From the President

Cynthia Hiltz, RN, LSN, MS

I would like to thank the SNOM members who have served on the board of directors for the past 2 years. I feel privileged to have worked with these volunteers. The work that our organization has produced has changed the lives of our students as school nurse continue to promote student health for student success.

If you are looking for a good resource book for your budget for next school year, you really should think about ordering the new book “School Nursing: A Comprehensive Text” edited by Janice Selekman and available for purchase on the NASN web site. The textbook is “the gold standard” for practicing school nurses. I have already used my copy and the chapter “Evaluation of School Nurse Practice” to help my district look at competencies and outcomes of school nurse interventions. Data really does talk when you use it to justify and to educate administration on what your department is doing and why it is important to the success of our students.

I am sure that many of your districts are currently planning for pandemic flu. Make sure that you refer to the resource list that Ruth Ellen Luehr, MDE, posted to our listserve. The CDC website has a checklist your district should work through. You need to be connected with your county Emergency Preparedness teams. While not all of the pandemic planning for schools will involve the school nurse, a great portion of what we do with other medical crises management is the basis for this planning. Nurses can be invaluable in helping education staff go beyond the thought process that allows them to ignore the time frame between when/if the treat becomes a higher concern and the time when our schools may be closed. How will your districts handle the infectious concerns that will occur at that point? Will parents/guardians be afraid to send their students to school? Will health service staff be afraid to offer care for students and staff with respiratory symptoms? If schools are closed, will education components continue? When we return to “normal school days,” how will we handle the losses that will have occurred? As part of a team, these are just a few of the questions that we can work on to help our districts to be prepared. As you continue to work on pandemic planning next fall, save October 19 and 20th as dates to attend SNOM annual conference. Our fall conference will have more information on pandemic flu planning.

SNOM officer elections were mailed in late April. Included with the ballot is a talent questionnaire. We really do you need you to return that also, so that when we are looking for input from a school nurse with a particular expertise-we know where to find you.

SNOM has adopted a new and updated logo. Did you know that the lamp in our logo stands for the lamp of knowledge? What other trivia do our members know about our logo? Please send that information to cynthiahiltz@hotmail.com.

Once again it is the end to another school year. Have a wonderful summer! Hope to see some of you at the NASN conference in New York this summer!
AFT Healthcare Professional Issues Conference

Jeanne Sedgwick, St. Paul Schools; Patricia Walker, Minneapolis Schools; Kate Casserly, Minneapolis Schools

The chairman of the Democratic National Committee, Howard Dean, was the keynote speaker at the 2006 AFT Healthcare Professional Issues Conference (PIC), held March 23-26, 2006, in Washington, D.C. School Nurses from Minneapolis and Saint Paul Public schools attended the AFT conference and participated Lobby Day on the Hill—meeting with staff of Representatives Sabo and Ramstad and Senators Dayton and Coleman. Conference workshops offered school nurses and other healthcare professionals (from around the country) opportunities to exchange information pertinent to standards of practice.

The AFT Healthcare PIC conference is a great opportunity to network with nurses from across the country in all avenues of healthcare—it is great to see how much we have in common. Currently, Jeanne Sedgwick of Saint Paul Public Schools is the Co-chair of the AFT Healthcare School Nurse subcommittee and is a member of the AFT Healthcare Policy and Procedure Council.

Diabetes Educator of the Year Award

Congratulations to Tara Kaup, LSN and Certified Diabetes Educator (CDE), Saint Paul Public Schools.

Tara has been awarded the Minneapolis/St. Paul Diabetes Educator of the Year Award from the Minneapolis/St. Paul Diabetes Educators group. Tara is a member of the SNMP Diabetes Task Force. She has presented the PEDS (Pediatric Education for Diabetes in the Schools) training, participated in the development of the Minnesota Supplement to the NDEP Helping the Student with Diabetes Succeed and is currently working with NASN to develop a new tool for school nurses. She is a valuable resource to other school nurses, to students and families and to clinical providers. In addition to her full-time employment in St. Paul Schools, Tara stays current with her clinical practice through her employment at Childrens Hospitals and Clinics as a CDE. Tara will be presenting at the NASN Conference in New York in June.

Tara said: “I was very surprised since I am not practicing in a traditional setting.” This recognition by Tara’s clinic-based peers is a tremendous acknowledgement of the important work she is doing at the local, state, and national level to bridge the worlds of health and education for students with diabetes.

