



This will be my last regular update until August when it is closer to the start of the next school year. Currently I send this mailing to the health services representative (school nurse) identified by your district's grant project director. That works well for districts with a single nurse but some districts have additional nurses. Those of you in districts with more than one nurse, please let me know if you prefer that I continue to send communications to you only or would you like me to add the other school nurses in your district to the mail group.

Last night, I had the opportunity to attend a retirement party for 2 school nurses in the district I worked in before coming to DPI. Looking around at the many school nurses there and the retirees (who had each worked 25 years in the district) and knowing the kind of work they over many years and the impact they had on children and families, I felt very honored and proud to be a school nurse. While I don't know each of you personally, I do know that you do similar work and I want to recognize it and thank you. Now, get ready for some time to "do your thing" this summer whatever it is...



Mark your calendars for the eSchoolCare webinar scheduled for **Wednesday, August 20 at 8 am**. This webinar will last 45-60 minutes and will provide information on registering your account, logging into eSchoolCare, navigating through its contents including the CONDITIONS and PRACTICE sections, and using the Community Forum to network with other school nurses. About half of you who got new eSchoolCare subscriptions this spring have registered and logged in for the first time. I hope to get all of you to be regular users by next fall.



I have been putting together **Resource Kits** for each of your districts. The kits will include *School Nursing: a comprehensive textbook*, the *School Nurse Childhood Obesity Toolkit* from NASN, *Clinical Guidelines for School Nurses* from School Health Alert, a Diabetes Skills Training Kit that contains all the things you need to train others to care for children with diabetes, insulin syringes and regular syringes and trainer devices for Epi-pen, Auvi-Q and Metered Dose Inhalers. I'm working on finding trainer devices for rectal diastat. I've also ordered a set of male and female models to teach catheterization and some catheters. The male and female models will be in a cath training kit that will be loaned by DPI on request of grant districts who need to do cath training.

To keep you up to date on what is happening in Food Services, I am including this update from DPI staff. I recall many discussions and strong opinions about Fundraising from both the community and school staff when my district adopted its first Wellness Policy in 2006.

### **New USDA Requirements for Food in Schools, and Fundraising Exemptions**

The U.S. Department of Agriculture (USDA) has issued its interim final rule establishing nutritional guidelines for all food sold in schools, and the Department of Public Instruction has determined its policy for providing exemptions from the rule for student fundraising purposes.

Beginning July 1, 2014, the USDA's "[Smart Snacks](#)" regulations will require that all foods and beverages sold on the school campus during the school day (apart from the federal lunch and breakfast



programs) must comply with new nutrition standards. This includes a la carte, school store, snack bar, and vending machine sales as well as food produced during culinary classes that is sold to students. A [brochure](#) and a [chart](#) detailing the guidelines are available online.

The rule also requires the DPI to establish limitations on the number of fundraisers held during school hours that may be exempt from the nutrition standards each school year. Following extensive feedback from a survey sent throughout Wisconsin, the DPI has determined that in Wisconsin, schools may allow up to two fundraiser exemptions per student organization per school year. The department is grateful for the breadth of feedback received.

The USDA will also require that potable water, already required during lunch, must now be made available to children at no charge in the cafeteria during breakfast meal service.

The DPI School Nutrition Team is offering [training on the regulations](#) at its School Nutrition Skills Development Courses (SNSDC) around Wisconsin this summer. The team also offers helpful resources, recorded trainings, and USDA guidance on Smart Snacks on its (continually updated) [website](#).

One highlighted resource is a [tool from the Alliance for a Healthier Generation](#) that simplifies record-keeping and also makes it easy to see whether a food or beverage complies with the new standards.

While the transition will take some adjustment, the goal of the new federal regulations is improving the health and well-being of children and creating an environment that reinforces the development of healthy eating habits. Schools play an important role in providing access to healthy food and in limiting conflicting messages regarding healthy habits.

