From the President
Cynthia Hiltz, RN, LSN, MS

I would like to thank the program committee for the excellent annual conference that they provided for us this past November. The speakers, handouts, and networking were excellent and truly inspiring.

Have we all forgotten winter break yet? Before we know it will soon be summer once more. The date that each Minnesota School District must have a Wellness Policy in place is quickly approaching. Public Law 108-265 states each district must enact policy no later than the first day of the school year beginning after June 30, 2006. Since this mandate is part of the reauthorization of the Child Nutrition Act, the focus is not health service. However, there is an important role for school nurses to play in the development of this policy. If you are not already involved in this process, you need to become involved. If you need resources to help with your role in development of this policy, look at the NASN website and do a search for nutrition or wellness to access several position statements and issue briefs on related subjects. Look at the December 2005 Journal of School Nursing editorial by Janice Denehy along with several other articles related to nutrition and physical activity in children and adolescents. Pull out SNOM’s memo from last spring and review several good resources in an article by our Nutrition Chair-Karen Folkman. Look at the School Health Index information on the CDC website. It is a wonderful tool to assess where your school is at with regards to more than nutrition and activity. Have a discussion with your district about possible use of BMI screening using the research in the April 2005 Journal of School Nursing. Use the research that helps to guide our practice and apply it to policy. If you have a research question that you would like to answer, please apply for SNOM’s research funds. You can access the application on our website under the membership button.

As a professional organization, SNOM continues to promote student health for student success. As the president part of my responsibility is to recruit volunteers from among our membership to help with the volunteer work that we do. Sandy Munson, our vice president, is working on a talent bank to help our organization identify members with interest or expertise in the different school nurse roles. This spring you will be contacted to indicate your interest. Please do complete the talent bank information and return it to SNOM for future reference. Our organization currently needs help with awards, futures, public relations, and SNOMemo. If any of those areas interest you, please do contact me. The benefit you will receive by being an active part of our professional organization will far outweigh the time you will put in to help with these very important areas. It truly is a recharge to my motivation to be privileged to work with our organization. I believe that you will find that to be true also.
Sara Mullett Receives Betty Hubbard Maternal and Child Health Leadership Statewide Award

Sara Mullett receives the Betty Hubbard Maternal and Child Health Leadership Statewide Award

For the first time in the 15-year history of the Betty Hubbard Award, an individual in school health nursing will receive this honor. Each year the Betty Hubbard Award is given to two individuals to recognize leadership and achievements in promoting good health for mothers and children in Minnesota.

The Minnesota Department of Health announced that Sara Mullet, LSN in the Minneapolis Public Schools, was the statewide recipient of the annual Betty Hubbard Maternal and Child Health Leadership Award for her contributions to maternal and child health. The Minnesota Assistant Commissioner of Health, Carol Woolverton presented the Award on December 2nd.

A news release notes “The recipients of the 2005 Betty Hubbard Awards have demonstrated their commitment to improving the health and well being of Minnesota mothers, children and families,” Woolverton said. “This kind of unwavering commitment symbolizes the dedication and leadership that have characterized past award recipients.”

Mullet will receive the statewide award for her 35-year commitment to improving the lives of women, children and youth. In her roles as the Teen Parent program Coordinator, Director of Health Related Services, and, most recently, as Interim Executive Director of Student Support Services for the Minneapolis public schools. Mullet has been a strong leader in implementing effective systems and partnerships to address the complex health and education issues of children in Minneapolis.

As the coordinator for the Teen Pregnancy and Parenting Programs, Mullet initiated Minneapolis Public Schools’ involvement with the Center for Assessment Policy Development in a national initiative to improve the health, social, and educational outcomes for teen parent families. This initiative created a strong foundation of collaborative partners working on implementing best practices that are still solidly in place today.

Mullet restructured the Minneapolis school district’s department of Health Related Services by forging partnerships between the district and community health care organizations and providers; by establishing accountability and outcome measures for evaluating student health and its impact on learning; and by focusing on prevention and early intervention. Co-founded the Healthy Learners Board brought leaders from all health care sectors together to address health issues affecting children in the Minneapolis Public Schools. Under that umbrella, an initiative called “No Shots, No School” was created, which resulted in a significant increase in immunization rates for children entering school.

In addition, the New Families Center is a collaborative effort between the Minneapolis Public Schools and the Children’s Defense Fund. It is key in helping new families to Minneapolis settle successfully in the community and helps assure that children start school with a healthy first step.

In the role of Interim Executive Director for Student Support Services, Mullet has pulled together a patchwork of departments and has helped them begin to lay the groundwork for working together effectively to address barriers to student academic success. Whether through the Healthy Learners’ Asthma Initiative or through helping obtain mental health services for students, Mullet has worked to incorporate best practices into focused work that helps children and families.

