and workshops facilitated by local and regional experts. We're especially excited to have Ash Whitaker, a student from Kenosha whose victory at the Seventh Circuit Court of appeals set the controlling legal precedent for Wisconsin, and his legal counsel, Joseph Warden ski of Relman, Dane & Colfax PLLC, joining us that morning to discuss the case and its implications for the rights of transgender youth in K-12 schools.

Conference participants will gain critical skills, tools, knowledge, and connections to help lead and support efforts to create more inclusive environments for lesbian, gay, bisexual, pansexual, transgender, nonbinary, queer, and questioning (LGBTQ+) youth across Wisconsin.

Please visit https://gsafewi.org/ to learn more.

Oconomowoc Area School District Nurse Position

The OASD has a vacancy for a part-time school nurse. Below is additional information on this position:

- One (1) position available
- 3 days/week (M, W, F) – 7 hours/day
- Duties will include: administering medication, performing nursing procedures, direct nursing assessments and providing education to students and families.
- This is a student specific position for individual nursing care.
- Assist health room assistants with district health tasks or special projects
- Flexibility and willingness to work in any school health room in the district is required
- Must possess valid nursing license for the state of Wisconsin. BSN & pediatric experience preferred

WECAN on-line applications (vacancy #50985) accepted in the certified staffing section at: https://wecan.education.wisc.edu/#/

Just for Fun...

Sweet Potato Nachos

Heart healthy recipes get a bad reputation as flavorless, diet food, but these nachos are far from that! This healthy take on nachos is the perfect snack for game-day or any day! Home-made sweet potato rounds serve as a perfect base to your favorite nacho toppings. Feel free to add as many extra veggies as you like!
Since December, school districts throughout Wisconsin have noted increased incidences of gastrointestinal illnesses. The suspected cause in most cases has been norovirus. These incidents create an opportunity for school nurses to highlight the 21st Century School Nursing Practice™ principles of Community/ Public Health, Leadership, Care Coordination, and Quality Improvement. The principles are based upon our School Nursing Scope and Standards of Practice. Taking time to reflect how such an occurrence at your school requires your use of our professional standards and the Framework elevates your school nursing practice!

School nurses are encouraged to monitor absence rates and note patterns or increases. Contact your local public health department if you suspect an infectious disease may be responsible. Conduct interviews of the parents of ill children to determine whether this outbreak is foodborne, person-to-person, and/or related to an outside event. While doing these key nursing interventions and collecting information to make a nursing assessment school nurses use the principles of Quality Improvement, Leadership, and Community and Public Health. (See how easy that was!)

Measures to take in an outbreak include following the "Recommendations for the Prevention and Control of Viral Gastroenteritis Outbreaks in Wisconsin Long-Term Care Facilities." School nurses should create and maintain a list of ill students and staff. Any ill students or staff should not return to school until at least 48 hours after symptoms have subsided if norovirus is suspected or confirmed. Public health departments recommend a letter be sent to parents with information about the outbreak and prevention measures. Any classroom potlucks or parties involving food should be discontinued for at least one week. Supervised handwashing is a good practice for younger students to ensure compliance. Bleach cleaning is strongly recommended. Recognize how school nurses use evidenced based-practice (using bleach versus other cleaning agents) and the principle of Care Coordination while advising administration and "managing" an outbreak.

To learn more about the Framework for 21st Century School Nursing Practice™ come to the WASN Spring conference where the National Association of School Nurses (NASN) president Nina Fekaris will speak regarding the Framework and using our collective school nurse voice. Also check out the free resources on the NASN webpage dedicated to the Framework: https://www.nasn.org/nasn/nasn-resources/professional-topics/framework?CLK=11fec0ed-e265-4462-8bde-c9c755471346

Regularly reflecting on your practice and collecting and using your data are two ways to elevate your school nurse practice. It is the dead of winter and not everyone has the opportunity to take a dream vacation to reenergize. Now is a great time though to make plans for obtaining some professional development and networking.
Youth Mental Health First Aid
Training of Trainers

What is Youth Mental Health First Aid?
Youth Mental Health First Aid is an 8-hour evidence-based training course designed to give members of the public key skills to identify and respond to signs of mental health concerns in youth, ages 12-18.

Role of Instructor
The primary role of instructors is to teach the Mental Health First Aid course. When they offer the course, instructors must teach the full 8-hour course with fidelity to the core program model and key messages. Each instructor has a set of materials to help guide them through course facilitation.

Read more at: http://www.mentalhealthfirstaid.org

PLEASE NOTE—Participants must:
- Apply to be accepted. Submit application to Jackie Schoening no later than March 1, 2019.
  Application Link: http://www.wishschools.org/YMHFA/Youth Mental Health First Aid Instructor Application.docx
- Attend all three days of training without exception (8 hours per day)
- Review all instructor commitments prior to registering for training

OUTCOME:
- You are certified to train in Youth Mental Health First Aid. Trainings are designed for up to 30 participants with a co-trainer for each session.
- Your certification requires a minimum of three trainings per year to remain current.