Lillian Wald Award

Esther Tatley received the first Lillian Wald Award for her leadership and commitment to public health nursing and the health of the community. The special tribute to Esther was given by Connie Delaney, Dean of the University of Minnesota School Of Nursing on Wednesday, March 29, 2006 during the annual celebration of Lillian Wald’s birthday. It was a joyous celebration with Esther’s many colleagues and friends from community public health and school nursing sharing their stories about Esther and her many contributions to the health and well being of children and families. Congratulations, Esther, and thank you for your continued contributions that have enriched the practice of so many public health and school nurses.

MN Pediatric Nurse Practitioner of the Year Award

Congratulations to Denise Herrmann, LSN in Saint Paul Public Schools. The Minnesota Chapter of the National Association of Pediatric Nurse Practitioners recognized all of Denise Herrmann’s good work on April 28, 2006 with the MN PNP of the Year award!!! The award was given to Denise in recognition of her leadership skills, her clinical expertise and her strong advocacy for the health of children.
SNOM Scholarship

This year’s SNOM Scholarship deadline has been extended until July 1, 2006.

Thus, those of you that are taking course work or special training should consider applying for the 100th Anniversary SNOM Scholarship.

The purpose of the scholarship program created in 2003 was “to support the advancement of school nursing practice in Minnesota by assisting Licensed School Nurses to further their education and professional development.”

The application process is very simple – contact Martha Arnold at marthaarnold@frontiernet.net or call 651-583-2722 for the application forms.

**School Nurse Organization of Minnesota 100th Anniversary Scholarship**

**PURPOSE:** To Support the advancement of school nursing practice in Minnesota by assisting Licensed School Nurses to further their education and professional development.

**HISTORY:**

In 2003, as a part of the School Nurse Organization of Minnesota’s 100 Year Celebration of School Nursing in the United States, a nursing scholarship fund was established. Initial funds were received from individual SNOM members, the SNOM Board and corporate donations. Continuing funds will be encouraged to come from the above groups for an ongoing scholarship effort for Minnesota school nurses.

**APPLICANT REQUIREMENTS:**

1. Current and active membership in SNOM for at least the past three years
2. Current license as a Licensed School Nurse in Minnesota
3. Current employment as a school nurse

**APPLICANT RESPONSIBILITIES:**

1. Acceptance as a candidate in an advanced training course or graduate-level program relating to some aspect of school nursing or pediatric care
2. Submit written verification of current employment as a school nurse
3. Submit a copy of a current Minnesota School Nurse License
4. Submit a completed application as indicated on the 100th Anniversary Scholarship form

**JUDGING:**

1. Scholarships will be rated on the following criteria: a) Educational goals - 15%; b) Benefit to school nursing practice - 60%; c) Impact on their school, community, and SNOM - 25%
2. Scholarships will also be rated on the applicant’s ability to briefly and concisely respond to the questions listed on the opposite side of this form under #3
3. Scholarships will only be awarded to candidates who meet the established criteria and can demonstrate quality school nursing practice
4. Scholarships will not be awarded if a qualified candidate is not identified
5. The decision of the Scholarship Award Committee will be final and not open to appeal

**AWARDS:**

1. Single or multiple awards may be given each year – maximum total per year will be $1,000
2. Recipient’s name(s) will be announced after the Winter SNOM Board meeting by the SNOM president and published in the SNOMemo

**APPLICATION DEADLINE:**

Postmarked no later than July 1, 2006

Applications and supporting documentation must be sent to the current SNOM President and to the Attention of the 100th Anniversary Scholarship Committee
Membership Update

Lil Levine, St. Francis

SNOM currently has 322 members. Membership runs from September 1st through August 31st. Your membership renewal forms will be mailed in July. Please renew your membership in August.

Legislative Article

Liz Zeno, Minneapolis

On March 28th eleven school nurses went to MNA’s Day on the Hill and met with their legislators to talk about health care in schools. They participated with MNA’s issue briefing and speakers then had a special meeting with Denise Herrmann and Linda Sandvig (our lobbyist) to go over talking points and issues specific to school nursing before making their way to the Capitol. Our goal was to build relationships and have legislators see members as resources on student health issues. Participants had a great time and the visits have already had an impact in the way legislators have voted. Never underestimate the power of relationships in getting things done at the legislature!

Speaking of relationships, many of the strongest connections start with volunteering with a campaign. In this year when EVERY SEAT is up for re-election, we have a great opportunity to make some new friends at the Capitol. Whether it be during the election season or after the voting is complete, feel free to use the outline below to help you get started talking with candidates and elected officials.