As Obstetrics Supervisor at Hennepin County Medical Center, Mullet provided exceptional leadership and guidance to create new models of care delivery to meet the needs of a large influx of Southeast Asian patients with many special pregnancy and cultural needs. She was know for her vision, flexibility, and ways of empowering staff.

Congratulations, Sara!

School Nurse Public Relations

Sue Will, NASN President, was interviewed by Katie on the Today show (NBC) in December. Sue did a fantastic job advocating for school nurses in every school for children’s health.

The Public Relations and Advocacy Committees are looking at ways to publicize positive stories about school nurses working with children with chronic illness in schools. Any ideas from Minnesota?? Please contact Mary Swanson about your story that shows how school nurses in Minnesota make a difference in the life of a student with a chronic illness. My e-mail is swans037@umn.edu.

School Nurse as a Featured Educator!

Cecelia DuPlessis Erickson is recognized as a featured educator on the Education Minnesota Schools First Web Site. The following link will bring you to the page.

http://www.schoolsfirst.org (click on “Meet the Educator”) Congratulations, Cecelia! Thank you for all you do for our professional organization and the students of Minnesota!
Congratulations to Minnesota’s latest National Certified School Nurses, Kimberlee Reeves of Coon Rapids and Lisa Roy Kocon of Minneapolis. They join twenty other Minnesota school nurses who are National Certified School Nurses. There are close to 2650 NCSN’s nationwide so our meager numbers in Minnesota are less than 1% of the total certified. Minnesota School Nurses can improve this statistic.

Professional certification as a school nurse assures a national standard of preparation, knowledge and practice. According to the Professional Testing Corporation, “certification focuses specifically on the individual and is an indication of current competence in a specialized area of nursing practice”. The National Board for Certification of School Nurses offers the only national certification for school nurse practice. It endorses the concept of voluntary certification by examination. National certification for school nursing is a formal recognition of school nursing knowledge and promotes continued professional growth in the practice of school nursing.

To be eligible to take the exam, the applicant must currently be licensed as a Registered Nurse in the United States or the equivalent in other countries, attain a bachelor’s degree or higher, be currently employed in school health services or school related services and it is recommended, a minimum of three years of school nursing practice. There is a standard fee for the examination. Exams are given at twenty-three Regional testing centers located across the United States each February and August as well as at the site of the NASN annual conference. Minnesota is one of the Regional testing sites with the exam given at the U of M every February and August. The application due date is two months prior to the actual test day so if you are planning to take the exam don’t miss the deadline. For those applicants passing the exam, School Nurse Certification is granted for five years.

Both the NASN (www.nasn.org) and the NBCSN (www.nbcsn.com) websites offer answers to many questions you might have regarding certification. In addition, NASN has developed some tips for certification preparation which will provide you with information and resources as well as a set of sample questions. You will find that resource under Certification Preparation on the NASN home page.

Some may argue that attaining national certification changes nothing in their work place except perhaps personal satisfaction. However, some of our school nurses have negotiated benefits for national certification equal to the benefits received by nationally certified teachers in their districts. Hopefully this trend will gain momentum with all Minnesota School Districts recognizing and rewarding nationally certified school nurses as experts within our practice area.

NBCSN has a liaison program with states to try to encourage more nurses to become certified. Currently there is no liaison from Minnesota so if anyone is interested, please contact Algene Larson at dolarson@runestone.net and we can discuss the responsibilities in more detail.

The Journal of School Nursing Article

Jane Flower (Noble Elementary School, Golden Valley, MN) published an article “Assessing the Capability of School-Age Children With Asthma to Safely Self-Carry an Inhaler” in the October 2005 Journal of School Nursing, Vol. 21, No. 5 along with Elizabeth Saewyc.
Committee News

Nutrition Committee

Karen Folkman, Morris School

Are You a Positive Nutrition Role Model?

March is National Nutrition Month! Are you going to celebrate your positive personal nutrition choices, share nutrition information with school staff and students, or put your feet up after a long day with a bag of chips or box of chocolates (make it dark chocolate if you have a choice)?

The American Dietetic Association (ADA) sponsors National Nutrition Month as a nutrition education and information campaign. This ADA campaign is “designed to focus attention on the importance of making informed food choices and developing sound eating and physical activity habits.” Gather some information to share at the National Nutrition Month website at www.eatright.org/nnm. Some other sites to check for information are www.health.gov/dietaryguidelines/dga2005/recommendations.htm for the 2005 USDA Food Guidelines or www.mypyramid.gov to create your personalized food and exercise pyramid.

How can you be a positive role model? How about eating school lunch with the students, bringing a healthy lunch to eat with the staff, taking the stairs instead of the elevator, organizing a walking group before or after school with students and/or staff, or walking the dog instead of tying him up to the leash in the back yard? It’s your choice-make it positive!