LODGING
Lodging is available at the state rate of $95.00 at the Hilton Garden Inn, 1355 W. 20th Avenue, Oshkosh, WI 54902.

A block of rooms will be held until February 15, 2019. Call the hotel to book your reservation at (920) 966-1300 and ask for “CESA #6 Rooms Block.”
Community of Practice on Autism Spectrum Disorder and other Developmental Disabilities (CoP ASD/DD) Present:

"Access to Mental Health Services for People with Autism Spectrum Disorder and other Developmental Disabilities"

Hosted at the Waisman Center at UW Madison with multiple viewing/discussion sites around Wisconsin!

Tuesday, February 12, 2019

8:30am to 12:30pm
Sign-in begins at 8:15am

Presentation Topics:
Barriers to accessing services in Wisconsin
Medicaid benefits
Supporting families
Talking with mental health professionals (tentative)

This is a FREE event, but you must register (choose your site when you register)
https://go.wisc.edu/copfeb2019
The Cool Water Program

Would a new water bottle filling station improve the health of your students?

The Cool Water Program encourages elementary and middle school students and staff to drink more water, helping to reduce cavities and improve overall health. The Delta Dental of Wisconsin Foundation will select 15 schools to receive one new dual water bottle filling station and fountain. Additionally, each student and staff member in the school will receive a toothbrush and reusable water bottle.

Criteria for selection

• Schools must be within a community with optimally fluoridated water.
• Schools must have a free-and-reduced lunch rate of 40 percent or higher.
• Schools can apply if they currently do not have a water fountain or water bottle filling station installed.
• Selection will be based on the schools with the most creative and impactful implementation plan to encourage students and staff to drink more water.

Application information

The application to apply for our inaugural year of 2019 will be available February 1 through March 31 at www.deltadentalwi.com/foundation. Selections will be made in April, with installation during the summer break.

For more information, contact community outreach specialist Megan Tenpas at mtenpas@deltadentalwi.com.

Connect With Us

www.deltadentalwi.com

DDWF1-1901
What: Alcohol and Other Drug Abuse Prevention Grants

Who Can Apply: All Wisconsin Public School Districts are Eligible to Apply

How Much: Districts with an enrollment of less than 3,000 can apply for up to $15,000; those with an enrollment equal to/or great than 3,000 can apply for up to $25,000; consortia can apply for up to $25,000 or $4,000 per member

Deadline: Applications are due to DPIAODA.Grant@dpi.wi.gov by 11:59 pm Friday, April 19, 2019

A grant writer’s webinar occurs on Jan. 23, 2019 at 1:30, for more information please go to: https://dpi.wi.gov/sspw/aoda
Project ADAM is seeking nominations of individuals who have demonstrated passion, innovation, and excellence in serving as a champion for their school's CPR-AED program. This award is being presented in honor and memory of Karen Smith.

Karen Smith was a pioneer and leader in school health and safety. Her passion and dedication were reflected in her work and her life outside of work. Karen served for over 20 years as the Nursing Services Coordinator for the Pewaukee School District in Wisconsin. Rising to the top of her efforts was her personal mission to help prepare communities to recognize and respond to cardiac emergencies.

Karen annually trained more than 500 people in CPR and automated external defibrillator (AED) use, including students, teachers, coaches, administration and many more in the community. She made it her mission to train every student of Pewaukee schools in CPR/AED use throughout their education. This includes trainings in grades 7-12 with repeated renewal courses. Likewise, she ensured that all new staff received SCA awareness training as part of the standard orientation process. She served on the Project ADAM national advisory committee since its inception in 1999. Through her charismatic work with Project ADAM Karen tested new ideas to pave the way for easier CPR/AED training in schools, rallied the support of legislators and community leaders and established a national model for the implementation of public access defibrillation programs in schools.

When Karen died at the age of 62 on January 26, 2010 due to pancreatic cancer, she still had many plans and ideas to be carried-out to make school communities even safer. Through this award we strive to honor Karen’s memory and continue her good work by recognizing individuals who reflect her passion and commitment to creating safer school communities by championing cardiac emergency preparedness.
AWARD PROCESS

Eligibility:
- A complete application submitted by the nominee or on behalf of the nominee.
- Nominees will have a demonstrated passion and dedication to preparing their school for a cardiac emergency.

Award:
- A recognition award presented by Project ADAM representatives.
- $300 grant to be used to advance their school CPR-AED program.
- Announcement via the Project ADAM Wisconsin Newsletter.

Application Procedure:
1. Complete Contact Information
2. Complete Letter of Support and Program Description (from individual other than nominee).