During the session, SNOM has been following a number of bills of interest to school nurses. There has been a lot of discussion about Early Childhood Screening. Throughout the conversations, SNOM has been letting lawmakers know that early identification and services are important to school success and that ECS is underfunded especially for non-English speaking children. When education funding issues have arisen, SNOM has argued that school support services (LSN, psychologists, counselors, social workers) enhance classroom success for all students. SNOM has spoken up in support of health care access for all children, increased mental health services for children, accurate information about vaccine safety, and keeping minor consent. The legislature’s main goal is to pass a bonding bill and policy type changes are unlikely this session. We don't expect to see many changes to laws for now.

Talking Points for Visits with Legislators

Goal: Increase Understanding of the Needs of Students and Services Required

Increase Awareness of the Role of the Licensed School Nurse

- The expectation of what schools must do to provide increasingly complicated care
- Increasing prevalence of asthma, diabetes and mental health conditions
- Increasing complexity of medical treatments and regimes as medical care has become more sophisticated and technology advanced.
- Tell the story of student with a chronic health condition in your school.
- Give the numbers of students, health conditions, meds/treatments in your school/district

Role of Licensed School Nurse

- School nursing is a specialty practice that requires knowledge
- School nurses collaborate to identify and obtain services for student’s i.e. chronic or acute illness management, family violence, family stress, depression, substance abuse, teen-age pregnancy, etc.
- Tell your story of how your presence made a difference.
- Offer to be a resource on issues related to children's health and well being.
- School nurses have expertise to contribute to issues like: Immunizations and the school/child care setting; the care of students in schools with conditions like, asthma diabetes, allergies, seizures; preschool screening, medication administration in schools; health care access or coverage for children; mental health services in school; emergency preparedness for schools.
- Give your contact information at home and school (phone, email, fax, addresses)
- Thank them for their time and their support for issues related to children.

Nutrition

Karen Folkman, Morris

Are the students in your school learning about the new food guide pyramid? Go to MyPyramid.gov to download information and a pyramid tailored to each child’s age, sex, and activity level. Information about portion sizes and number of servings needs to be communicated to the students and their families. The American diet seems to be more often than not—“super-sized!” Without mandated requirements for physical education in our schools, are your students getting the recommended amount of exercise each day? As school nurses, we can help promote good choices in nutrition and exercise.

Food safety is always an area in which all of us need to be vigilant. With the summer picnic season approaching and maybe more school field trips, how are the lunches of your students kept safe from pathogens? According to the USDA, the main areas of food safety include:

1) Make sure meats are thoroughly cooked.

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SNOM Educational Offerings

Managing School Emergencies (MSE) I and Disaster Preparedness for School Nurses (new!) are continuing education offerings designed to enhance school nurse’s knowledge of emergency situations both as a provider and a communicator of emergency care. This education offering is intended for the LSN and RN (working as a school nurse) scope of practice. This course includes case studies, communications to pre-hospital and primary care providers regarding emergency care rendered, as well as follow-up with families, providers and schools after the emergency. After attending this program, the school nurse will have knowledge that can be used immediately in the school setting.

The MSE I course is being offered on Monday August 21, 2006 preceding the School Nursing: An Orientation that is scheduled for 8/22 and 8/23 at the Minnesota Department of Education in Roseville. The focus of MSE I is on providing pre-hospital care in the school setting for students or others experiencing respiratory, circulatory, and/or neurological emergencies.

Registration deadline is July 20, 2006. The registration form can be downloaded from the SNOM website at minnesota.schoolnurses.org.

Disaster Preparedness for School Nurses will be held on Wednesday, October 18, 2006 as a pre-conference offering before the Annual SNOM conference that is being held on 10/19 and 10/20. DISASTER – any incident that results in multiple human casualties or disruption of essential public health services or any incident that requires an increased level of response beyond the routine operating procedures, including increased personnel, equipment, or supply requirements. Would you know what to do? The focus of the Disaster Preparedness course is to provide school nurses with knowledge and skills to prepare for and respond to a school disaster. This is the FIRST time this course is being held in Minnesota.

Registration information will be available with the SNOM fall conference registration or contact Julia Bennett at Julia.bennett@mpls.k12.mn.us.

School Nurse and School Nurse Administrator Awards

SNOM membership consists of many wonderful school nurses and school nurse administrators. We all have colleagues who are deserving of special honors. You have the opportunity to nominate one of them for a prestigious award. Take a few moments now to reflect on your colleagues—how are their students’ lives better because of what they do and who they are. Choose a colleague and nominate now!