COMING FALL OF 06

Electronically Delivered SNOMemo

Great News: the SNOMemo is coming electronically!!!!

At the SNOM Board meeting this month or in January, the decision was made to send the SNOMemo electronically by the fall issue of 2006. The goal is to have the SNOMemo in the hands of members in a quick and cost effective manner. The memo will be available on the SNOM web site on the “members only page”. Past Memos will also be available at the same site. Members will be notified via email when the memo is posted on the web site. For those members who are unable to access the web page, arrangements will be made to have a copy mailed to them. The SNOM Board and the SNOMemo editors welcome suggestions and feedback from members as they begin to receive the SNOMemo electronically.

Hurricane Katrina Fundraiser

Cecelia DuPlessis Erickson (SNOM Past President)

“When we cast our bread upon the waters we can presume that someone downstream whose face we may never see will benefit from our actions.”

Maya Angelou

A special thanks to the generous LSNs and vendors at the Annual SNOM Conference. The SNOM Board decided to have a raffle to raise funds at the SNOM Fall Conference to assist the survivors of the Katrina Hurricane. $1302 was collected for the Katrina Relief Fund. The money was given to the American Red Cross in honor and in recognition of the National Association of School Nurse Board meeting in Minnesota this November and President Sue Will.

Contributors had the opportunity to participate in a raffle. Robin Hellmer from St. Anthony, winning LSN, will be able to attend the ’06 Annual Fall Conference at no charge. The winning vendor, Bob Smith from MacGill, will be able to have a table to exhibit at no charge in 2006.

Thanks again for your generosity. You are an amazing group!!!
NASN Board of Directors met at the St. Paul Radisson Riverfront Hotel in November for their annual fall meeting with Sue Will presiding. Highlights of the board meeting include the following:

- By the end of August 2005, the NASN membership had increased to 12,861 which is a 6.8 increase in members during the past year. A new membership benefits brochure was developed to assist in recruitment and retention of members.
- The approved a plan to offer affiliates who are not yet unified a chance to host the NASN President at state conferences and receive NASN materials on unification benefits. (Minnesota 2006-2007)
- NASN has implemented 3 fully funded grants in the areas of managing and Preventing Diabetes and Weight Gain-CDC NDEP, Indoor Air Quality through Environmental Protection Agency, and the School Nurse Asthma Management Program through Division of Adolescent and School Health–CDC this year.
- New issue briefs and position statements were approved and are on the NASN website. Check them out to update your practice.
- The board approved a motion that NASN conduct a study to identify the number of school nurse FTE’s in schools nationally. The study would be conducted through a large enough random sample to predict the percentage of schools with full-time nurses, part-time nurses, and no nursing coverage.
- The board approved a motion that NASN compile, market, and distribute a tool kit to promote the 1:750 SN to student ratio.

School Nursing: A Comprehensive Text is being published by F.A.Davis. Janice Seleman is editing this first textbook on school nursing practice. This comprehensive text includes 47 chapters and should be printed and distributed this month. Check NASN website [www.nasn.org] to make your order. Check out the newly formatted NASN website.

It is easy to find school nurse information and resources. Check out the bookstore for new publications.

**Minnesota Endowment fundraising = $1817.00!!**

Thank you, Minnesota nurses! We took 2nd place to Missouri who had $3000. A special thanks to Ann Hoxie who took the piggy banks to many meetings!! Continue to contribute to the Endowment Fund for school nurse scholarship and research funding.

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**Join NASN**

NASN is the expert in addressing the needs of school nurse professionals. Not only does NASN provide the tools for school nurses to maximize the health services they offer, but NASN also equips school nurse to inform others about those services. NASN is the association for professionals interested in the highest standards of quality school nursing. Visit [www.nasn.org](http://www.nasn.org) and join online or contact the NASN Membership Office at their toll free number 1-888-627-6767 for a membership application or additional information.

**NASN Helps Hurricane Katrina and Rita Victims**

Since Hurricane Katrina hit the southern gulf states in late August, NASN has focused much energy in supporting school nurses across the country as they accommodate victim families and children who are relocating from their home, schools, and communities. Virtually every state has had Hurricane Katrina survivors planning temporary or permanent moves to escape the aftermath of the devastating storms and flooding. Schools and communities will be accommodating families and children who have no income, clothes, household supplies, or medical records. President Sue Will’s message provided resources and information for assisting evacuated children. NASN has provided numerous resources for assisting school nurses with the challenging task of welcoming and supporting these homeless children and families on the NASN website. Resources for responding to and coping with the Hurricane related events have been available to school nurses thru NASN Discussion List: Hurricane Katrina, which is available online to NASN members. Visit NASN online at [http://www.nasn.org](http://www.nasn.org) for resources or to login and join the Discussion List today. A number of state school nurse organizations are raising funds to assist their school nurse colleagues as they return to their hurricane damaged schools.
Controlling Asthma Triggers in Schools: A New Tool Yields Measurable Improvements

Dan Trante, Indoor Air Unit
Minnesota Department of Health

Can school officials implement an indoor air quality (IAQ) asthma management plan that results in measurable improvements? The Minnesota Department of Health (MDH) Indoor Air Unit explored this question in a project funded by a Minnesota legislative grant. A Model School Environmental Asthma Management Plan (MSEAMP) was developed as a new tool to evaluate and improve school IAQ and its impact on asthma. The MSEAMP was implemented in 10 schools, six of which were re-evaluated after implementation.

