

Cleveland Elementary School Hosts 2016 Cherry Blossom Princesses

The 2016 Cherry Blossom Princesses visited Cleveland Elementary School for a week of activities leading up to the Cherry Blossom Parade on Saturday, April 16th. The Cherry Blossom Princess Program is a cultural, educational, and professional development program for women leaders ages 19 to 24. It is held each year during one week of the National Cherry Blossom Festival in Washington, DC. Sponsored by the National Conference of State Societies (NCSS), this program has brought more than 3,000 young female leaders from across the United States and the world to participate and celebrate the friendship between the United States and Japan. Each Cherry Blossom Princess represents their respective states, territories, and countries in both public and private events held daily across Washington, DC. The Cherry Blossom Queen is chosen entirely at random and will represent the United States in Japan. This year, the 2016 Washington, DC Cherry Blossom Princess is Alexandra E. Chittams, the eldest daughter of Patricia Howard-Chittams, nurse manager of Ward 6. The Cherry Blossom Princess is a Junior Biology major at the University of South Alabama in Mobile, AL.

For more information about the Cherry Blossom Princess Program, visit www.statesocieties.org/cherry-blossom-1/

Patricia Howard-Chittams, MSN, RN
Nurse Manager, Ward 6



Alexandra E. Chittams, 2016 Washington, DC Cherry Blossom Princess and Weltine Samuel, RN, school nurse at Cleveland ES.

May 2016 Health Observances

Arthritis Awareness Month
Better Hearing and Speech Month
Food Allergy Action Month
Global Employee Health and Fitness Month
Global Youth Traffic Safety Month
Healthy Vision Month
Hepatitis Awareness Month
Melanoma/Skin Cancer Detection and Prevention Month
Mental Health Month
National Asthma and Allergy Awareness Month
National Physical Fitness and Sports Month
National Stroke Awareness Month
National Teen Pregnancy Prevention Month

Children's Mental Health Awareness Week (May 1-7)
Hand Hygiene Day (May 5)
National Women's Health Week (May 8- 14)
HIV Vaccine Awareness Day (May 18)
Healthy and Safe Swimming Week (May 23-29)
National Senior Health Day (May 25)
Heat Safety Awareness Day (May 27)
World No Tobacco Day (May 31)

Healthy Recipe of the Month – California Chicken Club Wrap

Ingredients:

- 8 slices bacon
- 2 cups shredded chicken
- Salt and pepper
- 1 mango, finely chopped
- 6 tablespoons mayonnaise, divided
- 2 tablespoons fresh lime juice
- 1 large avocado, or 2 small
- 4 large whole wheat or spinach tortillas (10 inch)
- 2 cups shredded romaine
- 1 large tomato, diced

Instructions:

1. Place the bacon in a large skillet and cook until crisp. Transfer to a paper towel-lined plate and set aside.
2. Place the chicken in a large bowl and season with salt and pepper. Add the mango, 3 tablespoons of mayonnaise and lime juice.
3. Remove the pit and skin from the avocado and place in another bowl. Roughly mash, season with salt and pepper, then stir in the remaining 3 tablespoons of mayonnaise.
4. Lay a tortilla on a work surface and spread $\frac{1}{4}$ of the avocado mixture over the tortilla, leaving a 1-inch border. Layer $\frac{1}{4}$ of the lettuce down the center, followed by $\frac{1}{4}$ of the tomato, 2 slices of bacon, then $\frac{1}{4}$ of the chicken mixture. Fold in the 2 sides of the tortilla, then roll up like a burrito.
5. Repeat with the remaining tortillas and ingredients.
6. Cut each wrap in half before serving.

The DC Lupus Walk

The “Walk to End Lupus Now” took place on Saturday, April 16th in Washington, DC. The walkers began at the Lincoln Memorial. The CSS/DCPS Ward 7 Nurses Team and friends raised over \$1,000 with the help of donations. My school, Randle Highlands, raised \$338 for the cause. All proceeds go to the Lupus Foundation of America DC/MD/VA Chapter which is the area’s leading non-profit health organization dedicated to finding the causes and cure for lupus.