Qualifications for School Nurse Award

• A current member of SNOM
• Five years experience as a practicing school nurse
• Evidence of excellence in school nursing practice

Award winners may also qualify for a SNOM nomination to NASN for the NASN School Nurse or NASN School Nurse Administrator nominations. Please e-mail nominations to Sue Gugisberg at by May 31, 2006 to susan.gugisberg@anoka.k12.mn.us

Nelson News

Mary Swanson, Director

NASN is preparing it’s 38th Annual Conference “NASN’s Capitol Investment for Children” to be held in New York City on June 30 to July 3, 2006. Come to the “Big Apple” to get the latest information for your nursing practice and visit Times Square, Broadway shows, historic sites, and access the nation’s finest shopping in your free time. Pre-conference features a variety of educational sessions including Type 1 and 2 diabetes management, disaster preparedness, asthma management, and hands-on practice to improve your clinical skills for cardiac and HEENT exams. Please check the conference brochure for the exciting schedule of presentations, breakout sessions, and events designed to enhance your knowledge and skills for school nursing. Don’t forget the exhibits, marketplace, and the many opportunities to share and network with colleagues across the country. Don’t miss this exciting conference. You can check out the brochure and register on-line at www.nasn.org.

The NASN Location Task force proudly announces the leasing of new office space for NASN’s newest and main office located in Silver Spring, MD. The Western Office is preparing to move this summer to their new location. Wanda Miller will be helping with this move while NASN plans for the Executive Director position interviews in May.

NASN is looking for a Pediatric Nurse Practitioner or School Nurse Practitioner who is interested in writing an assessment manual for school nurses on body systems. Anyone interested should contact Devin Dinkel, NASN Communications Specialist at 1-866-627-6767 or ddinkel@nasn.org.

Check out the NASN website for tools to manage and prevent diabetes, NASN resources for diabetes, and information about MAP: Managing and Preventing Diabetes and Weight Gain. Another new link includes advocacy information (talking points) for states responding to Diabetes legislation at the State level. Great information for promoting diabetes management and prevention in your schools.

Please contact Mary Swanson, swans037@umn.edu, if you plan to travel to NASN conference in New York. Need a roommate? Want a colleague for sightseeing? How about a Minnesota night out on Friday, June 30? Let me know if you want to share some activities with other Minnesota nurses! I have a list of members going to New York and some activities of interest. We are planning for FUN and Learning!!
Vision: People with asthma in Minnesota live the life they want to live because their asthma is being appropriately managed and is well controlled.

The MAC began in 1999 when the Minnesota Department of Health and the American Lung Association of Minnesota partnered to begin both regional and statewide asthma coalitions. The Mission of MAC is “To enhance the quality of life for people with asthma in MN” is carried out by each of its 9 regions.

The Goals of MAC are as follows:
1. Develop and maintain diverse partnerships to enable MAC to become Minnesota’s foremost asthma resource.
2. Provide asthma education to professionals who play key roles in helping individuals manage their asthma.
3. Support public policies that will improve outcomes for Minnesotans with asthma.
4. Increase awareness of asthma, the needs of those with asthma, and asthma issues among the general public.
5. Provide access for all Minnesotans to asthma resources and tools.
6. Ensure the effective operations of the MAC.
7. Ensure the long-term sustainability of MAC.

MAC currently has more than 1000 members from around the state, and continues to grow through outreach, regional and statewide professional education programs, community events, and web site www.mnasthma.org. Each of the 9 regions offers professional education opportunities. The MAC membership includes a wide range of professionals including health care providers, school nurses, PHNs, RTs, Pharmacists, Health Educators, and media. Organizational members include: American Academy of Pediatrics of Minnesota, Minnesota Academy of Family Physicians, Minnesota Pharmacists Association, Minnesota Department of Health, Minnesota Society for Respiratory Care, and School Nurse Organization of Minnesota.

Membership is open to all individuals and organizations that are willing to support the mission of the Minnesota Asthma Coalition. To join or find the regional representative in your area, visit the web site. This is a great way for Minnesota School Nurses to support the work of MAC.

On May 18, 2006, MAC hosted its Third Annual Sharing Conference in St. Cloud. Conference sessions provide a statewide forum for the exchange of ideas, programs, and current research in asthma management.

On Saturday, June 3, 2006, the American Lung Association of Minnesota is holding its annual “Blow the Whistle on Asthma” Walk to raise funds and awareness about asthma in our communities.

Nutrition Committee Report
Continued from page 4

2) Keep cold foods cold and hot foods hot. Do not let food set out (such as at a buffet) for more that 2 hours (1 hour if the temperature is 90 degrees or warmer)—toss if this time is exceeded.
3) Separate raw meats and other foods.
4) Wash you hands before, during, and after food preparation. Wash utensils and food preparation areas when working with different types of food (see #3).

