



LOUISE WILSON, MS, BSN, RN, NCSN

Greetings!

If you have been on Spring Break recently I hope you returned relaxed and energized! It is not uncommon to feel physically and emotionally fatigued by this point in the school year. Sometimes we need permission to acknowledge that.

Recently a colleague shared a blog from *Education Week* with me that included videos of **child trauma survivors reuniting with the adults who made a difference in their life.** <https://bit.ly/2einUWG> The video of "Chad" is particularly moving. If you watch it, you will note the person who first made the connection between Chad's traumatic home life and how this manifested into physical symptoms and behavior, was the school nurse. Have a tissue close by.

Not only can this blog **re-energize empathy and compassion** for the children who "burn us out" yet, need us most, the short video on the science of childhood trauma reminds us of the physiological changes that occur to the brain as a result of adverse experiences. **April is National Child Abuse Prevention Month.** See information in this update on Adverse Childhood Experiences (ACES).

In this update you will find information about the newly release **2017 Wisconsin Youth Risk Behavior Survey (YRBS)** <https://dpi.wi.gov/sites/default/files/imce/sspw/pdf/yrbs-2017-final-summary-report.pdf> We know that students who experience trauma often are at risk for having less protective factors and more mental health issues. School nurses understand that mental and emotional well-being are critical for school success.

I encourage school nurses to find ways to professionally and personally deal with the fatigue and burnout naturally experienced. Reach out to colleagues, both school nurses and other pupil services staff. Practice self-care measures. In addition, do not be hesitant to call me at my office if you simply need to vent!

School Nurse Update

#16 4/3/18

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SAVE THE DATE

WASN Spring Conference-

April 18-20, 2018 Monona Terrace- Madison Wisconsin

NASN Annual School Nurses Conference

June 30- July 3- Baltimore, Maryland [REGISTER NOW for early bird rate](#)

DPI School Nurse Summer Institute- August 9, 2018- Madison -Human Trafficking



2017 Youth Risk Behavior Survey (YRBS) Results

Results from the 2017 YRBS provide both promising and troubling news about the status of high school students in Wisconsin. On one hand, the vast majority of students are passing their classes, feel they belong at their school, and have a supportive teacher or other adult that they can go to with problems. However, students also sleep less, are on their devices more, and are more likely to feel sad or hopeless, and to consider and plan suicide. Links to the official news release and more information can be found below.



Healthiest Nation 2030

Changing Our Future Together | April 2 - 8, 2018

We want to change that dynamic — and it will take all hands on deck to do it. This National Public Health Week (NPHW), we hope you'll join us in engaging all communities and all sectors in a conversation about the role each of us can play to put good health within everyone's reach. Where we live, learn, work, worship and play impacts our health and our opportunity to ward off disease and injury. With that in mind, let's partner across public and private spheres to create healthier people, families, communities and, eventually, the healthiest nation. We can do it — if we work together.
<http://www.nphw.org/>

PDF:

<http://dpi.wi.gov/sites/default/files/news-release/dpinr2018-25.pdf>

HTML:

<https://dpi.wi.gov/news/releases/2018/survey-results-show-mixed-picture-wisconsin-youth>

Additional Information

Youth Risk Behavior Survey Website:
<https://dpi.wi.gov/sspw/yrbs>

DPI Summary Report:

<https://dpi.wi.gov/sites/default/files/imce/sspw/pdf/yrbs-2017-final-summary-report.pdf>

April is National Child Abuse Prevention Month

The [2018 National Child Abuse Prevention Month website](#) holds resources and ways to get involved.

Adverse Childhood Experiences (ACEs)

What Are ACEs?

Adverse childhood experiences (ACEs) are traumatic events occurring before age 18. ACEs include all types of abuse and neglect as well as parental mental illness, substance use, divorce, incarceration, and domestic violence. A landmark study in the 1990s found a significant relationship between the number of ACEs a person experienced and a variety of negative outcomes in adulthood, including poor physical and mental health, substance abuse, and risky behaviors. [Read more...](#)

National Association of School Nurses- School Nurse Day Resources

A school nurse in the building improves attendance, academics, and saves time for other school staff. They provide health services, administer specialized services to students, prevent and control communicable diseases, provide health education to students and staff, and so much more. Read more about the [Five Ways a School Nurse Benefits the School](#) and [visit this year's School Nurse Day webpage](#) to access more celebration resources.