Improvements were observed in the six schools. Overall, 89 problem issues were identified at baseline in 2004 compared to 62 at post-implementation in 2005. Specifically, in 2004, an average of 46 problem issues were observed during walk-through inspections in 187 locations, which decrease to 35 problem issues in 141 locations in 2005. Also, pet allergen levels declined significantly. In 2005, 70% of the areas sampled had lower levels and average concentrations were 50% lower. Moreover, staff perception of air quality improved in five schools, and to a significant extent in three schools where the proportion of staff rating air quality as average or good increased from 54% to 83%. In addition, ventilation rates improved in these schools reflected by an average carbon dioxide level that was 159 parts per million lower in 2005.

The findings indicate that implementing IAQ asthma management plans can yield modest and measurable improvements. MDH is currently collaborating with EPA to further analyze the significance of findings.

A summary report and the MSEAMP are available at www.health.state.mn.us/divs/eh/indoorair/schools/plan/asthmaplan.htm A booklet and compact disc version of these documents are also available. Presentations are being completed to various interested parties in the upcoming months, and we are seeking additional speaking opportunities.

Please contact Dan Tranter with any questions, comments, or speaking opportunities (phone: 651-201-4618; email: daniel.tranter@health.state.mn.us).

National Poison Prevention Week

Steven Setzer Rph, CSPI
MN Poison Control System

March 19-25, 2006 is National Poison Prevention Week. Please order you poison prevention materials early in preparation for this event at www.mnpoison.org under “Information for Educators” in the top navigation. Materials are free of charge. The Spike’s Poison Prevention Adventure video geared for K-1st grade is also available for your use from our video lending library. Contact Steve or Kirk at 612-873-5644 with any further questions.

Never a Dull Moment

Gayle Anderson, Crosby-Ironton

I was checking a class for head lice in second grade. While I was checking the head of one girl she told me this story, “my cousin had a spider land on her head, and she screamed, just like a little boy”!

And another:

I have a poster in my office titled, Your Body’s Best Defense. It describes the various parts of the body from your tonsils to your blood that are part of the immune system. A first grader asked me what the poster was about. I explained each part and how it helped you stay healthy. When I got to the end she said, “and don’t forget your apple”!
New Resource from CHHCS—Pandemic Flu Planning Checklist

Nancy Eichner
Senior Program Manager

In response to media attention surrounding a possible flu pandemic, the Center has posted a Planning Checklist that individuals and families can use to prepare for a flu pandemic. The Checklist, based on information from the CDC, includes tips on items to keep on hand at home, how to limit the spread of germs and prevent infection, and how to get involved in community preparedness.

To view the Pandemic Flu Planning Checklist, please visit http://www.healthinschools.org/sh/fluchecklist.asp

The Center for Health and Health Care in Schools
http://www.healthinschools.org

Resources for Wellness Policy Development

http://education.state.mn.us/mde/static/001070.pdf
http://www.fnas.usda.gov/tn/Healthy/wellness_policyrequirements.html
http://nasbe.org/HealthySchools/health_eating.html
http://nasbe.org/HealthySchools/Sample_Policies/physical_activity.html
http://nasbe.org/HealthySchools/fithealthy.html
http://www.actionforhealthykids.org
http://apps.nccd.cdc.gov/shi/
http://www.cdc.gov/HealthyYouth/
http://schoolwellnesspolicies.org
Calendar of Events

**MARCH**  March 23  1-4 PM
*Moving Forward on School Wellness Policies: Action for Healthy Kids*
Video Conference-St. Paul, Rochester, Marshall, Fergus Falls, St. Cloud, Bemidji, Duluth

**APRIL**  April 17, 2006
*School Wellness Policies: Practical Ways of Making it Happen*
University of MN, St. Paul
Contact Amina Richards at 612-348-4928

**JUNE-JULY**  June 30 - July 3, 2006
*NASN's 38th Annual Conference (Preconference: June 29, 2006)*
New York Marriott Marquis
1535 Broadway, New York, NY 10036
Conference registration available on website [www.nasn.org] in March

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**SCHOOL NURSE ORGANIZATION OF MINNESOTA (SNOM)**
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