This year was really special to me because the young lady with lupus that I started walking to support six years ago was well enough to make it up to Washington, DC from North Carolina. Though she was unable to walk due to the weather, I'm happy that she is getting better and stronger. Hope to see you all next year!



Selinda Boyd-Graham, RN at the Lupus Walk on April 2nd

Selinda Boyd-Graham, RN, BSN
School Nurse-Randle Highlands ES

Ward 5 SWOT Analysis

The nurses of Ward 5 conducted a S.W.O.T. Analysis (Strength, Weakness, Opportunity and Threat) during their April 2016 staff meeting at Lamond-Riggs Library. Staff were challenged to work in small groups to discuss and develop solution focused responses for Ward 5's areas of concern. This useful exercise helped nurses gain a better understanding of their strengths and weaknesses, how to identify opportunities to help others, and how to properly respond to issues and potential threats.



Ward 5 nurses at their staff meeting in April

Tanya Hankton, BS, BSN, RN
Nurse Manager– Ward 5

The 2016 CDC Childhood Immunization Champion Award

Congratulations to Rose Moore, RN, BSN, school nurse at Drew ES, for being named the District of Columbia's CDC Childhood Immunization Champion. Through her affiliation with Children's National Health System and the DC Public School System, Ms. Moore facilitates access to immunizations for all children under her care. She is highly effective in distributing both CDC and local health department information to a wide audience of parents. She works directly with families to answer their immunization questions and determine which vaccines they need. Ms. Moore goes above and beyond the call of duty, contacting doctors to schedule appointments and following up with parents to make sure they keep their appointments. With her support, one elementary school has seen its children achieve and maintain 100% immunization coverage rates several years in a row at all grade levels since 2006.

Not only does Ms. Moore address the immunization status of children within her school system, she works with parents to identify the immunization status of younger students as well. Many of the children in her school district have younger siblings who follow in their footsteps to stay up-to-date with their recommended immunizations. This whole-family approach is one of the reasons Ms. Moore has been able to maintain high immunization coverage rates at schools she supports.



Rose Moore, RN, BSN, winner of the 2016
CDC Childhood Immunization Champion
Award

The Community Event at Coolidge High School

On Saturday April 23, 2016, over 50 participants gathered for the Seventh Annual Frank R. Williams Scholarship Fund Inc, Two Mile Fun Walk at Calvin Coolidge Senior High School (CCHS). The event is a fundraiser that provides scholarship opportunities for student athletes at CCHS who want to further their education on a collegiate level. School nurse Andrella Smith, RN, MPH, BSN, provided onsite health screenings, blood pressure screenings, and body mass index testing to all participants. Notable guests included Mayor Muriel Bowser and Ward Four Councilmember Brandon Todd. Last year, the event was such a success that 10 student athletes were awarded scholarships.



Andrella Smith, RN, MPH, BSN
School Nurse, Coolidge HS

Healthy Eating at Thurgood Marshall Academy PCHS

As the school year comes to a close, I would like to acknowledge Zacchaeus Singletary and Maureen Shorter, members of our fantastic cafeteria associate staff. During the school year, the cafeteria keeps the health suite supplied with healthy leftover snacks. If students arrive to school late and are not able to get breakfast, they know they can stop by the health suite for a breakfast snack before their first class. The cafeteria staff and I work great as a team to make sure children are eating healthy and have a snack when they need it. I appreciate their service, effort, and their obvious love for the students.



Yvonne Akinwumi, RN
School nurse, Thurgood Marshall PCHS

Zacchaeus Singletary, Yvonne Akinwumi, RN, school nurse
and Maureen Shorter.

Investing in Future Nurses at Drew ES

In recognition of National Nurses Week and in an effort to recruit future nurses, I shared the roles and responsibilities of my profession with Drew ES students ages three to five. Students learned about the stethoscope, thermometer, blood pressure cuff, and the importance of proper hand washing. After they were taught how to use the equipment, they were able to practice on each other. At the end of the session, students were able to ask questions and were given a hand washing handout to take home. Parents called me days later with positive feedback and shared that the children were practicing what they learned at home. Overall, the students enjoyed the presentation and hopefully, some are influenced to become nurses in the future.