Middleton Cross Plains
School District has a 1.0 FTE
School Nurse position open
for the 18-19 school year.
Apply via WECAN.

2018 Bike to School Day Registration Now Open!

Strap on your helmets, raise your kickstands, and join the thousands of students, families, community partners, and elected officials all around the country who will be participating in this year's Bike to School Day on May 9. Participants kicked off last year's ride in record breaking numbers! Thousands of students pedaled their way to school during the 2017 Bike to School Day celebration! Over 3,000 schools across the country, from D.C. to Hawaii participated.

[Register now](#), and remember to share your event plans and photos with #BiketoSchoolDay!

See flyers on Summer Camp Nurse positions recruitment at end of UPDATE



WISCONSIN DEPARTMENT of HEALTH SERVICES

Office of Health Informatics

The annual [Wisconsin Public Health Profiles are now available](#). The Public Health Profiles provide a concise overview of population health data aggregated for the state as a whole, the five Division of Public Health regions, the seven perinatal regions, each of the 72 counties, and each of the sub-county local health department jurisdictions.

The profiles present meaningful information on various public health topics including births, deaths, hospitalizations, employment and poverty, cancer, communicable disease, and motor vehicle crashes.

Our hope is that local health leaders find the Public Health Profiles to be helpful in establishing yearly goals, conducting community health assessments, writing grant proposals, and developing education and outreach programs.

A few statewide findings from the new Public Health Profiles, Wisconsin 2017, include the following:

- 92.7% of babies were born at or above normal birthweight.
- An estimated 1 out of every 6 hospitalizations (76,657 of 454,605 total) in Wisconsin could have been prevented with effective ambulatory care.
- The rate of deaths related to alcohol and other drug use was 180.4 per 100,000 people.

You can find the Public Health Profile for your region or county on the [Public Health Profiles webpage](#).

If you have suggestions for the Public Health Profiles or any other data released by the Office of Health Informatics, please contact us using the link below. We appreciate your comments and suggestions and look forward to continuing to partner with you to improve our data release efforts.

Communicable Disease Update Webinar Series

Next webinar: Tuesday, April 10, 1-2 PM

****WEBINARS IN THIS SERIES WILL BE HELD ON THE SECOND TUESDAY OF EVERY MONTH from 1-2 PM.** Please join us for our upcoming webinar:**

Date: Tuesday, April 10, 2018

Time: 1-2 PM

Link to join: <https://connect.wisconsin.gov/monthly-webinar-series/> (No registration is required to attend)

Topic to be covered in this webinar:

Tickborne Disease Surveillance in Wisconsin

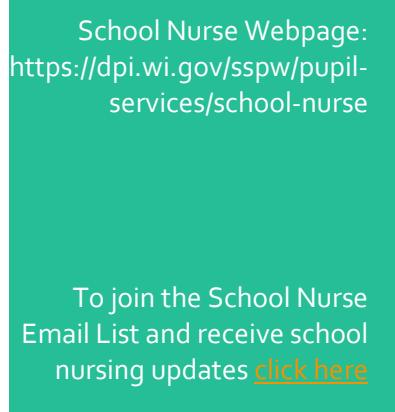
This webinar will introduce new members of the Vectorborne disease team, share available educational resources, review surveillance practices (providing some quick tips for case management in WEDSS) and share updates on Lyme surveillance practices, and future directions generated by the recent Lyme disease surveillance survey of local health departments.