Selection Criteria:
- Working towards Project ADAM Wisconsin Heart Safe School designation.
- Success in creating and/or maintaining a viable CPR-AED program at their school.
- Involvement of students in their program.
- Creating community awareness of Sudden Cardiac Arrest and their school’s CPR-AED program.

Deadlines:
- Applications must be received by February 28th of each year.
- Recipients will be announced by March 15th of each year.
KAREN SMITH AWARD APPLICATION

Nominee Contact Information:
First Name:
Last Name:
Position / Affiliation with nominee's school:
Phone Number:
Email Address:

School Information:
Name of School:
Address of School:
City:
State:
Zip:
Phone Number:

Person Completing the Application:
First Name:
Last Name:
Relationship to nominee:
Phone Number:
Email Address:
Letter of Support and Program Description:

Please attach a letter of personal support and program description for the nominee, written by a person other than the nominee.

1. **Passion** - How does the nominee demonstrate a passion for promoting cardiac emergency awareness, preparedness, and appropriate response in his/her school community?

2. **Recognition** – What is the nominee's role in the program and why do you feel the nominee deserves to be recognized for their role in creating and maintaining a Project ADAM / CPR-AED program?

Applications submitted by fax, mail or email to:
Attn: Tracie Haugen
Project ADAM Coordinator
PO Box 1997, Mail Station 716
Milwaukee, WI 53201-1997
Fax: 414-266-1616
thaugen@chw.org

Thank you for your passion and dedication!
WASN is excited to bring you a whole new annual conference in 2019...

First, we chose a new venue, the beautiful Chula Vista Resort located on the Wisconsin river in Wisconsin Dells, which also served as the inspiration for our conference theme. For those that choose to stay at the resort, your room reservation includes passes to the indoor waterpark, a full-service day spa with discounted services, and beautiful newly renovated junior suite rooms!

Next, there are new conference days and times. This year we will hold an exciting and interactive afternoon pre-conference on Monday followed by two FULL conference days, Tuesday and Wednesday. We worked very hard to bring you topics on current issues in school nursing which will build on your current nursing practice and enhance your leadership and advocacy skills. Topics will follow the principles of the Framework for 21st Century School Nursing™, with current NASN president Nina Fekaris presenting the opening keynote. Other speakers of note include Martha Dewey-Bergren, Ruth Ellen Luehr, and Sue Will, past NASN President, who will close out the conference with a motivating presentation on the “Seven Habits of Highly Successful School Nurses.” For those who may not be able to be away from their districts for the entire conference, it is our hope that by offering two full days, we present an alternate opportunity to participate by having the option to choose a single day that is of most interest to you. Earn up to 13.75 hours of CEUs and be sure to register early to take advantage of the new early-bird discount.

Finally, this year we will have two new fun and exciting social networking events directly on the resort’s property; no need to drive anywhere! Join us Monday evening at The Tavern Restaurant and bring your “A” game because “It’s time to play...Family Feud!” That’s right, hosted by Bob Viking from Dellsdj.com, attendees can sign up to be a member of one of several “families” to compete in this hilarious version of the traditional TV game show. After several rounds of comedic relief, it’s time to let loose, cut a rug and boogie down with DJ Bob spinning your favorite tunes…We may even have a go at the Hokey Pokey, Electric Slide or a conga line around The Tavern!

Tuesday evening, following our annual Membership Meeting and award ceremony, we are hosting an informal banquet during which Jeff Jay, an award-winning Master Magician and Certified Stage Hypnotist will be strolling around visiting with guests while performing jaw-dropping magic tricks for your table. Following dinner, Jeff and his assistant will perform a 70-minute hilarious Comedy Stage Hypnosis show. Jeff Jay’s "Mind Power" Comedy Hypnosis Show is a hilarious, fast-paced show featuring audience participant volunteers as the "stars"! You won’t believe your eyes as you watch your friends and family sing like Elvis, dance like Michael Jackson and even become 4-year-olds again http://www.magicalpresentations.com/home.html.

We hope you will consider attending the annual conference this year to gain new knowledge, build on your current skills, network and share your experiences and stories with colleagues from across the state, and have fun! Please see the Conference Justification Kit for guidance when requesting funding from your employer. We look forward to seeing you in April 2019!
Wisconsin School Health/WSCC Award

Is your school working on...

- Addressing health and wellness efforts?
- Promoting healthy nutrition choices?
- Getting students active?
- Creating a strong social & emotional climate?
- Actively involving parents and community?
- Improving policies to address & promote staff wellness?

If you answered YES, then you should apply to see if your school is eligible to receive a gold, silver, or bronze award.

Important Date to Remember:
Application due March 31, 2019

Click HERE for additional information and on how to apply

Co-Sponsored by:
Children’s Hospital of Wisconsin and Kohl’s Cares

*All schools applying will need to complete the Action for Health Kids SHI assessment

WSCC = Whole School Whole Community Whole Child