

## Children's School Services Under Construction

On March 31, we had an awesome time building together. The morning kicked off with a team building exercise in which teams worked together to build various wood crafts. Our leadership team then shared the vision for our future program under the new Department of Health grant requirements. Members of our leadership team, adorned with hard hats and construction vests, put on an entertaining rendition of the Village People's YMCA. Remember...it's fun to work at C-S-S!

In the afternoon, the leadership team hosted breakout sessions related to the various components of the grant for the school nurses to provide feedback and discuss some of their challenges and barriers, as well as provide ideas for some of the new processes that need to be developed.

Presentation and more photos have been posted to RNsConnect.



Nurses from Ward 3 working together to build their sail boat



Children's National School Services Nurses showing off their crafty skills



Nurses engaged in discussion during the Children with Special Healthcare Needs Breakout Session



Michelle Green, CHN, Rose Moore, CHN, and Chrystal Young-Johnson, Nurse Manager, showing off their selfie skills

## Luke C. Moore Annual Career Fair

On March 16, Luke C. Moore Alternative HS (Ward 5), held its 5th Annual Career Fair. As in previous years, Community Health Nurse Valerie Horne, RN talked to students about considering a career in nursing. She discussed the limitless opportunities and options available to them, should they decide to take the pathway to becoming a professional nurse. Nurse Horne highlighted her role as a school nurse. The students watched a video on nursing from a patient's perspective and another on the vital role of nurses in transforming healthcare. A poster board and pamphlets with various nursing career pathways were displayed. The students were very thankful for this opportunity to receive such valuable information about the nursing profession.



Valerie Horne, RN (Ward 5) discussing nursing career options at Luke C. Moore SHS' s career fair.

## Healthy Recipe of the Month – Mediterranean Quinoa Salad

### Ingredients

- 2 cups water
- 2 cubes chicken bouillon
- 1 clove garlic, smashed
- 1 cup uncooked quinoa
- 2 large cooked chicken breasts - cut into bite size pieces
- 1 large red onion, diced
- 1 large green bell pepper, diced
- 1/2 cup chopped kalamata olives
- 1/2 cup crumbled feta cheese
- 1/4 cup chopped fresh parsley
- 1/4 cup chopped fresh chives
- 1/2 teaspoon salt
- 2/3 cup fresh lemon juice
- 1 tablespoon balsamic vinegar
- 1/4 cup olive oil



### Directions

1. Bring the water, bouillon cubes and garlic to a boil in a saucepan. Stir in the quinoa, reduce heat to medium-low, cover and simmer until the quinoa is tender and the water has been absorbed, 15 to 20 minutes. Discard the garlic clove and scrape the quinoa into a large bowl.
2. Gently stir the chicken, onion, bell pepper, olives, feta cheese, parsley, chives and salt into the quinoa. Drizzle with the lemon juice, balsamic vinegar and olive oil. Stir until evenly mixed. Serve warm or refrigerate to serve cold.

## Taking a Stand Against Homelessness



Jasmine Johnson, Yvonne Akinwumi, CHN, Amia Gordy

Help take a stand against homelessness in the District of Columbia. Instructor Karen Lee's senior class selected a project they felt could make an impact in the community, and chose to do a project for the homeless women in D.C. Studies show women and families represent the fastest growing groups of the homeless population nationally. Among homeless families, 90 percent are female headed.

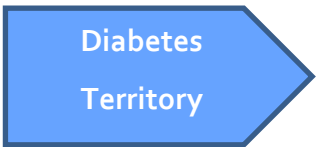

The all female group decided to launch a donation drive. They asked faculty and staff to donate personal feminine products. Homeless women, like all women, have unique needs. Feminine hygiene products are very expensive in stores and are a monthly necessity. The group was actively involved and energetically ready to make an impact in the life of homeless women.

It's always nice to see students giving back to the community and exhibiting a caring spirit. The drive lasted until March 31, and the products were donated to Thrive DC.

Yvonne Akinwumi, BSN, RN  
Thurgood Marshal Academy PCHS

## Children's School Services New Hires

Felecia Asongwe, LPN —Ward 6  
Marquis Cook, Student Health Tech —Ward 6  
Freida Moore, LPN —Ward 4  
Mary Allen-Rochester, Care Coordinator —Ward 2  
Karen Meek, LPN —Ward 4



## Diabetes Territory

For this month's edition of Diabetes Territory, we are going to continue the activity from last month. While we have spent the last few months focusing on how to calculate insulin dosage, this month we will focus on insulin itself.

We all know there are many different types of insulin. So many, in fact, that it may be difficult to know how one type differs from another, or how it is decided which type of insulin your students may take. Toward that end, I have done some research into insulin and compiled it in a short 'Primer on Insulin for School Nurses'. You can find this on RNsConnect in the Diabetes Territory block. There is also a table for your reference which breaks down the different types of insulin you may encounter in your practice.

Please also take the short quiz to establish comprehension of the materials provided.

### April Health Observances

- Alcohol Awareness Month
- Irritable Bowel Syndrome Awareness Month
- National Autism Awareness Month
- National Child Abuse Prevention Month
- National Donate Life Month
- National Interprofessional Health Care Month
- National Minority Health Month
- Occupational Therapy Month
- Oral Cancer Awareness Month
- STI Awareness Month
- Women's Eye Health and Safety Month
- 2 - 8 National Youth Violence Prevention Week
- 3 - 9 National Public Health Week
- 7 World Health Day
- 10 National Youth HIV and AIDS Awareness Day
- 23 - 29 World Immunization Week
- 24 - 28 Every Kid Healthy™ Week
- 24 World Meningitis Day

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

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