Presenter: Christine Muganda, PhD, Vectorborne Epidemiologist

PRACTICE POINTS

My Practice Points this week is a link to a (free) Legal Update by Perry A. Zirkel. Mr. Zirkel is University Professor Emeritus of Education and Law at Lehigh University. I originally heard him speak at the State Superintendent's Leadership conference last October. His legal update focuses on two recent cases with costly consequences, one arising from a student's concussion (Lincoln-Sudbury Regional School District v. Mr. and Mrs. W. (2018)), and the other, the failure to have the IEP ready at the start of the school year (School District of Philadelphia v. Kirsch (2018)). <https://perryzirkel.files.wordpress.com/2018/03/zirkel-legal-alert-march-2018.pdf>

School nurses will find these court cases informative. Note the rulings are case specific, but might be used to determine future case law. You may sign up for his free LEGAL UPDATE by clicking this link
<https://perryzirkel.com/2018/03/07/march-2018-legal-update/>



School Nurse Webpage:
<https://dpi.wi.gov/sspw/pupil-services/school-nurse>

To join the School Nurse Email List and receive school nursing updates [click here](#)

3rd Annual Growing School Mental Health Summit

June 22, 2018, 9:00 AM – 4:15 PM

Marriot West, Madison, WI ([DIRECTIONS](#))



Mark your calendar now and plan to join with school and mental health colleagues around the state on June 22 for the *3rd Annual Growing School Mental Health Summit*. This year's Summit will once again feature the expertise of **Elizabeth Connors**, Ph.D., Director of Quality Improvement at the National Center for School Mental Health. Breakout session topics will include universal assessment, engaging families, implicit bias, community partnerships, care coordination and more!

As an added bonus, plan to join us the day before the Summit for the *DPI Summer Institute* on June 21 for a day focused on Social Emotional Learning. Register for both the Institute and the Summit and receive a two-day discounted rate of \$100.

Registration is now open! ([REGISTRATION LINK](#))



Join us bright and early for morning networking starting at 8:00 am!

Grab a cup of coffee and your business cards and get ready to meet and greet with more than 250 colleagues from across the state who are committed to advancing school mental health services.

Start your day off right -- share what you know and leverage the expertise of your colleagues!

SCHEDULE IN BRIEF

8:00 AM	Breakfast and Informal Networking
9:00 AM	Keynote – Elizabeth Connors, Center for School Mental Health
10:30 AM	<i>Morning Break</i>
10:45 AM	Breakout I
12:00 PM	Lunch
12:45 PM	Guided Table Discussion
1:30 PM	Breakout II
2:45 PM	Afternoon Break
3:00 PM	Breakout III

Questions?

Please email Rachel Kruse at info@wafca.org or call **608.257.5939**



SAVE THE DATE!



Creating Safe & Supportive School Communities

SUMMER INSTITUTE

June 21, 2018

7:30 a.m. - 5:30 p.m.
Madison Marriott West

Purpose

The Student Services/Prevention and Wellness Team is pleased to invite you to attend the Summer Institute: Creating Safe and Supportive School Communities. The first day of this Summit will offer sessions addressing implementation of Social Emotional Learning competencies (SEL), collecting data and assessing SEL, state and local resources and innovation and practical implementation approaches for out-of-school time programs. National presenters from the Collaborative for Academic, Social and Emotional Learning (CASEL), American Institutes for Research (AIR) and WINGS will be joining us.

To see updates on presenters, break-out topics and exhibitors, please visit the SEL Summer Institute website: dpi.wi.gov/sspw/mental-health/social-emotional-learning/conference

Featured Topics

- Introduction to Wisconsin's PK-Adult SEL Competencies and resources available to support your implementation
- Implementing SEL at the district, school and classroom level
- Best practices and recommendations for assessment of SEL
- Integrating SEL practices with Multi-level Systems of Support and Academic and Career Plans (ACP)
- Implementing SEL in out-of-school time programs
- Poster presentations of Wisconsin schools and districts implementing SEL
- Panel presentation of implementers across the state
- Exhibitor's Forum to meet and learn about evidence based practices, programs and supports

Poster Presentation

To submit a proposal for a poster presentation of your SEL program please complete this form:
<https://goo.gl/forms/Dxe4OYQx0z9QcgbW2>