Last, I am including information from the CDC about a new toolkit—Increasing Access to Drinking Water in Schools. The previous update notes that schools must now make drinking water available to students during breakfast as well as lunch.

## CDC Healthy Schools

*The Right Place for a Healthy Start*



## NEW Tool Kit!

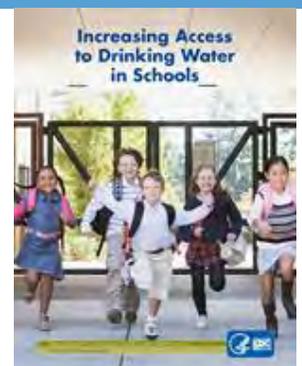
### [Increasing Access to Drinking Water in Schools](#)

CDC's new tool kit, [Increasing Access to Drinking Water in Schools](#), helps schools make the healthy choice the easy choice for all students by ensuring access to free drinking water as an alternative to sugar-sweetened beverages before, during, and after school. The [easy-to-use tool kit](#) includes needs assessment tools, implementation strategies, and evaluation guidance to improve access to drinking water as part of a healthier nutrition environment in schools.

Drinking water in place of sugar-sweetened beverages can help students stay hydrated and may improve cognitive function. Children and adolescents spend much of their time at school, and by providing access to healthier choices, students can stay healthy and ready to learn.

School health councils, nutrition services providers, principals, teachers, parents, and other school staff can follow [key steps](#) and use the [planning guide and resources](#) to:

- Meet USDA [Smart Snacks in School](#) requirements to provide free drinking water in the National School Lunch Program and the School Breakfast Program.
- Help make free drinking water readily available across the school campus.



- Promote water as a healthy beverage.

## Take Action

Share this message through your networks and use the sample social media below to help spread the word.

- **State education and health agencies** can provide professional development and technical assistance to support schools and districts in meeting federal requirements and implementing strategies.
- **Schools and districts** can provide professional development on the tool kit, conduct a needs assessment of current drinking water policies and practices, and develop a school water access plan.
- **Parents** can make sure children take refillable and reusable water bottles to school, and bring them home to be washed regularly.
- **Stakeholders**, such as public health partners, community members, and university staff, can support schools in implementation and evaluation efforts.

## Get the Word Out!



@CDCChronic NEW CDC Tool-Free H2O in schools-healthy choices easier 4 students!  
<http://ow.ly/xpiCX> #CDCHealthySchools



NEW CDC Tool Kit! Free drinking water in schools helps make the healthy choice the easy choice for students! Learn more about how schools can increase access to drinking water in schools at [www.cdc.gov/healthyyouth/npao/wateraccess.htm](http://www.cdc.gov/healthyyouth/npao/wateraccess.htm)

### Sign Up for CDC Healthy Schools Updates via email!



[Sign up](#) to receive email updates from CDC on new resources and information about Nutrition in Schools, Physical Activity and Physical Education in Schools, Asthma Management in Schools, Food Allergy Management in Schools, and Obesity Prevention in Schools.

## Learn More

- [CDC Water Access in Schools](#)
- [Water Access in Schools: Model Wellness Policy Language](#)
- [EPA Drinking Water in Schools & Child Care Facilities](#)
- [Child Nutrition Reauthorization: Putting the Act into Action “Strategies for Success: Making the Most of the New School Water and Milk Requirements”](#)
- [CDC School Health Guidelines to Promote Healthy Eating and Physical Activity](#)
- [USDA Child Nutrition Reauthorization 2010: Water Availability During National School Lunch Program Meal Service](#) [pdf 58K]
- [USDA Smart Snacks in Schools](#)

### School Practices: Access to Drinking Water

- [2012 School Health Profiles \(Profiles\)](#) – School health policies and practices for offering free sources of drinking water. [States and large urban school districts, territories, and tribal governments]
- [School Health Policies and Practices Study \(SHPPS\)](#) – School health policies and practices in providing access to free drinking water to students. [State, district, school, and classroom]