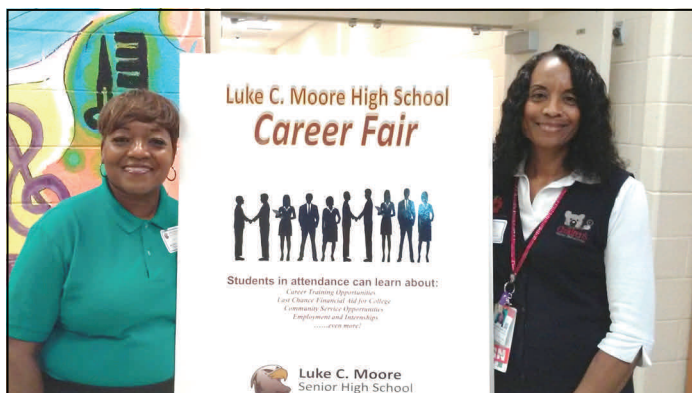


Nurse Rose Moore pictured with Drew ES students

Rose Moore, RN, BSN
School Nurse, Drew ES

Luke C. Moore's Fourth Annual Career Fair

On Thursday April 28th, Valerie Horne, RN, school nurse and Barbara Freeman, RN, MPA, HSA, case manager, participated in Luke C. Moore Senior High School's 4th Annual Career Fair. They talked to students about considering a career as a professional nurse. Nurse Horne discussed her specific role as a school nurse and Nurse Freeman, that of a case manager. There was a poster board display and pamphlets available to the students which highlighted numerous pathways that can be taken in the nursing profession. The students also watched videos on nursing from a patient's perspective. The students were very engaged and excited about the possibility of pursuing a career in nursing.



Barbara Freeman (left) with Valerie Horne, RN

Valerie Horne, RN
School Nurse, Luke C. Moore SHS

Ward 8 Women's Impact Awards

Katrena N. Clark, RN, BSN, school nurse at Savoy ES, was recently awarded the Wilhemina J. Rolark "Keep On Pushing Impact Award," at the inaugural Women's Impact Awards Program in late March. The purpose of this program was to celebrate the legacy and impact of ward 8 women. A diverse group of ward 8 honorees were recognized from the fields of education, health and wellness, civic and community affairs, political activism, faith-based initiatives, business, and labor. The event took place at The Arc in Southeast, DC. with Mrs. Pat Lawson-Muse, NBC 4 news anchor, serving as Mistress of Ceremonies.

In her acceptance speech, Clark thanked the nursing community and praised all the nurses that came before her who paved the way.

Katrena N. Clark, RN, BSN
School Nurse— Savoy ES



(Left to right) LaRuby May, Ward 8 councilmember, Katrena Clark, RN, and Pat Lawson-Muse, News 4 reporter

CDC Launches *Clean Hands Count* Campaign

On Thursday, May 5th, the CDC launched a new hand hygiene campaign for healthcare providers, patients, and their loved ones called *Clean Hands Count*. The campaign, which launched on World Hand Hygiene Day, aims to:

- **Improve healthcare provider adherence** to CDC hand hygiene recommendations.
- **Address the myths and misperceptions** about hand hygiene.
- **Empower patients** to play a role in their care by asking or reminding healthcare providers to clean their hands.

Did you know?

- On average, healthcare providers clean their hands less than half the amount of times they should.
- Alcohol-based hand sanitizer is more effective and less drying to the skin than using soap and water.
- Using alcohol-based hand sanitizer does NOT cause antibiotic resistance.

Patients may be at risk of getting an infection while they are being treated for something else. **The science is clear:** Clean hands protect patients and healthcare providers from dangerous and deadly infections.

Visit: <http://blogs.cdc.gov/publichealthmatters/2016/05/what-you-may-not-know-about-hand-hygiene/> for more information.

This newsletter is published monthly by the Children's School Services School Health Nursing Program.

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