Registration

Cost is \$60 for 1 day, \$100 for two days (includes the Annual Mental Health Coalition Summit)

More information on registration can be found at:
https://www.regonline.com/2018selsiand3rdannu_algrowingschoolmentalhealthsumm



WISCONSIN DEPARTMENT OF
PUBLIC INSTRUCTION
Tony Evers, PhD, State Superintendent



DATES/TIMES/LOCATIONS

Registration: 8:30-9:00 am
Training 9:00 am-4:00 pm

■ November 6, 2017

CESA #6
2300 State Road 44
Oshkosh, WI 54904
Contact: Jackie Schoening, CESA #6
(920) 236-0515; jschoening@cesa6.org

■ November 15, 2017

CESA #10
725 W. Park Avenue
Chippewa Falls, WI 54729
Contact: Carol Zabel, CESA #10
(715) 720-2145; czaibel@cesa10.org

■ June 26, 2018

The Excellence Center
N4W22000 Bluemound Road
Waukesha, WI 53186
Contact: Christine Kleiman, CESA #7
(920) 617-5645; ckleiman@cesa7.org

COST: \$35

(Lunch and snacks provided)

Registration or billing questions:

Mary Devine, CESA #4
mdevine@cesa4.org

Send payment to:
ATTN: Mary Devine
923 East Garland Street
West Salem, WI 54669

PLEASE include and clearly define:

Participant name, exact name of workshop, and date, with all checks or purchase orders. Thank you!



Advanced Trauma Strategies

BUILDING EMOTIONAL RESILIENCE IN TIER 2 AND 3 STUDENTS

Designed for teams looking to expand their base knowledge of trauma informed practices for schools, this session is a training for educators, school mental health/counseling staff, PBIS, and others working with our most challenged students. We invite staff teams working with Tier 2 or 3 students, to bring specific concerns and problems for targeted focus with the Trauma lens.

LEARNING OBJECTIVES:

- Review how emotion regulation and learning are affected by traumatic stress
- Explore four specific ways to build emotional resilience in staff and students
- Examine the re-enactment cycles of specific challenges to identify triggers and points of intervention
- Build a step-by-step plan to increase emotional resilience for specific challenges

PRESENTER:

Donna Rifken, PhD, is a child clinical psychologist with over 30 years' experience assessing and treating youth and their families. She is especially interested in the effects of developmental trauma on the wellness of children and adolescents. Her mindfulness training allows her to teach/coach evidence-based interventions to manage and reduce emotional distress in youth and adults.

REGISTER ONLINE:

■ **Oshkosh**—<http://login.myquickreg.com/register/event/event.cfm?eventid=19540>

■ **Chippewa Falls**—<http://login.myquickreg.com/register/event/event.cfm?eventid=19553>

■ **Waukesha**—<http://login.myquickreg.com/register/event/event.cfm?eventid=19741>



Kids deserve the best.

The Herma Heart Institute & Project ADAM invites you to become a **Heart Safe School**

April

10

**8:30 am – Check in
9:00 am – 11:30 am – Workshop**

**Location: CESA 2
1221 Innovation Dr., Whitewater**

Please register for this free
workshop at: [MyQuickReg](#)

**Does your school have an AED/CPR program?
Do you have a written plan and practice that
plan in the form of a drill?**

To learn more about becoming a
Project ADAM Heart Safe School, please join us for a
morning of learning and networking.

We will provide you with the resources you need to
achieve this designation.