Check out the following website for more food safety tips.
http://www.fsis.usda.gov/Fact_Sheets/Basics_for_Handling_Food_Safely/index.asp

Health Careers Investigator Program
Scott Simpson, U of MN

The Health Careers Investigator Program (HCI) is a fun two-day summer experiential program for high school students entering grades 9, 10, and 11. Students will experience the world of a health professional-trying their hands as a medical doctor, nurse, pharmacist, or other healthcare professional. They will be challenged to solve the greatest health threats of today-pandemic flu, obesity, methamphetamine addictions and more! More details along with registration and application information are available at our website: http://www.healthcareers.umn.edu/ or by calling 612-624-5374.
An orientation to school nursing is being held at the Minnesota Department of Education (MDE) on August 22-23, 2006. The MDE is located at 1500 Highway 36 West, Roseville, MN 55113. The two day conference is designed for baccalaureate prepared nurses who are new to or interested in the school nurse role. Topics provide information and resources about mandated and necessary components for school health services in elementary and secondary schools.

The registration fee is $95 and includes a continental breakfast, refreshment breaks, lunch, instructional materials, and 16 contact hours for continuing education. Registration is requested by August 7, 2006.

On each conference day, registration check-in and continental breakfast will start at 7:30 AM. The conference will begin at 8 AM. Brochures will be sent out in May.

The brochure will also include information on educational opportunities being offered before and after the School Nursing: An Orientation workshop. If your district has new nurses, consider sending them to this orientation. For further information or questions about School Nursing: An Orientation objectives or content, please contact Kathy Schulz at 763-862-3812 or e-mail Kathy.Schulz@anoka.k12.mn.us

Save the Date: 
October 18, 2006
Tara Kaup, St. Paul Schools

Diabetes Training Opportunities to be offered as a pre-conference opportunity at the SNOM fall conference:

The new H.A.N.D.S. (Helping Administer to the Needs of students with Diabetes in School), which will be launched at the NASN’s annual conference this summer, will also be offered on Wednesday, Oct. 18. This training will include tools to effectively manage diabetes in the schools as well as tools for developing IHP/ECP and documentation of diabetes management at school. This will be an 8-hour offering. You will be receiving registration information this summer, so save the date.

A second opportunity for diabetes education will be an Insulin Pump Practicum planned for Oct. 18th from 6PM – 9PM. This workshop will be similar to the one held last year prior to the fall conference. This workshop will allow participants an option to wear an insulin pump overnight and returned on the following day at the start of the SNOM fall conference. Registration will be limited for this practicum.

Watch for brochures and registration information this summer for both trainings.

Save the Date: 
SNOM Fall Conference
From Concussions to Pandemic; Are You Ready to Meet the Challenge?
October 19 & 20, 2006 at the Sheraton Minneapolis West

This dynamic two-day conference is presented by the School Nurse Organization of Minnesota. A nationally known expert will address the latest on pandemic planning. A child psychiatrist will present current information on brain development and mental health concerns in the K-12 population. Breakout sessions will include head injuries, sports injuries, rashes, and mental health issues in the 0-5 age group.

There will be great exhibits, good food and ample opportunity for networking with other school nurses.

We look forward to seeing you there!

Never a Dull Moment

I received a letter this morning from one of my frequent flyers, who loves to visit me whenever she gets bored.

“Dear Nurse,

I hope you don’t mind but I am giving you up for Lent. Unless I have fever or I am throwing up. Stop by and say hi.

Love A”

It is a first for me.

Anne Grau, RN
clinic@hscssa.org

My first grader and kindergarten daughters were in my office one morning before school when my first grader asked „Why did you want to be a nurse“? I answered „I like working with people. I really didn’t know what I wanted to do with my life...“ when my kindergartener chimed in „You have a life“?! I laughed so hard!!! I had a smile on my face for the rest of the day!

Life is never dull when there are little ones around!

Christy Carlstrom
East Grand Forks
Calendar of Events

June 30-July 3
NASN 38th Annual Conference
“Capital Investment for Children”
New York City

August 22-23, 2006
School Nursing: An Orientation
Roseville, MN

October 19-20
SNOM Conference
Sheraton Minneapolis West, Ridgedale
Pre-conference offerings on October 18
Contact co-chairs Mary Aarness or Karen Sund for information.

November 8-9
Safe and Healthy Learners Conference
Making the Connections: Integrated Strategies for Supporting Youth
St. Cloud Civics Center
www.mnschoolhealth.com

The First Electronic Delivered Memo

The SNOM board would welcome your comments, feedback and suggestions about our new endeavor to send out the SNOMemo electronically. Please send your remarks to Mary Aarness at maraar@stfrancis.k12.mn.us.