For more information on
Project ADAM please visit:
www.projectadamwi.com
www.projectadam.com





OPEN NURSE POSITIONS AS OF MARCH 27, 2018
BLUE REPRESENTS COMPACT STATES

AZ	June 4-July 1	RN	Coed traditional camp	appx. 4 weeks
AZ	July 2-29	RN	Coed traditional camp	appx. 4 weeks
CA	June 11-July 29	RN	Coed traditional camp	appx. 7 weeks
CA	June 14-July 1	RN/LPN	Coed traditional camp	appx. 2 weeks
CA	July 1-July 15	RN/LPN	Coed traditional camp	appx. 2 weeks
CA	July 3-Aug 12	RN/LPN	Coed traditional camp	appx. 5 weeks
CT	June 14-July 22	RN/LPN	Coed traditional camp	appx. 5.5 weeks
CT	July 1-14	RN/LPN	Coed traditional camp	appx. 2 weeks
CT	July 14-29	RN/LPN	Coed traditional camp	appx. 2 weeks
CT	July 15-Aug 18	RN/LPN	Coed traditional camp	appx. 5 weeks
CT	July 30-Aug 11	RN/LPN	Coed traditional camp	appx. 2 weeks
CT	Aug 11-18	RN/LPN	Coed traditional camp	appx. 1 weeks
GA	June 10-Aug 2*	Night RN	Coed traditional camp	3 wk. minimum
IN	July 22-Aug 5	RN	Coed traditional camp	appx. 2 weeks
MA	June 15-28	RN/LPN	Coed traditional camp	appx. 2 weeks
MA	June 21-Aug 16*	RN	Boys traditional camp	3 wk. minimum
MA	June 28-July 28	RN/LPN	Coed traditional camp	appx. 4 weeks
MA	July 27-Aug 20	RN	Coed traditional camp	appx. 3.5 weeks
MD	June 17-Aug 24*	RN	Children's special needs	4 wk. minimum
ME	June 11-July 16	RN	Girls traditional camp	appx. 5 weeks
ME	June 11-Aug 12	RN or LPN	Girls traditional camp	appx. 9 weeks
ME	July 28-Aug 15	RN	Coed traditional camp	appx. 2.5 weeks
MS	June 6-July 4	RN	Coed traditional camp	appx. 4 weeks
MS	July 2-Aug 1	RN	Coed traditional camp	appx. 4 weeks
NH	June 12-July 18	RN	Girls traditional camp	appx. 5 weeks
NH	June 18-July 2	RN	Boys/Girls trad. camp	appx. 2 weeks
NH	June 30-July 29	RN	Boys/Girls trad. camps	appx. 4 weeks
NH	July 2-21	RN	Boys/Girls trad. camp	appx. 2 weeks
NH	July 17-Aug 16	RN	Girls traditional camp	appx. 4 weeks
NH	July 22-Aug 9	RN	Boys/Girls trad. camps	appx. 2 weeks
NH	July 29-Aug 19	RN	Boys/Girls trad. camps	appx. 3 weeks
NY	June 1-Sept 3*	RN/LPN	Special needs camp	2 wk. minimum
NY	June 6-23	RN	Coed arts camp	appx. 3 weeks
NY	June 13-Aug 8	RN/LPN	Coed trad h/s camp	appx. 8 weeks
NY	June 14-July 22	RN/LPN	Coed traditional camp	appx. 5.5 weeks



NY	June 23-July 21	RN	Coed traditional camp	appx. 4 weeks
NY	June 23-Aug 11	RN/LPN	Coed traditional camp	appx. 7 weeks
NY	June 24-July 14	RN/LPN	Coed traditional camp	appx. 3 weeks
NY	June 24-July 22	RN/LPN	Coed traditional camp	appx. 4 weeks
NY	June 24-Aug 12*	RN/LPN	Coed traditional camp	2 wk. minimum
NY	June 26-July 22	RN/LPN	Coed traditional camp	appx. 4 weeks
NY	June 29-July 29	RN	Coed traditional camp	appx. 4 weeks
NY	July 14-Aug 11	RN/LPN	Coed traditional camp	appx. 4 weeks
NY	July 19-Aug 12	RN	Coed traditional camp	appx. 3.5 weeks
NY	July 22-Aug 20	RN	Coed traditional camp	appx. 4 weeks
NY	July 23-Aug 11	RN	Coed traditional camp	appx. 3 weeks
OH	June 1-July 9	RN	Coed traditional camp	appx. 5.5 weeks
OH	July 9-Aug 2	RN	Coed traditional camp	appx. 3.5 weeks
PA	June 10-July 22	RN	Coed traditional camp	appx. 6 weeks
PA	June 15-July 23	RN/LPN	Coed traditional camp	appx. 5.5 weeks
PA	June 17-July 12	RN/LPN	Coed traditional camp	appx. 3.5 weeks
PA	June 18-July 15	RN/LPN	Coed traditional camp	appx. 4 weeks
PA	June 18-July 20	RN/LPN	Coed traditional camp	appx. 4.5 weeks
PA	June 18-July 15	RN/LPN	Coed traditional camp	appx. 4 weeks
PA	June 20-July 24	RN	Coed traditional camp	appx. 5 weeks
PA	June 21-July 21	RN/LPN	Coed traditional camp	appx. 4 weeks
PA	July 8-31	RN/LPN	Coed traditional camp	appx. 3 weeks
PA	July 15-Aug 12	RN/LPN	Coed traditional camp	appx. 4 weeks
PA	July 20-Aug 9	RN/LPN	Coed traditional camp	appx. 3 weeks
PA	July 20-Aug 12	RN/LPN	Coed traditional camp	appx. 3 weeks
PA	July 21-Aug 11	RN/LPN	Coed traditional camp	appx. 3 weeks
PA	July 22-Aug 5	RN	Coed traditional camp	appx. 2 weeks
PA	July 22-Aug 15	RN	Coed traditional camp	appx. 3.5 weeks
PA	Aug 5-19	RN	Coed traditional camp	appx. 2 weeks
WA	July 27-Aug 16	RN	Coed traditional camp	appx. 3 weeks
WI	June 9-July 14	RN/LPN	Boys traditional camp	appx. 5 weeks
WI	June 12-July 16	RN/LPN	Coed traditional camp	appx. 5 weeks
WI	June 15-July 12	RN/LPN	Coed traditional camp	appx. 4 weeks
WI	July 1-8; 7/8-15; 7/15-22; 7/29-8/5; 8/5-12	RN	Coed trad. camp	1 week each
WI	July 3-15	RN	Coed traditional camp	appx. 2 weeks
WI	July 14-Aug 9	RN	Coed traditional camp	appx. 4 weeks
WI	July 14-Aug 13	RN/LPN	Boys traditional camp	appx. 4 weeks
WI	July 16-Aug 13	RN/LPN	Coed traditional camp	appx. 4 weeks



Summer Camp Nurses



Welcome school nurses! Over the past thirteen years we have hired over 300 nurses working in school districts throughout the US who have proven to be excellent staff for summer camps. More than just jobs, our camps can give you the opportunity to supplement your full-time positions while making a difference and building your skills and resume. And the experience you have as a school nurse is an exact fit for camp life.

- Location: We work with you to find the right fit at one of over 70 outstanding camps across the United States, many located in nursing compact states and non-compact states such as NY, NJ, PA, CT, MA, CA, WA, IN and others.
- Travel: These are top-notch residential (overnight) camps and you can travel to see another part of the country or stay in state.
- Dates: The assignments are two, three or four weeks for those who need flexibility.
- Type: The majority are traditional activity, arts and sports camps, but we also have a few excellent camps dedicated to those with special needs.

How do you begin? Apply at www.whizresources.com and we will call you for an interview. There are no fees to you. The camps generally start around \$1000/week with some camps paying from \$1,200-\$1,500/week for lead positions. The camps provide meals and lodging and r/t air transportation for out of state camps.

Are you ready for an amazing summer? Call us if you have any questions!



Who is WhizResources? We are a family-owned small business, well-known among camps as a resource for licensed nurses, aides, EMTs and other professional medical staff. WhizResources was founded in 2005 by Rick Whisenhunt in response to camps requesting his help. During 25 years as a youth minister Rick worked with thousands of young adults, parents and community leaders and led hundreds of programs and camps. A strong business background includes an MBA and 12 years of management at a major corporation. Rick received the Jaycees' Distinguished Service Award and has served on the YMCA Board of Management.